



Evidence to Action

{ Motivating Families of Patients with Lung Cancer
to Reduce and Quit Smoking



Joan Bottorff, PhD
Carole Robinson, PhD
Gayl Sarbit, PhD
Iris Torchalla, PhD



a place of mind
THE UNIVERSITY OF BRITISH COLUMBIA

June 2013

Explore the influence of a lung cancer diagnosis on interpersonal dynamics in families in which one or more members continue to smoke.



The Qualitative Study

{ “Just Because You’ve Got Lung Cancer Doesn’t Mean I Will”

Robinson, C.A., Bottorff, J.L., Smith, M.L., & Sullivan, K.M. (2010). *Journal of Family Nursing*, 16 (3), 282-301.

Bottorff, J.L., Robinson, C.A., et al. (2009). Continued family smoking after lung cancer diagnosis: The patient’s perspective. *Oncology Nursing Forum*, 36 (3), E126-132.

Robinson, C.A., Bottorff, J.L., & Torchalla, I. (2011). Exploring family relationships: Directions for smoking cessation. In E.K. Svavarsdóttir and H. Jonsdóttir, (Eds.), *Family nursing in action* (pp.137-159). Reykjavik, Iceland: University of Iceland Press.



{ Heightened vulnerability
{ Perceived urgency

LC Patient Responses to Continued Smoking in Family



{ Disputed causal link
Belongs to the patient
Lack of communication

Family Member Perspectives



{ Preserving Relationships
{ Risking Relationships

LC Patient Orientations to Family Smoking

{ “You want to keep a relationship....
I want people to be with me, you know.”



Preserving
Relationships

{ She's 40 years old and she's not my little girl that I can take her cigarettes away and say, "you're not going to smoke anymore." ... so I nag all the time. I have to keep trying to talk to her...."



Risking
Relationships

Outcomes for Patient with LC and Family Smoking

{ No smoking cessation / family members
Increased patient distress
Tension and conflict





“The nagging; I mean it just doesn’t do any good...You have to want to quit and you have to do it by yourself. You have to have the support of people but the decision has to be made by yourself.”

Smoking Cessation as an Individual Choice

“The right time” . . . for the “right reason”



Support patient's efforts to quit smoking and ↓ exposure to SHS

Eliminate smoking-related distress

Enhance family support and cohesion

Prevent smoking-related cancer among relatives

Benefits of Intervening with Family Members Who Smoke



- ✓ strengthen the family connection and an individual's identity as a loving and caring family member
- ✓ address some misconceptions related to smoking and lung cancer
- ✓ reinforce respect for individual choice

Evidence to Action

{ Resource for family members of patients
with lung cancer



- Gender sensitive; gendered formatting
- Evidence-based
- Strength based positive messaging
- Voices of LC patients and relatives
- Engaging & interactive content
- Space for resolving ambivalence
- Accessible language
- Avoid shame and blame



Guiding Principles

CONFIDENTIAL DRAFT



*THE RIGHT TIME...
THE RIGHT REASONS*



MEN



**RELATED TO PEOPLE WITH LUNG CANCER
TALK ABOUT REDUCING AND QUITTING SMOKING**

WHAT DOES IT MEAN
TO BE A FAMILY?

we laugh.
we love.
we share.
we protect.



WE SUPPORT EACH OTHER

WHAT DOES IT MEAN
TO BE A FAMILY?

WE PROTECT.
WE PROVIDE.
WE SHARE.
WE LOVE.



WE ARE STRONG FOR EACH OTHER

Family Support



Lung Cancer.

LIFE. CHANGES.



I SEE
what lung cancer
has done to my family.

Language and Images

LISTENING TO PATIENTS with Lung Cancer

“After I got lung cancer, my sister and I quit smoking. That was our gift to each other. But my sister got back into the habit again and it’s really hard for me to watch her smoking. I’m so worried she will get lung cancer too.”



“My family is so important to me and I really worry about my daughter. She’s still smoking and I know that nagging her to quit doesn’t help. But what if she gets lung cancer too and I’m not here to help her through it? I wish she didn’t get so mad when I talk to her about not smoking.”

What does this have to do with me?

I like everything about smoking. I’m not thinking about quitting even though lung cancer is in the family now.

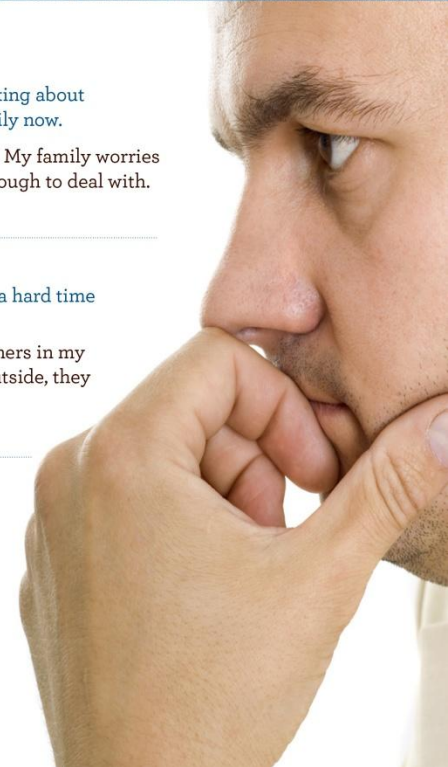
But my smoking isn’t just about me anymore. My family worries about my smoking and right now they have enough to deal with.

I will quit smoking eventually but I’m having a hard time dealing with things right now.

But I know my smoking makes it harder for others in my family to stop smoking. Even when I smoke outside, they can still smell it on my clothes.

I’ve tried many times to quit smoking but it wasn’t the right time. When I’m ready, I’ll quit and right now I’m not ready.

But I don’t want to be outside smoking, away from my family and missing time together. They need me.



Discrepancies / Reflection



- 
- Evaluate acceptability and usability of the booklet
 - Evaluate recruitment strategies and study protocols
 - Refine booklets and study protocol for full scale evaluation

Pilot test



{ 30 women & 30 Men

Inclusion Criteria

AN INVITATION

TO PARTICIPATE IN A RESEARCH STUDY

Supporting Smoking Cessation Among
Families of Patients with Lung Cancer



Tell us what you think about a new
booklet to motivate family members
to reduce and stop smoking.

**Are you related to a person with lung
cancer? Do you smoke or have recently quit?
Are you 19 years and older?**

Up to **2 hours** of your time!

\$50.00
Honorarium

More information?
gayl.sarbit@ubc.ca
(250) 807-8054



a place of mind
THE UNIVERSITY OF BRITISH COLUMBIA

**I agree to be contacted by a member of the
research team.**

Name (please print)

Signature

Phone Number

Email address

Consent to contact

Screening/ invitation to participate

Signed consent/ booklet delivery

F/up assessment

\$50.00 honorarium

Recruitment Process



Questions?

Acknowledgments

Current Research Team Members

Joan Bottorff
Carole Robinson
Gayl Sarbit
Iris Torchalla

Past Research Team Members

Bill Nelems
Mike Humer
Kelli Sullivan
Michele Smith

Thank you



{ Joan.bottorff@ubc.ca
@JoanBottorff

www.itag.ubc.ca

Funding: Canadian Tobacco Research Initiative; CIHR funding for the iTAG Team (Investigating Tobacco and Gender)