



## Rheumatoid arthritis-specific smoking cessation programme offers varied options to assist quitting in arthritis patients

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For the management of rheumatoid arthritis (RA), smoking cessation is an important consideration. The present study determined the aspects of a novel 3-month smoking cessation intervention which were most useful for people with RA and identified the areas of improvement.

The study undertook an interview of 38 current smokers with RA (19 intervention and 19 control) enrolled in a previous randomised controlled trial (RCT) of smoking cessation and two arthritis educators who had provided the intervention. Data were thematically analysed using a combination of deductive and inductive approaches to identify the themes.

Intervention participants and the educators identified individualised support and advice as the two most essential components of the smoking cessation intervention. The generic smoking cessation components and education about the links between smoking and RA were also identified as an important aspect. All participants were given nicotine replacement therapy and were the most commonly reported facilitator of smoking cessation. People with RA who reported being ready to quit smoking had more success at smoking cessation. The educators were positive about the ongoing provision of the smoking cessation intervention.

The study results estimated that the novel RA-specific smoking cessation intervention that had formed the basis of the previous RCT provided useful and varied options to assist quitting smoking among RA patients. Successful quitters were ready and motivated to quit smoking regardless of their randomisation status, with nicotine replacement therapy a useful aid to quitting. Support offered by the educators was critical in the participants' perspective.

<b>Source:</b>	Musculoskeletal Care
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