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# Enhancing Pharmacists' Furnishing of Nicotine Replacement Therapy (NRT) in the San Joaquin Valley & Local Foothills

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Tobacco Endgame Scholarship Symposium (TESS)

UC Merced



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# ACKNOWLEDGMENTS

## Research Team

- **UCSF Team:** Deanna Halliday, Ph.D., Tanner Wakefield, Dorie E. Apollonio, Ph.D.
- **UC Merced Team:** Arturo Durazo, Ph.D., Darrin Tracy, Pharm.D., Anna V. Song, Ph.D.

## Interns

- **CSU Stanislaus SVFSI Interns:** Heriberto Fuentes, Justin Thao, Luis Suarez-Lopez, Saifa Sanguilan, and Yurixia Avalos
- **NCPC Tobacco Endgame Interns:** Bhavika Bowrisetti, Brandon Castillo Flores, Charu Raihan, Ilse Flores, Katharine Rodriguez Puga, Kaylie Burdine, Ashley Ratcliff-Winn, Lynnelle Pantoja, Maria Reza, Parneet Hundal, Stephanie Mata

## Funding

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- 28PC-0044 (UC Merced PI: Dr. Anna V. Song)
- T32SR5004 (CSU Stanislaus PI: Dr. José Díaz Garayúa and UC Merced PI: Dr. Arturo Durazo)



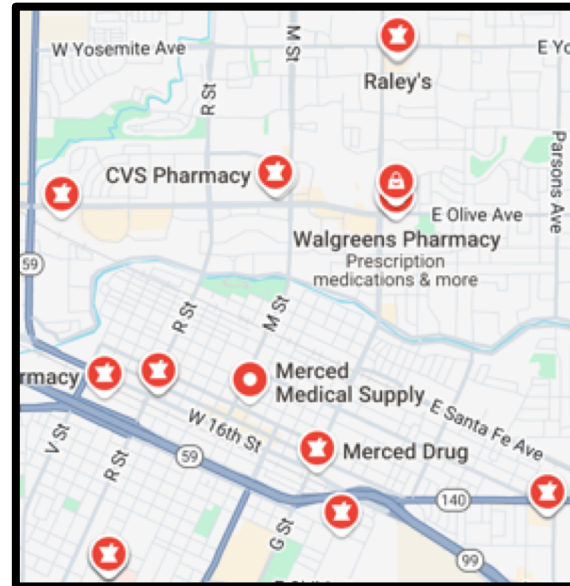




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Policy Center



In regions with shortages of medical doctors, residents often obtain care from pharmacies





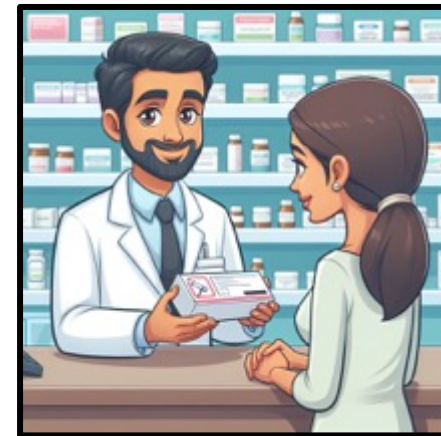
- California pharmacists can “furnish” certain medications
- These include:
  - Hormonal contraceptives
  - Paxlovid
  - Nicotine replacement therapy (NRT)
    - OTC vs prescription






Residents in the San Joaquin Valley experience higher smoking rates and shortages of medical doctors

Pharmacists can address these disparities by furnishing NRT and providing counseling







**STUDY ONE**  
Surveys and Interviews with SJV Pharmacies  
and Pharmacists





# ASSESS FURNISHED NRT IN SJV PHARMACIES

**Aim 1:** Examine the **availability** of pharmacist-furnished NRT in 11 San Joaquin Valley (SJV) Counties

## **Approach:**

- **Called and surveyed** SJV pharmacies to ask if they furnished NRT
- **Interviewed and surveyed** SJV pharmacists in person to confirm NRT furnishing availability



Halliday DM, Schneider S, Wakefield T, Durazo A, Tracy D, Song AV, Apollonio DE. (Under review). Pharmacy furnishing of nicotine replacement therapy in California's Central Valley.



