

Mercy Hospital Oklahoma City, Oklahoma

Oncology Services

2017 Public Outcome Report

Smoking Prevention in the Adolescent

Who: Linwood Elementary School (LES)

LES is located in a very urban and high poverty district right in the heart of Oklahoma City. Many of the families they serve come from a low socio-economic background. Despite the difficulties these students and their families face both in and out of school, they are eager and hopeful. They work so very hard to eliminate achievement gaps as our state suffers a severe budget crisis.

- 73.4% of the students are of Hispanic descent, coming from Mexico and Guatemala.
- 47% of the students are considered to have limited English proficiency
- 85.6% of the students are eligible for the Free or Reduced Lunch programs
- Academically in the bottom 20% in test scores of Oklahoma elementary schools

Who: The Mercy Cancer Resource Center (CRC), a department of Mercy Hospital – Oklahoma City, is committed to provide support and educational resources to the community, especially the underserved. We are a fifteen person department within Mercy Hospital – OKC, a faith-based, nonprofit, full service hospital in OKC.

Our mission and values to serve the underserved and economically poor of OKC have led to a greater than fifteen year relationship with LES where hospital employees are encouraged and compensated to serve as weekly academic tutors to the most at risk LES students. The hospital assists with yearly health fair for the parents and community surrounding LES, and has received past grant assistance to provide playground equipment, healthy food demonstrations, and healthy gardening opportunities for the children.

Several CRC coworkers have served as tutors to LES students, and when the *Kick Butts Day* opportunity presented for our nursing staff to work with our favorite LES fifth and sixth graders to discuss the dangers of tobacco use and smoking we were emphatic that we would provide a series of lessons they would never forget.

When: 1-3pm, Thursday, March 2, 2017 (right before they go on Spring Break for two weeks)

Where: Linwood Elementary School, 3416 NW 17th Street, Oklahoma City

Target Audience: LES 5th and 6th graders (87 total students)

Secondary Audience: Households/parents/guardians of the students, approximately 30 faculty/staff at the school to reach at least 130 people

Tertiary Audience: The Media Specialist for Mercy Hospital – OKC will geotarget the OKC metro area and outside communities with social media (FaceBook/Twitter) updates to reach at least 5,090 followers

What: LES has three classrooms of fifth and sixth graders. Students and their teachers will remain in their classrooms and the CRC presenters will rotate between the classrooms. We will have 2-3 facilitators in each classroom, including oncology nurses (two of whom were certified to teach this age prior to becoming registered nurses), oncology nursing and hospital administrators, a family practice physician, and at least one lung cancer survivor.

(Other professionals who assisted but were not able to attend included Mercy OKC Tobacco Treatment Coordinator, the LES counselor, and the immediate past president of the Choctaw High School Students Working Against Tobacco volunteer.)

The three modules to be presented to each of the classes on a rotating basis are as follows:

- Module A
 - Snack – popcorn and juice boxes
 - Sign the Pledge not to start using tobacco and to stop if they are currently using
 - Big piece of butcher paper with markers for kids to sign in different colors
 - Completed banner will be put on display at the school
 - Craft
 - Students will make “Get Well Soon” or “Thinking of You” cards to be distributed to cancer patients at the Mercy Coletta Cancer Center. (Examples will be provided.)
- Module B
 - The science of why tobacco/smoking/vaping is dangerous, specifically to the heart.
 - Include dangers of second hand smoke
 - Include opportunity for children to listen to their heart beat with stethoscopes
 - 10-15 minute presentation with plenty of time for questions
 - Will link to Oklahoma 6th grade Science Objective MS-LS1-1 (All living things are made of cells)
 - Provide written material in *English and Spanish* for students to take home
 - OK Quitline Material (how to quit)
 - American Cancer Society materials
- Module C
 - Lung Cancer Survivor discussed what it was like to have cancer
 - Anatomy of the Respiratory System
 - Discussed impact of smoking on elasticity of the lungs
 - Used a diagram to discuss major parts
 - Demonstration of how lungs work with pig lungs
 - Ambu bag/ETT

Evaluations from the teachers included:

- They wish we had used more “scare tactics” and “gross pictures” to scare the kids. Initially we had considered this, but decided we wanted the experience to be a more positive experiential learning environment for them.
- The teachers unanimously had positive feedback for the experience for the kids. They all liked the lungs and the opportunity to make cards for our patients.

Future planning: Consider an empowerment section.

- The school counselor has already been working with the students on peer pressure and saying “no”/roleplay. We will build on that with the “Right Decisions Right Now” fifth and sixth grade curriculum for interpersonal skills.
 - <http://www.rightdecisionsrightnow.com/grades-5-6/>
 - This site also has smart board activities to incorporate.
- The lungs came frozen from Country Home Meat Company. They took much longer to thaw than we had anticipated. We should have picked them up the day before to begin the thawing process. Expired ETT and ambu bag was provided from ICU Educator.
- The survivor should probably be paired with the card-making instead of the lungs.

We are hopeful this will become an annual event between the CRC and LES.