



**Karolinska  
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Institutionen för neurobiologi, vårdvetenskap och samhälle

# Communication in Smoking Cessation and Self-management

A Study at Nurse-led COPD-clinics in Primary Health Care

AKADEMISK AVHANDLING

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## ABSTRACT

The general **aim** of this thesis was to investigate behavioral change communication at nurse-led chronic obstructive pulmonary disease (COPD) clinics in primary health care, focusing on communication in self-management and smoking cessation for patients with COPD.

**Designs:** Observational, prospective observational and experimental designs were used.

**Methods:** To explore and describe the structure and content of self-management education and smoking cessation communication, consultations between patients (n=30) and nurses (n=7) were videotaped and analyzed with three instruments: Consulting Map (CM), the Motivational Interviewing Treatment Integrity (MITI) scale and the Client Language Assessment in Motivational Interviewing (CLAMI). To examine the effects of structured self-management education, patients with COPD (n=52) were randomized in an intervention and a control group. Patients' quality of life (QoL), knowledge about COPD and smoking cessation were examined with a questionnaire on knowledge about COPD and smoking habits and with St. George's Respiratory Questionnaire, addressing QoL.

**Results:** The findings from the videotaped consultations showed that communication about the reasons for consultation mainly concerned medical and physical problems and (to a certain extent) patients' perceptions. Two consultations ended with shared understanding, but none of the patients received an individual treatment-plan. In the smoking cessation communication the nurses did only to a small extent evoke patients' reasons for change, fostered collaboration and supported patients' autonomy. The nurses provided a lot of information (42%), asked closed (21%) rather than open questions (3%), made simpler (14%) rather than complex (2%) reflections and used MI non-adherent (16%) rather than MI-adherent (5%) behavior. Most of the patients' utterances in the communication were neutral either toward or away from smoking cessation (59%), utterances about reason (desire, ability and need) were 40%, taking steps 1% and commitment to stop smoking 0%. The number of patients who stopped smoking, and patients' knowledge about the disease and their QoL, was increased by structured self-management education and smoking cessation in collaboration between the patient, nurse and physician and, when necessary, a physiotherapist, a dietician, an occupational therapist and/or a medical social worker.

**Conclusion** The communication at nurse-led COPD clinics rarely involved the patients in shared understanding and responsibility and concerned patients' fears, worries and problems only to a limited extent. The results also showed that nurses had difficulties in attaining proficiency in behavioral change communication. Structured self-management education showed positive effects on patients' perceived QoL, on the number of patients who quit smoking and on patients' knowledge about COPD.

**Keywords:** Chronic obstructive pulmonary disease, Client Language Assessment in Motivational Interviewing, Communication, Consulting Map, Motivational Interviewing Treatment Integrity, Nurse-led clinics, Patient education, Primary health care, Quality of life, Self-management, Smoking cessation.