

## 2014/2015 Summer Studentship Project Application Form

Send to: Research Office, University of Otago Christchurch, PO Box 4345, Christchurch, by 5pm on **4 July 2014**

### Supervisor Information (First named supervisor will be the contact):

Supervisor's Name(s): Lynley Cook, Dee Mangin

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### Research Category (Choose one category only – to be used for judging the students' presentations):

Community

### Project Title (20 words MAXIMUM):

### Evaluation of Pegasus Health's "Stop Smoking Support Options" programme

#### Project Description:

**Introduction:** Pegasus Health was one of the first organisations in New Zealand to establish a smoking cessation programme (PEGs) that has now been running for 15 years. An evaluation in 2013 identified the need to revise the programme to bring it into line the ABC approach to smoking cessation, an increase in cessation support service options in the community and current best practice. In addition, it was identified that PEGS has been comparatively under-utilized by men, Maori, Pacific and culturally and linguistically diverse populations.

The goal of the revised programme "Stop Smoking Support Options" is to link with/ provide a range of effective supported stop smoking options for enrolled patients wanting to quit smoking that are well matched to their needs. This includes a revised in house stop smoking option (PEGs). The objectives of the "Stop Smoking Support Options":

- A high level of awareness of stop smoking support options in general practice teams
- Increased referrals to partner stop smoking support programmes
- Revised PEGS programme has high level of acceptability with the providers and clients
- 80% completion rate of PEGS programme
- 35% quit rate for PEGS programme at 3 months

The revised programme will be rolled out in September 2014.

**Objectives of the evaluation:** The purpose of undertaking the evaluation is for quality improvement of the programme. This evaluation will be a process evaluation of the early implementation of the programme. The objectives of the evaluation are to determine:

1. The level of awareness of stop smoking support options in general practice teams
2. The referral numbers to partner stop smoking support programmes
3. The acceptability, enablers and barriers to the uptake of the "Stop Smoking Support Options" including the revised PEGS programme for providers

**Methods:** the methods will include a mix of quantitative and qualitative methods:

- Analysis of referral patterns to stop smoking options providers
- Survey of practice nurses that examines the barriers and acceptability of the revised programme
- In depth interviews of practice nurses participating in the programme

**Analysis:** The referral patterns will be captured and extracted in the referral systems software managed by Pegasus Health. The online survey will be constructed using Survey Monkey or a similar tool with analytical capabilities. Interviews will be analysed to explore the acceptability, enablers and barriers to the uptake of the "Stop Smoking Support Options".

The student will lead on the delivery of this project, they will design the survey tools and interviews and analyse the findings with support from the Project Sponsors. 10 weeks is a reasonable timeframe for a student with a reasonable understanding of research methods of this type with the support that will be made available to them from the IT Team and Project Sponsors.

**Dissemination:** The report will be summarized and reported through usual communication channels within Pegasus Health. The evaluation's findings will be used directly for quality improvement of the programme.

