

INTRODUCTION

- Tobacco use remains the leading preventable cause of disease, disability, and death in the United States
- Tobacco use during and after cancer treatment is associated with:
 - Increased treatment-related toxicity
 - Worse quality of life and cancer outcomes
 - Altered chemotherapy metabolism
 - Increased risk of second primary malignancies
- Smoking cessation after a cancer diagnosis is an important opportunity to improve treatment outcomes and survivorship

DESIGN

This is a prospective, longitudinal pilot study to assess the feasibility and acceptability of incorporating the use of the Buckeye Quit Stick, designed to address the hand/oral habit barriers some patients smoking cigarettes experience when trying to quit.

- Inclusion Criteria:**
 - ✓ ≥ 21 years old
 - ✓ Diagnosed with a thoracic malignancy or clinically suspected thoracic malignancy
 - ✓ Current self-reported smoker
 - ✓ Score of above 0 on the Readiness to Change Ruler

Figure 1. Study Recruitment Flyer



The Buckeye Quit Stick: A Research Study in the Fight Against Tobacco

You may be eligible for this study if:

- Must be 21 years of age or older
- Patient of the OSU clinics
- Current self-reported smoker

A participant is considered to have completed the research study when they complete all study visits or at approximately 6 months.

The James
THE OHIO STATE UNIVERSITY
COMPREHENSIVE CANCER CENTER

To learn more, or find out if you're eligible for this research study, scan the QR code, or email: ThoracicNTresearch@osumc.edu

THE QUIT STICK DEVICE

An innovative non-pharmacologic cessation aid (2.25-inch by 0.25 inch medical-grade silicone device) designed to address the hand/oral habit barriers some patients smoking cigarettes experience when trying to quit.



Figure 2. Study Device Handout



The Buckeye Quit Stick
This device is for research purposes only.

Who? • Only the patient should use the device.

What? • This device is another tool along with nicotine gum or lozenges, medications, and counseling to help you to stop smoking.
• It is not an FDA-approved cessation device, but it is designed to mimic smoking habits without the delivery of nicotine or other chemicals in cigarettes.
• It is made of food grade silicone and is safe to put in your mouth.

When? • Use the device whenever you experience a craving.

Where? • You can use this device anywhere.

How? • If your device needs to be cleaned, it can be washed with soap and water or placed in the dishwasher.

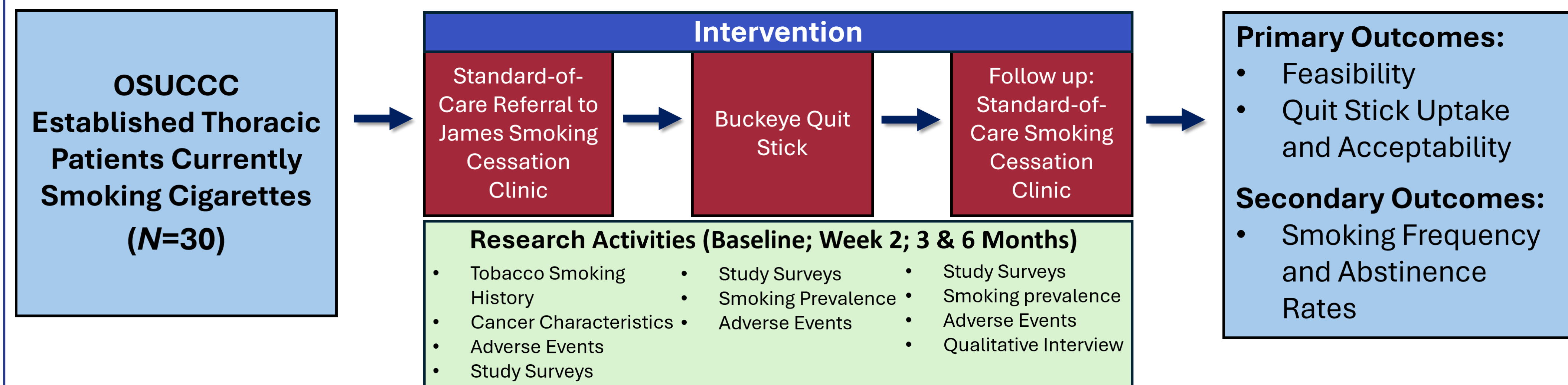
If you have questions or concerns, please contact study staff by email (Quit-Stick@osumc.edu) or by phone (1-844-744-2447 ext. 5).

DISCUSSION

- Prelim Findings:** High feasibility/fast accrual reflects a strong patient willingness to engage in a tobacco cessation intervention.
- Next Steps:** Complete qualitative interviews and full analysis of patient-reported outcomes, smoking cessation and abstinence rates and device acceptability.
- Future Directions:** Development of a phase II trial evaluating the efficacy of hand/oral fixation-targeting devices.

RESULTS

Figure 3. Study Schema



- ❑ The Buckeye Quit Stick pilot study has demonstrated high feasibility for participant engagement.

- 30/39 patients approached (77%) consented to participate
- Near-complete study accrual achieved (31/33 patients) in **less than 5 months**

Figure 4. Study CONSORT Participant Flow Diagram

