

Date of submission: 11/30/2016

ORGANIZATION AND CONTACT INFORMATION:

Organization Name: Society for Treatment of Tobacco Dependence__

Organization Website: www.slzt.cz

Mailing Address (if different): _____

Executive Director/CEO: Prof. Eva Kralikova, MD, PhD. _____

E-Mail: eva.kralikova@lf1.cuni.cz

Name & Title of Contract Signatory (if different from ED): _____

E-Mail: _____

Name & Title of Primary Contact Person for this project): Iveta Nohavova, RN, MS

Phone: +420 720 578 161 E-mail: nohiveta@gmail.com__

PROJECT INFORMATION

Name / Title of this Project: Eastern Europe Nurses' Centre of Excellence for Tobacco Control – Developing Nurse Champions for Tobacco Dependence Treatment_____

Name and Title of Project Principal investigator: Iveta Nohavova, RN, MS

Phone: +420 720 578 161 E-mail: nohiveta@gmail.com__

Name and title of Co-Principal Investigator: Stella Bialous, RN, DrPH, FAAN

Phone: +1-415-502-3352 Email: Stella.Bialous@ucsf.edu

Name and title of Co-Principal Investigator: Prof. Eva Kralikova, MD, PhD

Phone: +420-224-968-529 Fax: +420-224-968-529 Email: eva.kralikova@lf1.cuni.cz

Is IRB approval required: Yes

Estimated IRB Submission Date: March 2017

Estimated IRB Approval Date: May 2017_____

Does your research protocol have a control arm? No

Registered nonprofit status: Yes * Public entity: No_____

**If not a nonprofit or public entity, name fiscal agent for project and attach agreement. __*

Period Covered by the Grant: 02/17 – 01/19

1. Organization mission

Organization Overview

Society for Treatment of Tobacco Dependence (STTD) is a non-profit NGO that was established in 1993. The STTD is involved in education of health professionals in tobacco control and treatment of tobacco dependent patients. It supports the creation and maintenance of health professional provider's education in the 39 Centres for Tobacco-Dependent (CTD) across the Czech Republic. STTD own nurses and physicians are main actors in the education of health professionals in treatment of tobacco dependence, and co-authors of the tobacco dependence treatment guidelines for physicians (2005, 2015), nurses (2009, 2015) and pharmacists (2010, 2015).

In summary, the focus of the STTD is to:

- a) Offer evidence based treatment to current smokers (thus far over 5,000 smokers treated)
- b) Offer education to health professionals (i.e. nurses, physicians, pharmacists)
- c) Advocate and influence policy & laws related to tobacco control.

Project Experience

STTD has successfully become the “Eastern Europe Nurses’ Centre of Excellence for Tobacco Control” through previous works and project involvements supported by the Bristol-Myers Squibb Foundation in partnership with the International Society of Nurses in Cancer Care (ISNCC) since 2010. This support, along with the ISNCC’s expert team and the UCLA partners, including the current ISNCC president, Dr. Stella Bialous, were key in guiding the STTD nursing section’s efforts in tobacco control and existing treatment education and have held to shape it to what it is today. Therefore, since 2010, the STTD’s partnership with ISNCC built a team of nurse leaders – educators, whom have become champions in tobacco control.

The STTD has successfully completed three previous projects:

- 1) Tobacco Cessation Leadership Workshops for Nurses
- 2) Eastern Europe - Helping Smokers Quit (EE-HSQ), Czech-Polish study
- 3) Eastern Europe Nurses’ Centre of Excellence for Tobacco Control (EE-COE), study involving the Czech Republic (CZ), Hungary (HU), Romania (RO), Slovakia (SK) and Slovenia (SI).

Through these combined projects, more than 3000 nurses from 6 Central & Eastern European countries have been educated in tobacco control and gained skills in providing brief evidence-

based smoking cessation interventions. Nurse champions (leaders) have been pivotal in achieving success of these initiatives. This current proposal builds on the previous projects, focusing on developing additional nurse champions at various settings in these countries.

