

The webinar ***Addressing Tobacco Cessation in Cancer Survivors: What Comprehensive Cancer Control Coalitions Need to Know*** was aired on October 30, 2019.

The webinar covered the risks of persistent smoking and the benefits of cessation for cancer patients and survivors. The webinar also addressed best practices, gaps, and barriers to treating tobacco dependence. This document summarizes key takeaways and resources from the webinar, which can be accessed at the following link <https://www.ccnationalpartners.org/upcoming-webinar-series-obesity-and-cancer>.

The *American Cancer Society Comprehensive Cancer Control (ACS CCC)* team hosted the webinar. The ACS CCC team seeks to build the capacity of grant recipients in the *Centers for Disease Control and Prevention National Comprehensive Cancer Control Program* to implement policy, systems, and environmental change approaches and evidence-based promising practices in cancer prevention, screening, diagnostic follow-up, and survivorship.

Presenter



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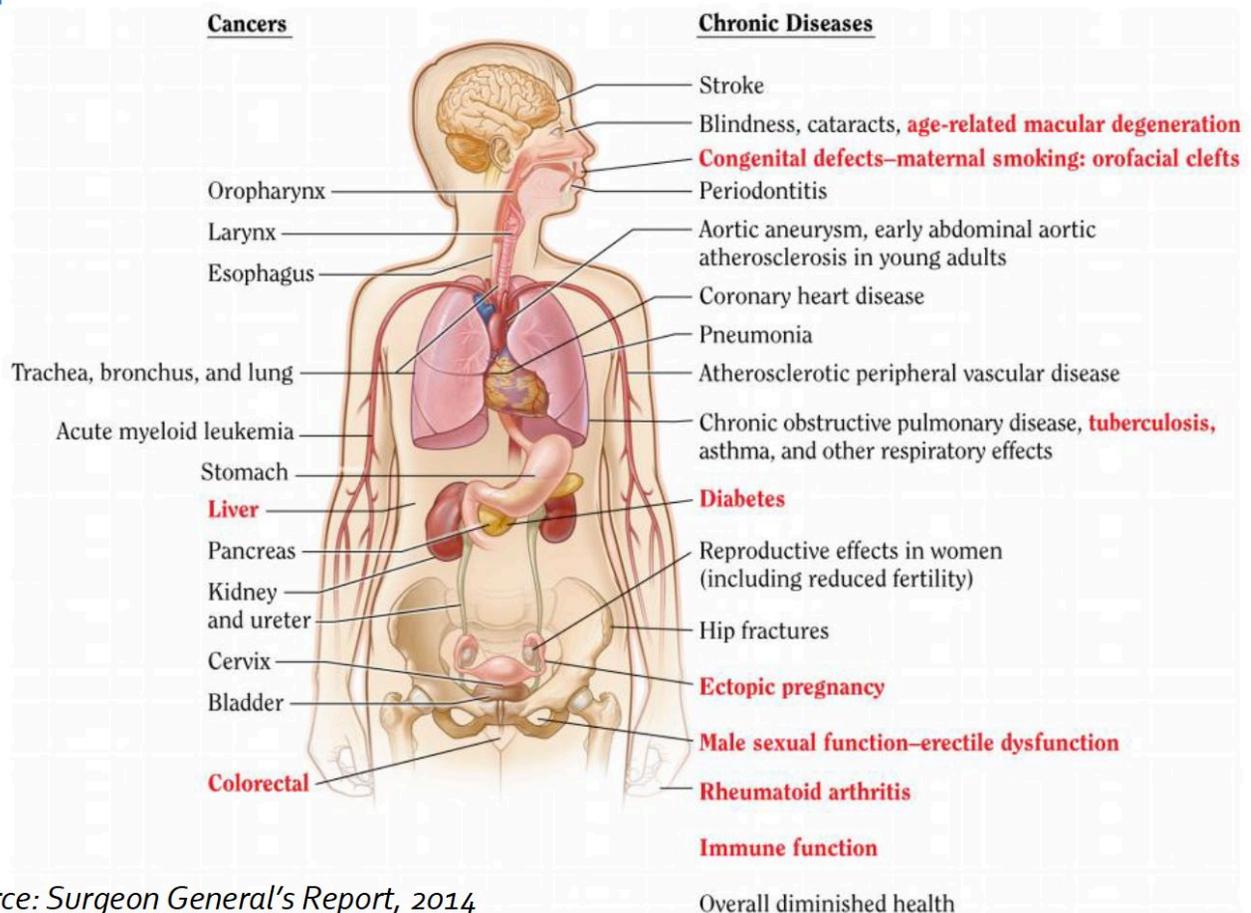
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The 2014 Surgeon General's Report on Smoking summarizes compelling evidence about the adverse health outcomes of cigarette smoking in cancer patients and survivors. Persistent smoking is associated with increased risk of recurrence, second primary cancers, treatment complications, and poor treatment response, drug interactions, other tobacco-related medical conditions, diminished quality of life, and reduced survival. Access the report and nine related fact sheets at https://www.cdc.gov/tobacco/data_statistics/sgr/50th-anniversary/index.htm.

