

Analysis and lessons learnt about the implementation of the SISTAQUIT smoking cessation trial in pregnant Aboriginal and Torres Strait Islander women

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Introduction: There is limited knowledge about conducting smoking cessation trials in Aboriginal settings. SISTAQUIT was a randomised controlled trial (RCT) that provided culturally appropriate clinician training on smoking cessation.

Aim: To explore the challenges and strengths of the SISTAQUIT RCT, and provide recommendations to inform future research and translation into practice.

Methods: 17 services participated in the trial. An external Aboriginal researcher conducted individual interviews, with a purposive recruitment process targeting health providers across varying roles within each service.

A thematic analysis and deductive mapping to the Capability, Opportunity, Motivation, Behaviour (COM-B) model domains was performed. NVivo was used to analyse the interviews. Analysis was performed by two independent coders, including an Aboriginal researcher.

Results: 18 participants from 11 services participated in the interviews. The main challenges related to the Opportunity component were time constraints; however, providers valued the resources and support from the SISTAQUIT team. For Motivation, staff optimism was observed, but the complexity of the topic and length of the surveys were challenging for engaging women. For the Capability component, barriers included staff turnover, referrals for the provision of Nicotine Replacement Therapy (NRT) and patient follow-up.

Conclusion: Different challenges and strengths were identified with the COM-B model that should be considered during the next implementation phase of the SISTAQUIT program.

Implications for Practice or Policy: When implementing a project, it is crucial to document process-related from commencement, and to assess its fidelity.

Implications for Translational Research: Mid-study analysis can improve the research and service delivery model. Recommendations from this research include integration of smoking cessation care into usual practice, with the provision of ongoing training to support this.

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