Project Leadership

The Eastern Europe Nurses' Centre of Excellence for Tobacco Control – Developing Nurse Champions for Tobacco Dependence Treatment project will be led by the following:

- Project Leader and Project Management: Iveta Nohavova, RN, MS
(STTD & Charles University in Prague)
- Project Co-Principal Investigator: Professor Eva Kralikova, MD, PhD (STTD & Charles University in Prague)
- Project Co-Principal Investigator and Consultant: Stella Bialous, RN, DrPH, FAAN (ISNCC)

The ISNCC Head Office will provide administrative and management support to Iveta Nohavova (IN) of STTD for the first year of the project (= transition period) via management by John Barclay, ISNCC Executive Director, per the following contact information:

International Society of Nurses in Cancer Care (ISNCC)

375 West 5th Avenue, Suite 201

Vancouver, BC, Canada V5Y 1J6

T. 604.630.5516

F. 604.874.4378

E. info@isncc.org

Attn: John Barclay, Executive Director, ISNCC

Gradually, the STTD will resume the full project leadership and management supported by ISNCC on a basis of consultancy, allowing the first year as a transition period. Specifically, Dr Stella Bialous and Professor Eva Kralikova will continue to act in their advisory roles.

Biographies can be found in *Appendix A*.

Society for Treatment of Tobacco Dependence (STTD)

3rd Department of Medicine - Department of Endocrinology and Metabolism

First Faculty of Medicine

Charles University in Prague and General University Hospital in Prague

Karlovo namesti 32

120 00 Praha 2, Czech Republic

T. +420 224 966 608

E. info@slzt.cz

W. www.slzt.cz

2. Statement of need

This project builds upon previous projects, and scaled up activities within the EE-COE project in

2014, thought normalizing the implementation of tobacco control education that will sustain, in the long term, changes in nursing standards of practice. This is possible only through ongoing support to make the still 'novice' teams (e.g. Hungary or Romania) stronger, more confident whilst putting efforts into identifying additional partners for collaboration. We understand how this is important for the future and sustainability of the program after the support of this grant ends. Our strategy will include the following, but not limited to:

- Expanding existing collaborations within a network of other health care facilities offering patient care (sharing technical/logistical information as well as offering advisory on knowledge dissemination via seminars)
- Reaching out to health care professional organizations to start partnership via endorsement and/or education program offerings
- Similarly, strengthening new relationships with other organizations or societies with focus on health prevention/tobacco control
- Exploring possible collaborations with local non-for-profit organizations to see sponsorship of any activities can be reached
- Building or strengthening collaborations with health and education ministries with aim of influencing the existing system and improve tobacco control measures.

As we learned firsthand, it takes time to build and sustain a team of nurse champions. The Czech Republic is probably the best example of that -- imbedding workshops and tobacco dependence treatment with referrals into daily nursing practice has been a long term that has started over 10 years ago and is now finally starting to see results with a growing demand for education and skills among the nursing profession.

It is important to underscore that the Czech Republic is stronger in these efforts after 6 years of support from BMS Foundation grants. Hence, it is necessary to continue the support to the newer, and somewhat still fragile teams, in those four countries (i.e. HU, RO, SI, SK).

At the same time, it is necessary to advance the current workshops in each country by pushing to reach "out-of-capital" hospitals. A great example is a very successful concept called the "Roadshow" which ran in the second year of the EE-COE project in the Czech Republic. Eight major hospitals outside Prague participated in the intensive 'train the trainer' workshops during which 146 nurses were trained.

It is also becoming obvious to the nurse leaders (champions) that there must be a stronger effort to create a larger team of dedicated nurse educators (trainers) from all over the country, in each country, who could help reach geographic areas outside the capital and maintain the interest in the educational programs. Hence, we will design a workshop level II for those highly motivated nurses who are passionate about tobacco control, and want to enhance their skills beyond providing short intervention to patients who smoke. Those future nurse leaders will

also receive advocacy training to build skills and confidence to advocate on tobacco control at the policy level.

One of the project's opportunities is its indirect potential to close the gap of nearly or completely non-existing education programs for nurses on tobacco control in Central and Eastern Europe. Nurses are neither educated about tobacco control during basic nursing education nor when they enter practice by their employers. Additionally, smoking is still perceived as a socially acceptable in the region, and often health professionals do not see the need to address this significant health risk with their patients. Hence, increasing knowledge and awareness of tobacco control by providing much needed education opportunity, will lead to the beginning of irreversible positive change of nursing practice with direct impact on patients' health. Our previous projects demonstrate that this type of a shift cannot be reversed, but needs support and encouragement in the early efforts.