Prevalence of Smoking among Cancer Survivors

Smoking prevalence is estimated to be at least 16%-27% of adult cancer survivors.

Health Consequences of Smoking



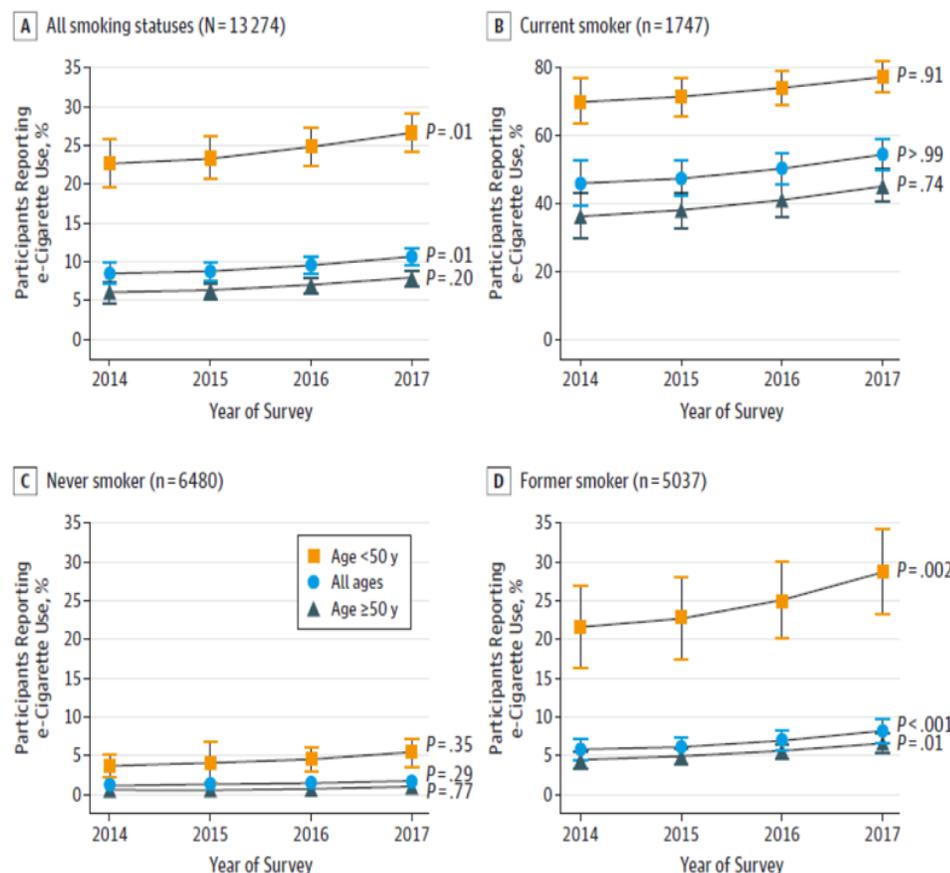
Source: Surgeon General's Report, 2014

Benefits of Smoking Cessation

- Improved survival
- Decreased risk of disease recurrence
- Decreased risk of second primary cancers
- Decreased risk of treatment (surgery, radiation, chemotherapy) side effects and complications
- Improved treatment response and effectiveness
- Decreased risk of other tobacco-related comorbid conditions (CVD, COPD)
- Improved quality of life (better pain control, reduced distress/stigma)
- Reduced cost of cancer care