# ASSESS FURNISHED NRT IN SJV PHARMACIES

**Aim 2:** Examine **barriers** and **facilitators** SJV pharmacists face to furnishing NRT

## Approach:

- Interviewed and surveyed SJV pharmacists to assess barriers and facilitators to furnishing
- Thematic analysis (Braun & Clark, 2006) was conducted using ATLAS.ti to analyze interview data



# FINDING HIGHLIGHTS: SJV Pharmacies Survey

CSU Stanislaus SVFSI Interns and NCPC Interns successfully contacted 576 of 609 active SJV pharmacies by phone

Of those, only 25 reported furnishing NRT





# FINDING HIGHLIGHTS: SJV Pharmacist Interviews

Researchers and Interns visited those 25 pharmacies to survey and interview SJV pharmacists about furnishing availability

Of the 25 pharmacies who reported furnishing NRT by phone, only 5 reported furnishing in person

1%



# FINDING HIGHLIGHTS: SJV Pharmacist Interviews

We also interviewed and surveyed SJV pharmacists to assess barriers and facilitators to furnishing NRT

- Barriers:
  - Feasibility
  - Affordability
  - Need for greater support
  - Perceived lack of demand
- Facilitators:
  - Increased feasibility
  - Increased affordability
  - Greater support from companies and CA Board of Pharmacy
  - Understanding patients' smoking histories





**STUDY TWO**  
Focus groups with English-speaking, adult  
SJV Residents who smoke





# ASSESS QUIT PERSPECTIVES IN SJV RESIDENTS

**Aim 1:** Examine the **motivations** and **barriers** to quit smoking among adult SJV residents who smoke

**Aim 2:** Examine **experiences** and **views** towards using products to quit smoking among adult SJV residents who smoke

- e.g., pharmacist-furnished NRT

## **Approach:**

Conduct **focus groups** with residents in English ( $n = 12$ ) and Spanish (ongoing) to understand quitting perspectives



# DATA ANALYSIS

- Thematic analysis (Braun & Clark, 2006) was conducted using ATLAS.ti to analyze focus group data
- NCPC Tobacco Endgame Interns and RAs have been involved in codebook development and coding focus groups transcripts



Bhavika  
Bowrisetti



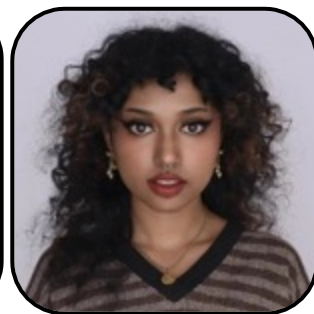
Kaylie  
Burdine



Brandon  
Castillo Flores



Ilse Flores



Charu  
Raihan



Katharine  
Rodriguez Puga





Katharine Rodriguez Puga



Ilse Flores







**PRELIMINARY FINDING HIGHLIGHTS**  
Focus groups with English-speaking, adult SJV residents who smoke



# PRELIMINARY FINDING HIGHLIGHTS:

## SJV Focus Groups

Focus groups were conducted with English-speaking SJV adult residents who smoke

Participants reported:

- Awareness of NRT and OTC quit products
- Cessation barriers
  - Concerns about side effects
  - Feeling initially vulnerable with providers
- Participant-based recommendation: Enhance patient-pharmacist discussions so information is not “hidden”





# SUMMARY

- Although SJV residents face high smoking rates and low access to medical doctors, few SJV pharmacies furnish NRT
- Addressing barriers pharmacies face can encourage pharmacists to furnish NRT
- Providers must build rapport and trust with patients to:
  - Increase confidence in quit products
  - Increase knowledge of quit products
  - Increase engagement with quit products
  - Reduce concerns
- Utilizing pharmacist-furnished NRT improves health literacy by increasing awareness and understanding



# RECOMMENDATIONS

- Develop widespread, cost-effective advertising through pharmacies to reach those who are motivated to quit smoking
- Tailor interventions that promote NRT uptake while focusing on rural communities



# NEXT STEP

- Our pharmacist-led team is rolling out a continuing education course for pharmacists to provide tobacco cessation services in the SJV



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## STAY IN TOUCH

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