It is important to note that unfortunately many of the nurses are smokers themselves. Numbers from published and unpublished sources vary between 20-55% of nurses smoke in the Central and Eastern European region. Research clearly shows that health care professional's own smoking status has negative impact on intervention offered to patients. We realize that the nurses own smoking poses a barrier for active engagement with patients who smoke. Therefore, we plan to address this issue in this project. We will monitor nurses' smoking status and document any changes, including nurses' seeking cessation assistance from one or more of the champions. We will include this topic throughout every project activity to stimulate awareness and ongoing discussions with focus on helping those nurses who smoke to build their own skills and motivation to quit. Also, to encourage fellow nurses colleagues to open discussions and provide support and help to the nurses-smokers.

As a result of previous projects, nurse leaders in Prague have initiated system changes that are normalizing tobacco dependence treatment in the routine care, as recommended by the World Health Organization. This project will evaluate the success of these initiatives to determine its replicability in additional health care facilities/systems in all 5 countries.

Over the past several years, the CoE has made great strides in providing basic education to over 3000 nurses in 6 countries, but to sustain these changes, the development and nurturing of additional nurse champions are pivotal. Supporting nurse leaders to continue to promote the education of all nurses will lead to maximizing the reach of the existing educational programs to new geographic and practice areas, such as primary care, and healthcare facilities outside capital cities.

3. Executive summary

The Eastern Europe Nurses' Centre of Excellence for Tobacco Control – Developing Nurse Champions for Tobacco Dependence Treatment project's overall goals are to:

- (1) Increase nurses' knowledge and leadership capacity in tobacco dependence treatment,
- (2) Contribute to cancer prevention efforts, and

(3) Create opportunities to influence nursing education and practice standards through advocacy in Central and Eastern Europe.

The project will involve six countries: the Czech Republic (as the Centre of Excellence regional leader), Hungary, Romania, Slovakia, Slovenia and the Republic of Moldova. Additionally, we will explore possibility of expansion to Austria (more details below).

The main target population is nurses. However, all these activities will also have directly benefit patients who smoke, possibly with an indirect benefit crossing over to families and friends of both patients and nurses. The partners in this project will be nursing organizations, university teams or large hospital institutes in each of the countries.

This project will consist of several targeted activities, i.e. in-person workshops (with leadership building skills), online e-learning education, and public events. We will monitor and evaluate both the process and outcome measures using varied methods, including pre-test and post-test questionnaires with the main goal of increasing nurses' capacity knowledge in tobacco control who provide direct patient care.

4. Target Population

Our main target population is nurses, the largest health care professional group who has clearly the highest potential impact on changes in smoking prevalence and quit attempts among the health care professionals in patients who smoke in CZ, HU, RO, SI, SK. In addition, we aim to involve one new country, specifically the Republic of Moldova, and investigate expansion to Austria. Through our proposed activities (discussed in detail in section 5), we aim to reach patients, their significant others as well as the general public through public/community events by raising awareness of tobacco related health harms and available treatment.

The potential expansion to Austria is a follow up to Professor Robert Pirker, MD, who is the Program Director for Lung Cancer at the Medical University of Vienna, and whom has voiced support of Eastern Europe Nurses' Centre of Excellence's activity efforts. We will engage in discussions with him to assess the level of interest, and whether the country could provide funding to support the development of materials and methodology. We would contribute with technical assistance as needed.

5. Project Intervention and Implementation Plan: Goals, Activities and Timeline

Project goals

The major goals of the "Eastern Europe Nurses' Centre of Excellence for Tobacco Control – Developing Nurse Champions for Tobacco Dependence Treatment" project are the following:

- (1) To address the epidemic of tobacco use and the resulting cancers in the Czech Republic, Hungary, Romania, Slovenia, Slovakia and 1-2 new countries (the Republic of Moldova and investigating expansion to Austria) through enhancing the provision of tobacco dependence treatment and tobacco control education.
- (2) To strengthen its position as the regional reference for building capacity among nurses to work on smoking cessation and thereby cancer prevention initiatives.
- (3) To nurture more nurse champions through two levels of workshops who will provide a short training to others on implementing brief cessation interventions.
- (4) To build advocacy skills in nurse champions with focus on advocacy training to address policy issues with various stakeholders
- (5) To evaluate the impact of system changes in two large hospitals in Prague after Czech nurse champions initiated mandatory nursing assessment of smoking status and provided intervention into documentation.

