

EAQ171CD Clinical Trial Results Summary

Implementing a Virtual Tobacco Treatment in Community Oncology Practices (Smoke Free Support Study 2)

What did this trial involve and who was it for?

It is widely known that smoking can cause cancer and continuing to use tobacco after a cancer diagnosis can lead to worse outcomes. We also know that all patients, even if smoking was not related to their cancer, can benefit from quitting smoking after a diagnosis. However, patients may have difficulty finding support to quit smoking in their local community. The purpose of EAQ171CD was to test a telehealth (online) tobacco treatment program, in combination with nicotine replacement therapy (NRT). This combination, called Virtual Sustained Treatment (VST), included up to 11 sessions of counseling over a 6 month period, and the option of receiving up to 12 weeks of free NRT patches or lozenges.

A total of 306 patients receiving treatment for many different types of cancer at practices in their community participated in EAQ171CD. To be eligible, participants must have received a recent cancer diagnosis and smoked at least one cigarette in the previous 30 days. Participants were randomly assigned by a computer to VST or to enhanced usual care (i.e., referral to the National Cancer Institute's smoking quitline, which offers free counseling).

What are the results?

- Patients who participated in the VST program, with telehealth counseling and free NRT medication, were almost twice as likely to quit smoking than participants who received the enhanced usual care of a smoking quitline referral.
- At 6 months, 28.4% of participants in the VST group reported not smoking for at least the past 7 days, versus 14.7% of participants in the usual care group; 18.9% of participants in the VST group reported stopping smoking entirely for the last 6 months, versus 9.1% of participants in the enhanced usual care group.

What do the results mean for patients?

- The telehealth online tobacco program, in combination with nicotine replacement therapy, doubled quit rates among recently diagnosed patients with cancer compared with an enhanced usual care approach.
- The study demonstrates that a centralized telehealth-based smoking cessation treatment program can be successfully carried out in community oncology sites nationwide.

For more information, go to:

- United States National Institutes of Health (NIH) Library of Medicine: <https://clinicaltrials.gov/study/NCT03808818>
- *Journal of Clinical Oncology*: https://doi.org/10.1200/JCO.2023.41.16_suppl.1522
- *JCO Oncology Practice*: https://doi.org/10.1200/OP.2024.20.10_suppl.376
- Featured in *ASCO Daily News*: <https://tinyurl.com/EAQ171CD-ASCODailyNews>

About ECOG-ACRIN

This trial was led by the ECOG-ACRIN Cancer Research Group (ECOG-ACRIN). ECOG-ACRIN is a membership-based scientific organization that designs and conducts cancer research involving adults who have or are at risk of developing cancer. ECOG-ACRIN is a component of the National Cancer Institute's National Clinical Trials Network. Learn more at www.ecog-acrin.org.

To all the patients that participated in this trial, thank you. Without the involvement of patients like you, this research would not have been conducted.