



## PROS PEARLS

### PROS Clinical Effort Against Secondhand Smoke Exposure (CEASE) Study

#### The Clinical Effort Against Secondhand Smoke Exposure (CEASE) Intervention: A Decade of Lessons Learned.

- The purpose of this article was to describe lessons learned in developing the CEASE tobacco control intervention.
- The CEASE program trains pediatricians and office staff to systematically provide cessation counseling and interventions to parents and other adults who smoke. Clinicians intervene with smoking families using a streamlined, 3-step version of the traditional 5-step approach (Ask, Advise, Assess, Assist, Arrange) recommended in the US Public Health Service guideline.
- The CEASE module includes tools to both change the pediatric health care office infrastructure and to facilitate pediatric health care providers' delivery of counseling, medications, and referral for tobacco cessation. These tools are a training manual and video, an implementation guide to use in structuring office responsibilities for accomplishing each stage of the CEASE intervention, posters for the office, and handouts for the parents that reinforce the importance of smoke-free families to children's current and future health and the availability of resources for quitting.
- Lessons learned included: 1) If you are developing an intervention, use several different perspectives when developing and implementing a practice change program, such as a programmatic perspective (focusing on sustaining the program), a practice perspective (focusing on the needs of the practice), or a patient perspective (focusing on the needs of the patient). Each one can enhance value and impact of the program; 2) simplify the intervention as much as possible; 3) be flexible and willing to learn from everybody, sometimes "non-experts," such as patients, parents, or administrators, can be the most authentic and useful collaborators; and 4) use inexpensive materials to conserve resources and enhance your ability to widely distribute them.

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