Key activities

The project goals will be achieved through several key activities listed as follows:

- In-person "train the trainer" workshops level I – 20 nurses/workshop/per country (minimum of 2 workshops/per country/year) – expanding the reach from previous workshops by targeting different sites, using similar methodology but adding the mini-grants (see below) as an incentive for dissemination.
- Workshops level II – 10 nurses/workshop (in CZ in year 1, adding HU only as experimental sites in year two) (minimum of 1 workshop/per country/year) – these will

be aimed at developing leadership and health policy advocacy skills among a smaller group of motivated nurses that have already participated in Level I workshops, therefore directly expanding the number of tobacco control nurse champions.

- Mini-grants will be offered for workshops level I participants to support start-up and dissemination efforts by nurses, allowing them to decide the best way to disseminate the workshop information to nurses in their own institution and or communities (this model was successfully tried and implemented in 2011 in the Czech Republic through BMS-F supported “Tobacco Cessation Leadership Workshops for Nurses” project.)
- Short seminars – 100 nurses/per country/project (1hr long sessions conducted by already trained local trainers through workshop levels I and II in their own healthcare facility. Support from the mini-grants will be encouraged, but as per previous experiences, many nurses may do these seminars without the mini-grants. It will be their decision.
- E-learning – additional 100 nurses/per country will be reached utilizing the resources previously developed through the EE-COE project and expanded to Moldova under the current proposal. Additionally, the case of Slovakia will be slightly different, as discussed below.
- Public/Community events – 100 persons, minimum of 2 events/per country (CZ, HU and RO)/per year. These public events will be used to raise population awareness about tobacco harm and available smoking cessation treatment. These will be combined, if possible, with other key public events, such as World No Tobacco day.
- Chart review and implementation process evaluation in 2 Czech hospitals to determine if the system change on the nurses’ assessment form increased the reporting of smoking status and documenting of interventions delivered (more described below).

The above activities will be variously offered based on the current level of advancement in each country. There are significant differences between the involved countries. Therefore, for the most outcome effect for each involved country and the advancement of the tobacco control programs, we are proposing three levels of the project. Countries will be divided in beginning, intermediate and advanced level.

Beginning level

It is planned to newly engage one new country in the Central/Eastern Europe region that faces similar situation. We propose to include the Republic of Moldova where the official language is Romanian (the same as is in Romania) and where we anticipate to further build-on an already existing cross border partnership (between this country and Romania). We will adapt existing education resources from the Romanian language and make them culturally specific to the Republic of Moldova.

During the initial months of the Eastern Europe Nurses’ Centre of Excellence for Tobacco Control – Developing Nurse Champions for Tobacco Dependence Treatment, we would identify a new partnership for building tobacco control capacity of nurses consisting of potential nurse leader(s) and advisory board. This “beginning level” of the project would be run in quite the

similar manner as the EE-COE project, building on the Centre of Excellence - Prague's team experience and guiding the new partner(s) in their initial efforts. The activities would be:

- (1) Tobacco Cessation Leadership Workshop level I: in-person train the trainer workshop programs, as per the curriculum and materials developed in the 2010-2012 BMS Foundation-funded project in the Czech Republic and later (2014-15) adapted for each of the involved countries (HU, RO, SI, SK), both in year 1 and year 2. Focus on nurses' own smoking status and self-help strategies will be included.
- (2) Eastern Europe Helping Smokers Quit (EE-HSQ) Online E-Learning Programs: e-learning programs on tobacco control and tobacco cessation, and distribution of Tobacco Cessation Toolkits, as per the curriculum and materials developed in the 2012-2014 BMS Foundation-funded project in the Czech Republic and Poland and then adapted for each of the additional target countries (HU, RO, SI, SK) in 2015-16. Focus on nurses' own smoking status and self-help strategies will be included.
- (3) Focus group discussion: guided interview with practicing nurses who self-report being a current or former smoker. Nurse's readiness to quit smoking will not be a requirement for participation. This activity will provide local insights into nurses own smoking habits, barriers and facilitators to their quitting efforts and motivation.