E-Cig Use Among Cancer Patients 2014-2017

Figure. Prevalence of e-Cigarette Use Stratified by Smoking Status



Sanford, et al.,
2019, *JAMA
Oncology*

e-Cigarette use among all participants (A) reporting a diagnosis of cancer by year of survey, current smokers (B), never smokers (C), and former smokers (D). The error bars indicate 95% CIs. There were 10 patients with unknown smoking status.

Gaps in Tobacco Use Assessment and Treatment in Cancer Care

Tobacco use assessment and treatment are not yet the standard of care. Only 60% of Comprehensive Cancer Centers offer some form of tobacco treatment. Less than 50% of oncology providers routinely provide tobacco treatment. Patient, provider, and system-level barriers must be addressed.

- It is incumbent on the cancer care community to incorporate effective tobacco cessation as an integral component of quality cancer care.
- Tobacco cessation treatment is recommended as a standard of quality care.
- Smoking status is recommended as a core clinical and research data element.
- Tobacco Cessation and Quality Cancer Care, ASCO, 2009
- Recommend that Cancer Centers integrate assessment and treatment of tobacco use into routine clinical care.
- Call for more research on developing and evaluating cost-effective cessation treatment delivery models in cancer care.

Source: Morgan et al. JoP, 2011

Patient Barriers

- Stigma deters help-seeking.
- Distress
- Low quitting self-efficacy
- Nicotine addiction/withdrawal symptoms
- Psych history/substance use

Systems barriers

- Lack of organizational priority
- Absence of standardized tobacco use assessment
- Lack of available resources
- Lack of referral options

- Lack of clarity regarding role and responsibilities (workflow)
- Coverage/business plan

Provider barriers

- Competing priorities
- Lack of time
- Perceived patient resistance
- Discomfort/Avoidance: Do not want to worsen distress/upset the patient
- Lack of knowledge, training, and confidence in how to help patients quit

Source: Warren et al., 2013; Warren et al., 2013; Sarna et al., 2000

Best Practices for Tobacco Use Assessment and Treatment in Care

Evidence-based clinical practice guidelines from the *National Comprehensive Cancer Network (NCCN)* exist for the safe and effective treatment of tobacco dependence in cancer patients and survivors.

- Treating Tobacco Use and Dependence
<https://www.ahrq.gov/prevention/guidelines/tobacco/index.html>
- Cancer Survivors Month: Free Help to Quit Smoking
<https://blogs.cdc.gov/cancer/2019/06/25/cancer%20survivors%20month%20free%20help%20to%20quit%20smoking/>
- National Comprehensive Cancer Network (NCCN) Guidelines for Smoking Cessation
<https://www.nccn.org/about/news/newsinfo.aspx?NewsID=498>

The Impact of Stigma

Discussing tobacco use is a sensitive topic for most cancer patients. Be empathic/non-judgmental, provide individualized reasons for quitting, and encourage a willingness to help by discussing safe and effective tobacco treatments and referring patients to colleagues with expertise in treating tobacco dependence in cancer care.

- Smoking is a sensitive topic for most cancer patients/survivors.
- Regret, shame, self-blame, guilt
- Source of conflict with smoking discordant loved ones
- Misreporting, avoidance of help-seeking

Behavioral Counseling in the Cancer Setting

The use of evidence-based cessation treatment among cancer patients is low, and oncology providers miss many “teachable moment” opportunities to advise cessation and treat tobacco dependence. We CAN do better!

