



BREAKOUT SESSION

Free Samples for Health (FreSH)

Group Participant: Your role is to actively engage in the discussion, share your insights, and respect others' perspectives. Your active participation and constructive feedback are important.

Group Facilitator: Introduce yourself and facilitate a discussion of the study and implications to practice. Promote a space where all practitioners voice their opinion. Call on people directly, particularly if one person is dominating the conversation.

Group Recorder: Please record a summary of the group's discussion on the form provided and, in conjunction with the practitioner group leader, be prepared to summarize your group's findings.



Brief Study Review:

This study examined whether providing free samples of nicotine replacement therapy (NRT) in dental practices, in combination with Ask-Advise-Refer (AAR) tobacco cessation counseling, increased smoking cessation compared with enhanced usual care (AAR plus an electric toothbrush). Conducted across nearly 60 dental practices in the Midwest and Northeast, the trial enrolled adults who smoke and assessed smoking outcomes over six months. The primary objective was to determine whether free NRT samples improved long-term smoking abstinence.

Overall, the intervention did not significantly increase long-term abstinence at six months compared with enhanced usual care. However, patients who received NRT samples were more likely to make quit attempts, use cessation medications, and achieve short-term abstinence at one month. Importantly, both patients and dental practitioners found the NRT intervention feasible, acceptable, and appropriate for dental settings. These findings suggest that while free NRT samples alone may not be sufficient to improve long-term cessation outcomes in dental practices, they can meaningfully increase engagement with quitting behaviors and may serve as an important foundation for more intensive or sustained tobacco cessation strategies in oral health care.



DISCUSSION QUESTIONS

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1. What do you do to address tobacco use in your practice? What has worked for you? What hasn't worked?

2. How do you approach conversations with patients about sensitive topics? (like talking about their tobacco use if they don't want to quit; flossing when they don't floss etc.)

3. What type of support would you need to treat tobacco use in your practice?

4. The National Institute for Dental and Craniofacial Research is interested in studies focused on "integrating oral health into medical care." What ideas do you have regarding oral health practitioners partnering with medical professionals to address tobacco use?