This beginning level would also include Slovakia. In this country, the focus will be on expanding the e-learning education, offering continuing education credits (CE) with this activity and strengthening the relations with the Slovak Chamber of Nurses and Midwives (SCNM). From our previous experience in the EE-COE project, Slovakia experienced quite a challenge in recruiting nurses for the e-learning education activity. Hence, we will attempt to improve the uptake of this activity by offering CE credits with the SCNM endorsement.

Intermediate level

This level would include Hungary, Romania and Slovenia, the countries in which continued efforts to support further and wider implementation of education activities started within the EE-COE project would continue. These countries still require expert guidance and financial support for furthering only recently initiated tobacco control education activities. The main goal is sustaining the activities in the permanent manner while expanding to new sites and raising new nurse leaders. The Czech Republic is an excellent example of such sustained support that begins to bear fruitful results with time!

In these three countries, we would focus on furthering the implementation efforts targeting tobacco use cessation across major cancers as well as expanding from hospitals to new settings. This could mean creating more subject-tailored educational resources, as needed, i.e. for community health nurses whom have shown a great interest and need for such education.

Level I and level II in-person workshops and online e-learning programs as described above will be offered. Also, we propose to realize public/community events in HU and RO under the guidance from the Czech nurse leaders, and in partnership with the national nurse leaders.

Advanced level

This level would include further advancing the ongoing work in the Czech Republic, possibly including Hungary in the second project year, if significant progress is made there supported by a strong HU team. As proposed above, we aim to create a level II workshop for those already trained trainers that are keen to be even more involved. Hence, this would lead to more nurse champions.

Level II workshop – course curriculum will be developed and pilot-tested in the Czech Republic during the first year. This workshop will build on the workshop level I with aim to build leadership / advocacy skills in tobacco control with focus on advocacy skills to address policy issues, motivation patient interviews advancing soft skills for the intervention treatment, and strategies for nurses own smoking and self-help strategies will be also included.

Public advocacy and patient / family / community education campaigning will be conducted in, raising awareness about tobacco harms and available treatment throughout healthcare system. We will partner with local anti-smoking and advocacy groups active in the region to spread the word about the organized event via either their websites, social media platforms, physical locations, or email subscriber list to increase participation at these events. Where applicable, we will combine these with existing free consultation clinics / treatment centers.

Recruitment for all the above-proposed activities will be the sole responsibility of the individual country nurse leader / advisory board teams using varied marketing strategies.

In summary, the anticipated outcomes of these activities are direct increase in the number of nurses educated in tobacco control and tobacco dependence treatment who are in daily personal contact with patients and relatives and can therefore contribute to decreasing number of smokers by offering short intervention.

Evaluation of system changes

As a result of the previous projects, nurse champions in two hospitals in the Czech Republic contributed to system wide changes related to providing tobacco dependence treatment by implementing patients smoking history into standard nursing assessment. Thus, we plan to conduct a chart review and implementation process evaluation to determine whether this approach has been successful in increasing patients' access to treatment, and if it could be replicated. We will seek to answer a question if changing the assessment form resulted in more nurses noting patient's smoking status.

We will conduct a retrospective chart review (RCR) in two Czech hospitals where patient smoking status assessment and cessation intervention documentation has been implemented by nurses as part of nursing assessment documentation at admission. Prior IRB approval from

each involved hospital will be obtained before RCR is initiated. We will use a convenience sample to conduct the RCR of approximately 100 charts per hospital (we will consult with the project statistician prior to finalizing appropriate sample size and other procedures.)

We will carefully train an independent 1-2 abstractor(s) (preferred person will be a healthcare professional) for the chart data abstraction. Data will be recorded into a predesigned abstraction form. The data abstraction process, including the predesigned form, will be pilot-tested first (size = 10% of the final sample).

Timeline

The project will run over the course of 2 years, starting February 1, 2017 – January 31, 2019. The bellow table provides an overview of activities in each country each year.