Refer smokers to a Tobacco Treatment Specialist for follow-up cessation counseling. The use of cessation medication reduces acute nicotine withdrawal and the likelihood of cessation.

- Cancer diagnosis: a teachable moment
- Increased awareness of harms associated with unhealthy behaviors and receptivity to health behavior change

- Psychoeducation about nicotine addiction and “chemical coping.”
- Includes high-intensity (multiple sessions), brief counseling, and quitlines (especially in lower-resource settings)

Community-Based Resources

- <https://www.cancer.org/healthy/stay-away-from-tobacco/guide-quitting-smoking/deciding-to-quit-smoking-and-making-a-plan.html>
- <https://www.becomeanex.org>
- <https://smokefree.gov>
- <https://www.naquitline.org>
- <https://www.cancer.gov/publications/patient-education/facing-forward>

Resources

- Addressing a Core Gap in Cancer Care — The NCI Moonshot Program to Help Oncology Patients Stop Smoking: <https://www.nejm.org/doi/full/10.1056/NEJMp1813913>
- ASCO Tobacco Cessation Guide for Oncology Providers (intended to help oncology providers integrate tobacco cessation strategies into their patient care) <https://www.asco.org/sites/new-www.asco.org/files/content-files/blog-release/documents/tobacco-cessation-guide.pdf>
- NCCN Clinical Practice Guidelines in Oncology for Smoking Cessation <https://www.nccn.org/about/news/newsinfo.aspx?NewsID=498>
- AACR-ASCO Policy on Electronic Nicotine Delivery Systems (ENDs) <https://clincancerres.aacrjournals.org/content/21/3/514>
- ASCO Tobacco Control Policy <http://jco.ascopubs.org/content/early/2013/07/29/JCO.2013.48.8932.full.pdf>
- ASCO Tobacco Cessation Policy Statement, 2012 Update <https://ascopubs.org/doi/pdf/10.1200/JCO.2013.48.8932>
- American Association for Cancer Research: Assessing Tobacco Use by Cancer Patients and Facilitating Cessation <https://clincancerres.aacrjournals.org/content/19/8/1941>
- Electronic cigarette use among patients with cancer: Characteristics of electronic cigarette users and their smoking cessation outcomes: <https://acsjournals.onlinelibrary.wiley.com/doi/full/10.1002/cncr.28811>

- E-cigarettes and Cancer Patients:
<https://www.sciencedirect.com/science/article/pii/S1556086415302379>
- Electronic Nicotine Delivery Systems: A Policy Statement From the American Association for Cancer Research and the American Society of Clinical Oncology:
<https://ascopubs.org/doi/full/10.1200/JCO.2014.59.4465>
- Oncology Nursing Society
<https://www.ons.org/make-difference/ons-center-advocacy-and-health-policy/position-statements/isncc-tobacco-position>
- Outbreak of Lung Injury Associated with the Use of E-Cigarette, or Vaping, Products:
https://www.cdc.gov/tobacco/basic_information/e-cigarettes/severe-lung-disease.html
- National Certificate in Tobacco Treatment Practice <https://www.naadac.org/NCTTP>
- NCI Cancer Centers Cessation Initiative: <https://cancercontrol.cancer.gov/brp/tcrb/cessation-initiative.html>
- Nursing Leadership in Global and Domestic Tobacco Control statement, 2008 update
<https://www.nursingworld.org/practice-policy/nursing-excellence/official-position-statements/id/nursing-leadership-in-global-and-domestic-tobacco-control/>
- SmokeFree.gov Resources for Healthcare Professionals
<http://smokefree.gov/health-care-professionals>
- Surgeon General's Report (See Chapter 5 for cancer and tobacco use)
<https://www.hhs.gov/sites/default/files/2020-cessation-sgr-full-report.pdf>
- The Cancer Patient Tobacco Use Questionnaire:
<https://cancercontrol.cancer.gov/brp/tcrb/tobacco-after-cancer-diagnosis.html>