Announcement of Capstone Presentation

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<tr>
<th>Candidate:</th>
<th>Karen Russell, MS, RN</th>
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<td>Date, Time, Place:</td>
<td>4/27/09, 10:00am, Room 740</td>
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**Capstone Project Title:** Smoking Cessation Needs, Priorities, and Barriers of Adult African American Smokers in St. Mary’s County, Maryland

**Capstone Project Abstract:**
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Background: African Americans bear greater health burdens from smoking compared to whites. Although their rate of cigarette smoking is similar to the population at large, African Americans have higher morbidity and mortality rates from smoking-related diseases such as lung cancer, cardiovascular disease, and stroke. African Americans are more likely to develop and die from lung cancer than members of any other racial or ethnic group. Only 9.4% of participants attending smoking cessation programs conducted by the St. Mary’s County Health Department are African American. This is considerably lower than the 13.9% of African Americans making up the population at large in St. Mary’s County, Maryland.

Purpose: The purpose of this study was to learn how to design and conduct smoking cessation programs specifically for African American adults. African Americans who successfully quit smoking can lower their chances of getting sick and dying from tobacco use. Information collected through this study will be used to develop a list of guidelines for designing and conducting smoking cessation programs for African American adults.

Methods: Three focus groups (a total of 12 participants) and 10 one-on-one interviews were conducted using a standardized set of open-ended questions. In addition, each participant completed an 8-item survey.

Results: The smoking characteristics of this study sample (N=22) were similar to those found through the literature review. Study participants started smoking later in life than whites, smoke fewer cigarettes per day than whites, smoke menthol vs. regular cigarettes, and had made several prior attempts to quit. Themes that emerged from the data were (1) stress plays a major role in smoking; (2) external limiting factors such as smoke-free workplaces, hospitalization, and lack of money have been effective for promoting cessation (3) cigarette smoking was viewed as an addiction more powerful than drugs or alcohol; (4) quitting smoking is a mind thing.

Guidelines for designing a smoking cessation program for adult African American smokers include (1) stress coping strategies; (2) education about the health problems caused by smoking and the implications of developing these problems; (3) education about medications available to assist with quitting; (4) use of a buddy system to provide support and encouragement to smokers trying to quit; (4) group or one-on-one classes; (5) conduct cessation programs in private homes, church halls, restaurants, the health department, or community centers; (5) classes must be taught by an ex-smoker; (6) advertise programs through radio, television, newspaper, online, workplace bulletin boards, and at stores that sell cigarettes and liquor.

**Capstone Chair (name & title):** Rebecca Wiseman, RN, PhD

**Capstone Advisory Committee Members (names & titles):**
- Carol O’Neil, RN, PhD, CNE
- Rachel Smith, RN, PhD