Activity / Objective	Date
Expand activities plan for the Eastern Europe Nurses' Centre of Excellence for Tobacco Control Nurse Champions (CZ, HU, RO, RoM, SI, SK)	February - April 2017
Establish Eastern Europe Nurses' Centre of Excellence for Tobacco Control Advisory Group (HU, RO, RoM, SI)	February – April 2017
Establish and renew relationships with partners – including nursing association, national oncology nursing societies and schools of nursing (HU, RO, RoM, SI, SK)	February – May 2017
Launch quarterly e-newsletter for the Eastern Europe Nurses' Centre of Excellence for Tobacco Control	April 2017 - Ongoing
Conduct in-person meeting in Prague, including all Advisory Group members and Nurse Champions from all countries (CZ, HU, RO, RoM, SI, SK)	May 2017
Review / Adapt Tobacco Cessation Leadership Workshop (level I) for up-to-date information (CZ, HU, RO, SI, SK)	May – August 2017
Obtain IRB approval as needed	May-June 2017
Adapt Tobacco Cessation Leadership Workshop (level I) for RoM	May – September 2017
Create Tobacco Cessation Leadership Workshop (level II) for CZ	May – October 2017
Create Public/Community Events plans (targeted events/population/program) (CZ, HU, RO)	May – October 2017

Review / Adapt EE-COE Online E-Learning Programs for up-to-date information (CZ, HU, RO, RoM, SI, SK)	May – August 2017
Re-launch the Slovakia online learning programs with the added CeU availability format	August 2017
Adapt and Record EE-COE Online E-Learning Programs for RoM	June – October 2017
Update and revise Centre of Excellence website within the ISNCC website, including information, educational materials, country resource pages, and discussion board	July – October 2017
Focus Group guidelines of Eastern Europe Nurses' Centre of Excellence for Tobacco Control's translation and testing materials for RoM	October – December 2017
Launch online materials via new Eastern Europe Nurses' Centre of Excellence for Tobacco Control website	October 2017 – Ongoing
Launch in-person education schedule for the Eastern Europe Nurses' Centre of Excellence for Tobacco Control workshops (level I and II) for all countries (CZ, HU, RO, RoM, SI, SK)	October 2017 - Ongoing
Create and launch mini grants in conjunction with in-person workshops level I (CZ, HU, RO, RoM, SI)	October 2017 - Ongoing
Develop protocol and conduct chart review in 2 Czech hospitals (CZ)	October 2017 – April 2018
Develop and launch infrastructure for technical support	December 2017 – February 2018
Develop and launch pre-test, post-test and self-report evaluation for all programs	December 2017 – May 2018
Adapt Tobacco Cessation Leadership Workshop (level II) for HU	December 2017 – March 2018
Conduct in-person meeting in Prague, including all Advisory Group members and Nurse Champions from all countries (CZ, HU, RO, RoM, SI, SK)	May 2018
Marketing and communications for new Review content with Eastern Europe Nurses' Centre of Excellence for Tobacco Control	May 2018 – Ongoing

Review sustainability plan for long term function of the Centre of Excellence	May 2018 – Ongoing
Submit and publish manuscripts and presentations	Ongoing

The focus during the project’s first year will be on (i) identifying and/or confirming country teams and advisory board, (ii) education materials revisions and adaptations, and (iii) on scheduling of the key activities as outlined in the above table. If part of the activity results will be already available, the dissemination process will start during this year.

The chief focus of the project’s second year will be on completing the planned activities, imbedding the activities into more permanent system (i.e. in-person workshops, e-learning), as well as dissemination of the project’s final results in peer reviewed journals and/or conferences.

The whole team (nurse leader(s) and the advisory board representing each country) will meet once yearly for a face-to-face meeting in Prague, Czech Republic. These meetings will serve as an important opportunity for team to meet in person and discussed the planned activities and the expected outcomes in greater detail.

6. Program Evaluation

The Eastern Europe Nurses’ Centre of Excellence for Tobacco Control – Developing Nurse Champions for Tobacco Dependence Treatment project will use both process and outcome measures for the project activities evaluation. We will use the same processes the evaluations tools as developed, tested and found effective in the just completed “Eastern Europe Nurses’ Centre of Excellence for Tobacco Control” project.

Process evaluation will be integral to the project, assessing barriers and facilitators to change course as needed. It will occur at all stages of the project through monitoring of set objectives and reflection on goal achievement. Feedback will be provided to country nurse leaders and advisory board.

Evaluation of the outcome measures will be collected via pre-test and post-test questionnaires. Specifically, evaluation of the education workshops level I and II effectiveness would be achieved through administered questionnaire to all participants at the baseline and again after 3 - 6 months via e-mail or telephone follow-up. The goal is to monitor for activities developed after participating in workshop, and number of additional nurses reached.

From our prior experience, we anticipate to see a shift from less or no activity at all toward changed attitudes reflected in increased activity and changes in practice intervening with patients, colleagues, family or friends.

