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Evaluation of a nursing intervention for smoking cessation in cardiac patients: a pilot randomised study

Submission date
01/10/2008

Recruitment status
No longer recruiting

Registration date
09/10/2008

Overall study status
Completed

Last Edited
14/11/2022

Condition category
Mental and Behavioural Disorders

[ ] Prospectively registered
[ ] Protocol
[ ] Statistical analysis plan
[X] Results
[ ] Individual participant data

Plain English summary of protocol
Not provided at time of registration

Contact information

Type(s)
Scientific

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Additional identifiers

Protocol serial number
GRIISIQ

Study information

Scientific Title

Preliminary evaluation of a nursing intervention to support smoking cessation in patients hospitalised for a cardiac problem: a pilot study [Évaluation préliminaire dune intervention infirmière de soutien à la cessation tabagique chez des patients hospitalisés pour un problème cardiaque: une étude pilote]

Acronym
SO LIVE-1

Study objectives
It is hypothesised that patients in the intervention group will present a lower rate of smoking than the control group at six months post-randomisation. It is also hypothesised that patients in the intervention group will have a more important progression in the stages of change regarding their intention to quit smoking than the control group at six months post-randomisation.

Ethics approval required
Old ethics approval format

Ethics approval(s)
Institut de Cardiologie de Montréal Ethics Committee gave approval on the 7th September 2007 (ref: 08-1012)

Study design
Pilot randomised controlled trial, single centre

Primary study design
Interventional

Study type(s)
Treatment

Health condition(s) or problem(s) studied
Smoking cessation

Interventions
Eligible patients will be met by the research nurse during the hospitalisation and the research will be presented to them. Usual care will be provided to all patients during the hospitalisation based on stages of changes and the motivational interview. The two groups will answer a questionnaire about the secondary outcomes and the baseline characteristics will be recorded. After being discharged from the hospital, the participants will be randomly assigned to the intervention or control group.

Intervention group:
After randomisation, the nurse will contact the patient by phone six times: one call per week for the first month (T2a, T2b, T2c, T2d), one call at the end of the second month (T2e) and the third month (T2f). During each of these contacts, the nurse will evaluate the stage of readiness to stop smoking and the conviction and confidence to stop smoking. Following the assessment, the nurse will intervene following a list of interventions specific to the stage where the patient belongs and depending on his conviction and confidence levels. The patient will be able to

contact the nurse by phone from the third month until the sixth month after randomisation. Finally, motivational letters will be sent to the patient until six months post-randomisation to encourage and support the efforts of the patient.

Control group:
Usual care following discharge involved referring the control group patients as usual to external smoking cessation services. These services include follow up phone calls and interventions of social support, advices and pharmacological support. Patients are contacted by phone at different times after their discharge if they did refuse that service or if they were not referred at the time of discharge.

Intervention Type
Other

Phase
Not Specified

Primary outcome(s)
Smoking status (yes/no) at six months post-randomisation. This information will be provided by the patient himself. To validate this information the patient will be invited to have a nicotine detection test (saliva or urine).

Key secondary outcome(s))
Measured at baseline and six months following randomisation by phone and are as follows:
1. Progression in the stages of change. The stage of readiness to change will be evaluated by the nurse during the six contacts and at six months post-randomisation by the research assistant.
2. Patient's perception of control over the disease and of its consequences using three subscales of the Illness Perception Questionnaire - Revised (IPQ-R):
2.1. Consequences (6 items)
2.2. Personal control (6 items)
2.3. Treatment control (5 items)
3. Patient's perception regarding the support received by a relative to increase perception of control to stop smoking using the Family Care Climate Questionnaire - Patient Version (FCCQ-P)
4. Cardiovascular risks factors used as a secondary outcomes are diet and physical exercise. To measure these two dimensions we will use two scales:
4.1. Do you have a healthy heart?
4.2. Are you eating healthily?

Completion date
30/09/2009

Eligibility

Key inclusion criteria
1. Male and female, aged greater than 18 years old or more
2. Daily smokers
3. Having the physical and cognitive capacities to fill out questionnaires and to communicate by telephone
4. Being able to communicate in French or in English

Participant type(s)

Patient

Healthy volunteers allowed
No

Age group
Adult

Lower age limit
18 years

Sex
All

Total final enrolment
40

Key exclusion criteria
Currently participating in another smoking cessation therapies program

Date of first enrolment
02/09/2008

Date of final enrolment
30/09/2009

Locations

Countries of recruitment
Canada

Study participating centre
R -1520, Montreal Heart Institute Research Center
Montreal
Canada
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Sponsor information

Organisation
Montreal Heart Institute (Institut de cardiologie de Montréal) (Canada)

ROR
https://ror.org/03vs03g62

Funder(s)

Funder type
Research organisation

Funder Name
Groupe de recherche interuniversitaire en interventions en sciences infirmières du Québec (GRIISIQ) (Canada)

Results and Publications

Individual participant data (IPD) sharing plan
Not provided at time of registration

IPD sharing plan summary
Not provided at time of registration

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Results article	pilot study	01/06/2011		Yes	No
Participant information sheet	Participant information sheet	11/11/2025	11/11/2025	No	Yes