Evidence to Action

Motivating Families of Patients with Lung Cancer to Reduce and Quit Smoking

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Explore the influence of a lung cancer diagnosis on interpersonal dynamics in families in which one or more members continue to smoke.

The Qualitative Study

"Just Because You’ve Got Lung Cancer Doesn’t Mean I Will"

LC Patient Responses to Continued Smoking in Family
Disputed causal link
Belongs to the patient
Lack of communication

Family Member Perspectives
Preserving Relationships
Risking Relationships

LC Patient Orientations to Family Smoking
“You want to keep a relationship.... I want people to be with me, you know.”

She’s 40 years old and she’s not my little girl that I can take her cigarettes away and say, “you’re not going to smoke anymore.” ... so I nag all the time. I have to keep trying to talk to her....”

Preserving Relationships

Risking Relationships
Outcomes for Patient with LC and Family Smoking

No smoking cessation / family members
Increased patient distress
Tension and conflict
"The nagging; I mean it just doesn’t do any good...You have to want to quit and you have to do it by yourself. You have to have the support of people but the decision has to be made by yourself.”

Smoking Cessation as an Individual Choice

“The right time” . . . for the “right reason”
Support patient’s efforts to quit smoking and ↓ exposure to SHS

Eliminate smoking-related distress

Enhance family support and cohesion

Prevent smoking-related cancer among relatives

Benefits of Intervening with Family Members Who Smoke
strengthen the family connection and an individual’s identity as a loving and caring family member
address some misconceptions related to smoking and lung cancer
reinforce respect for individual choice

Evidence to Action

Resource for family members of patients with lung cancer
Guiding Principles

- Gender sensitive; gendered formatting
- Evidence-based
- Strength based positive messaging
- Voices of LC patients and relatives
- Engaging & interactive content
- Space for resolving ambivalence
- Accessible language
- Avoid shame and blame
THE RIGHT TIME...
THE RIGHT REASONS

MEN
RELATED TO PEOPLE WITH LUNG CANCER
TALK ABOUT REDUCING AND QUITTING SMOKING
Family Support

WHAT DOES IT MEAN TO BE A FAMILY?
we laugh.
we love.
we share.
we protect.

WE SUPPORT EACH OTHER

WHAT DOES IT MEAN TO BE A FAMILY?
WE PROTECT.
WE PROVIDE.
WE SHARE.
WE LOVE.

WE ARE STRONG FOR EACH OTHER
Language and Images
LISTENING TO PATIENTS with Lung Cancer

“After I got lung cancer, my sister and I quit smoking. That was our gift to each other. But my sister got back into the habit again and it’s really hard for me to watch her smoking. I’m so worried she will get lung cancer too.”

“My family is so important to me and I really worry about my daughter. She’s still smoking and I know that nagging her to quit doesn’t help. But what if she gets lung cancer too and I’m not here to help her through it? I wish she didn’t get so mad when I talk to her about not smoking.”

What does this have to do with me?

I like everything about smoking. I’m not thinking about quitting even though lung cancer is in the family now.

But my smoking isn’t just about me anymore. My family worries about my smoking and right now they have enough to deal with.

I will quit smoking eventually but I’m having a hard time dealing with things right now.

But I know my smoking makes it harder for others in my family to stop smoking. Even when I smoke outside, they can still smell it on my clothes.

I’ve tried many times to quit smoking but it wasn’t the right time. When I’m ready, I’ll quit and right now I’m not ready.

But I don’t want to be outside smoking, away from my family and missing time together. They need me.
• Evaluate acceptability and usability of the booklet
• Evaluate recruitment strategies and study protocols
• Refine booklets and study protocol for full scale evaluation

Pilot test
30 women & 30 Men

Inclusion Criteria
AN INVITATION
TO PARTICIPATE IN A RESEARCH STUDY

Supporting Smoking Cessation Among Families of Patients with Lung Cancer

Tell us what you think about a new booklet to motivate family members to reduce and stop smoking.

Are you related to a person with lung cancer? Do you smoke or have recently quit? Are you 19 years and older?

Up to 2 hours of your time!

$50.00 Honorarium

More information?
gayl.sarbit@ubc.ca
(250) 807-8054

I agree to be contacted by a member of the research team.

Name (please print) __________________ Signature __________________

Phone Number __________________ Email address __________________

Consent to contact
Screening/ invitation to participate
Signed consent/ booklet delivery
F/up assessment
$50.00 honorarium

Recruitment Process
Questions?
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Current Research Team Members
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