Similarly, we will evaluate changes in attitudes and practice of the online e-learning education activity through administered questionnaire at the baseline and at 3 months post the e-learning completion. Again, our previous experience shows this method of education is effective.

Please, see the EE-COE detailed project performance evaluation plan in the *Appendix B*.

7. Sustainability Plan

Important steps that have started to take place in the recent years include the following: (Note: variations exist from country to country)

- Creating nurse-educators specifically for tobacco control in large hospitals;
- Establishing a mandatory documentation of patients' smoking history into nursing documentation;
- Partnering with hospitals participating in the European-wide efforts on "Smoke-free hospitals" program, gaining support from the hospital management. Hospitals with active tobacco control policies are more likely to adapt nursing education in tobacco control and make available tobacco use dependence treatment;
- Influencing nursing curricula facilitated by ongoing discussions to include tobacco control related content;
- Building up collaborative partnerships with other organizations active in tobacco control (e.g. European Network for Smoking and Tobacco Prevention in SK, RO).

We have noted a positive impact of our activities on nursing leaders over time. Example is from the Czech Republic where we have successfully established recognition and support for our activities at (i) the Ministry of Health represented by the Chief Nursing Officer, (ii) National Centre of Nursing and Allied Health Care Professionals, or (iii) provision of Continuing Education Units for nurses who participate accredited by the Czech Nurses Association. These supportive collaborations are establishing themselves precisely thanks to country nurse champions' advocacy and dissemination efforts.

A few large hospitals in Prague have only recently created nurse-educator positions to specifically target addictions, which includes tobacco dependence. This is seen as a huge breakthrough considering financial restrictions the health care system is facing. We see this as one of the essential aspects for sustaining the proposed efforts within the system. We will seek to establish MOU with institutions with goal of creating of more such positions. We will use this successful model and encourage other partner countries for local advocacy.

Some of the country teams, i.e. STTD, have been continuously trying to get recognition of the short tobacco dependence intervention provided by nurses through healthcare insurance reimbursement policy. Professor Eva Kralikova has been a relentless leader in these uneasy discussions with health insurance companies. The lack of support on the policy making level is an identified barrier, hence very important focus of the STTD advocacy efforts.

Each country team is committed to continue advancing the education activities in wider country geographical context by replicating the model and supporting new young tobacco control champions in other country healthcare institutions. Country teams will be encouraged to advocate with nursing school managements, the Ministry of Education, Ministry of Health and, if applicable, the Government Chief Nurse of the country for tobacco dependence treatment education inclusion into the standard nursing curricula. In addition, we will partner with other health care institutions and non-governmental organizations in order to broaden the reach and advocating for collaboration.

Additionally, we will encourage nurses to participate in grassroots efforts to educate the public about tobacco health harm and available tobacco dependence treatment in order to create much needed demand from the bottom-up direction. The grassroots activities play important part of advocacy efforts to influence the law makers and should be used more in this region. As this type of public activity is not a commonality in this region, we are ready to take on this new approach and challenge ourselves empowering the nursing community and the public to be active in tobacco control.

8. Results Dissemination Plan

Dissemination of the results gained from data collection from all the various project activities will be a carefully planned process that will start in early stages of the project. Country partners will be guided in planning what target audience and meeting opportunities they will seek in order to appropriately communicate project findings, including interaction with policy and health service representatives. All dissemination efforts of all project partners will be logged and provided in the final project summary report to the funder.

Through our prior dissemination strategies experience and records, we anticipate the results dissemination to occur in multiple ways, more specifically via:

- (1) Country (national) conferences (local audience)
- (2) Country (national) professional journals (local audience)
- (3) Country organization own websites and/or bulletins (local/international audience)
- (4) Press releases and/or other media exposure, including social media (local/international audience). Example would be World No Tobacco Day, International Nurses Day, national public fairs, etc.
- (5) International professional conferences on related topic (international audience)
- (6) Peer-reviewed international journals (international audience). Individual country partners in Eastern Europe will be encouraged to do this form of publication, and they will be helped in their efforts by the Centre of Excellence team in the Czech Republic –

exercising the role of the Eastern Europe Nurses' Centre of Excellence for Tobacco Control as the leader.

9. Collaborating partners

Please, see in the table below the list of partners and collaborators for this project. Other collaborations may be identified during the project's two years.

