Characteristics of Current and Former Postpartum Inpatient Smokers
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Background
The inpatient postpartum period presents a critical window for providing smoking cessation and relapse prevention interventions. Understanding factors that contribute to perinatal smoking behavior and smoking cessation is essential for development of effective interventions.

Purpose
To compare current and former inpatient postpartum smokers on potential variables related to their smoking behavior and the process of smoking cessation.

Methods
• Cross-sectional survey of postpartum inpatient women
• Large urban hospital in the southeastern central United States
• 119 women screened for:
  • Any tobacco use in the past 10 mts
  • ≥ 18 years of age
  • English speaking
  • No hearing impairment
  • Delivery of a healthy newborn
  • Vaginal delivery Day 1 or cesarean section Day 2
• Final sample: 12 current smokers
   12 former smokers
• Questions adapted from CDC’s Pregnancy Risk Assessment Monitoring System
• Smoking Abstinence Self-Efficacy Scale (SASE; Velicer, DiClemente, Rossi, & Prochaska, 1990).

Results

Sample Characteristics (N = 24)

<table>
<thead>
<tr>
<th>Characteristic</th>
<th>Current</th>
<th>Former</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mean Age</td>
<td>27±5</td>
<td>27±5</td>
</tr>
<tr>
<td>Race</td>
<td>50%</td>
<td>50%</td>
</tr>
<tr>
<td>Income</td>
<td>83%</td>
<td>83%</td>
</tr>
<tr>
<td>Education</td>
<td>50%</td>
<td>50%</td>
</tr>
<tr>
<td>Insurance</td>
<td>79%</td>
<td>79%</td>
</tr>
</tbody>
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Types of Advice Given by Healthcare Provider

Smoking Abstinence Self-Efficacy
• The two groups did not differ on SASE levels and had a moderate level of self-confidence to abstain.
• The two groups did not differ on any of the subscales.

Perceived Barriers to Smoking Cessation

Discussion
• This study supports previous literature that over 35% of pregnant women from low-income households are smokers and that prenatal smokers are less likely to be employed and more likely to be on Medicaid (Adams, Melvin, & Raskind-Hood, 2008).
• A majority of the total sample used the “cold turkey” method. Some women were successful and others were not, suggesting other factors are associated with pregnant women’s ability to quit smoking independently.
• A discrepancy between the intention of providers to offer smoking cessation interventions and women’s perceptions of these interventions was identified.

Implications
• More intentional interventions in the postpartum inpatient period are critical to help prevent the relapse common among high-school educated and Medicaid women (Colman & Joyce, 2003).
• Encouraging breastfeeding in the postpartum inpatient period may prolong motivation to remain abstinent.
• Interventions that incorporate stress management skills, spouse/partner/family member cessation assistance, and practical tips for women to deal with cravings may be helpful to address perceived barriers.

References