 Pediatrician Perspectives on Stressed Parents
THE CLINICAL EFFORT AGAINST SECONDHAND SMOKE EXPOSURE

Physician Perspectives on Stressed Parents:
Reducing Secondhand Smoke Exposure in Children

Presented by: Jyothi Marbin MD FAAP
Overview

Secondhand Smoke and Kids

CEASE: A Pediatric Focused Smoking Intervention
**CHILDREN SUFFICIENT EVIDENCE**

- Sudden Infant Death Syndrome (SIDS), low birth weight
- Impaired lung function; lower respiratory illness; respiratory symptoms, e.g. cough, wheeze, breathlessness
- Middle ear disease

**SUGGESTIVE EVIDENCE**

- Learning disability and attention deficit/hyperactivity disorder
- Asthma, tuberculosis
- Allergic diseases (including rhinitis, dermatitis, food allergy), lymphoma leukemia

**ADULTS SUFFICIENT EVIDENCE**

- Coronary artery disease
- Lung cancer
- Reproductive effects in women

- Stroke
- Nasal irritation

**SUGGESTIVE EVIDENCE**

- Breast cancer, preterm delivery
- Chronic obstructive pulmonary disease, chronic respiratory symptoms, asthma, impaired lung function
- Cancer of the nasal sinus, pharynx, and larynx
- Atherosclerosis
Globally, secondhand smoke causes over 600,000 deaths each year.
Who’s Exposed to SHS?

- 41% of 3-11 year olds exposed to SHS
  - 69% AA 3-11 year olds
- 60% kids at 185% FPL exposed to SHS
- 37% renters (v. 19% own)

Why do people smoke?

Because nicotine is as addictive as heroin and cocaine.
Smoking is a Powerful Behavioral Addiction
Smokers Can’t Blow Off Stress

- 50% of smokers report stress in their daily lives, compared to
  - 35% of quitters
  - 31% of non-smokers
• Clinical
• Effort
• Against
• Secondhand Smoke
• Exposure
Pediatric Interactions Provide a Teachable Moment for Smoking Cessation

1. Relationship
2. Access
3. Motivation
CEASE: Three Easy Steps

**Ask:**
- Universal screening

**Assist:**
-Prescribe NRT

**Connect:**
- CA Smokers’ Helpline
Step One: Ask

“Does Johnny live with anyone who smokes cigarettes?”
Step Two: Assist

• Use brief motivational interviewing techniques

• Offer nicotine replacement therapy (NRT)
Step Three: Connect

WISCONSIN TOBACCO QuitLine
800-QUIT-NOW (800-784-8669)

Available 24 hours a day, 7 days a week
Summary

• Secondhand smoke has a significant burden on children, especially low income children

• Quitting requires both behavioral and pharmacologic interventions

• Pediatricians can take an active role in helping parents quit smoking
THANK YOU

Mindy Benson PNP
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Lisa Kroon PhD
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References


References