PARTNER ORGANIZATION	COUNTRY	WEBSITE	INFORMATION
Society for Treatment of Tobacco Dependence	Prague, Czech Republic	www.slzt.cz	PI and project leader (detailed description in "Organization overview" in section 1, above)
National Koranyi Institute of TB and Pulmonology	Budapest, Hungary	www.koranyi.hu	Project partner (Erzsébet Vecsernyés, Chief Nursing Officer at the Koranyi Institute and Nurse Leader in EE-COE project)
Romanian Nursing Association (RNA)	Romania	No website exists	Project partner (Cati Gulie, the president of the RNA and Nurse Leader in EE-COE project)
Nursing Association of Moldova (NAM)	Republic of Moldova	No website exists	Project partner (RO Nurse Leader, Cati Gulie has been collaborating with Moldova's colleagues and they have worked together in the past (Moldova used to be part of Romania and they share same language)
Slovak Chamber of Nurses and Midwives (SCNM)	Slovakia	www.sksapa.sk	Project partner (collaborated during EE-COE and official guarantee of credited postgraduate nursing education)
Faculty of Health Care	Jesenica, Slovenia	www.fzj.si/en	Project partner (new partner recommended by Katarina Lokar who was the Nurse Leader from EE-COE project 2014-16)

International Society of Nurses in Cancer Care (ISNCC)	USA	www.isncc.org	Project partner (Chief Advisor / IT technical support, i.e. hosting e-learning)
European Oncology Nursing Society (EONS)	Great Britain	www.cancernurse.eu	Assisting with dissemination of materials and project results, engagement with nurse leaders through EONS
European Network for Smoking and Tobacco Prevention (ENSP)	Belgium	www.ensp.org	Collaborative partnership, i.e. on dissemination of educational resources to a wider number of healthcare facilities and settings in the target countries
Czech Association of Nurses	Czech Republic	http://www.cnna.cz/en/about-the-company	Guarantee of credited postgraduate nursing education

10. Other Funders

There are no other funders at this time.

11. Detailed Budget

Detailed budget attached as *Appendix C*.

12. Appendices (attached separately)

Appendix A – Biographies

Appendix B – EE-COE detailed project performance evaluation plan

Appendix C – Detailed budget

Appendix D – Lead Organization’s IRS letter with non-profit status and tax identification number

Selected References

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EE-COE Train-the-Trainer Workshop Data Collection Procedures & Documents

	In-person, Train-The-Trainer workshops
Aims:	To create nursing leaders in smoking cessation through workshop training (on “train the trainer” basis) who will be able to provide a short training to others to implement brief cessation interventions with patients in the participating countries
Intervention:	The train-the-trainer program will include PowerPoint presentations in the local language with handouts and a flash drive (<i>containing a brief version (1 hour) of the program to be delivered to practicing nurses in the trainee’s local institution</i>) of the presentation to each participant. In addition to the presentations, there will be discussions and role-playing so nurses can have a demonstration on different approaches to smoking cessation.
Time required:	8-hour workshop
Target group:	#2 workshops/country, 20 nurses/workshop (total 40 nurses/ country) 200 nurses project total
-Inclusion criteria:	Practicing nurses interested in being trained as future trainers in this intervention; aged ≥ 18 years
-Exclusion criteria:	Less than 18 years of age.
Recruitment procedures:	The Nurse Leader Champion of each country is responsible for recruiting TTT in-person workshop participants using, email/web announcements, flyers posted in hospitals, etc..
Recruitment documents:	Docs: Recruitment Flyer
Data collection documents:	Surveys: (1) Brief workshop evaluation (2) Post- workshop follow-up survey (script) <i>(follow up contact with the nurses who attended the workshop (via email or telephone) to find out what they did with the information and materials)</i>
Certificates/ incentives:	Certificate of Participation in the Training?
Data analysis:	<ul style="list-style-type: none"> • Final evaluation summary per country • Follow-up contact data assessing if nurses implemented any training in their institution, how many, how many nurses attended.
Dissemination:	Multiplication of workshops with practicing nurses throughout each country
Outcomes:	Increase the number of nurses trained in each country to be prepared to intervene with patients who are smokers and reduce smoking prevalence in each country, thus increase quit attempts and decreasing smoking prevalence with each country.