Service Priorities and Programmes

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Submitting author: Dr Pun Nang TSUI
Post title: Associate Consultant, Pamela Youde Nethersole Eastern Hospital, HKEC

"Smoking Cessation Month" in the General Out-patient Clinic, Hong Kong East Cluster

Tsui PN(1), Daniel Chu(1), Michelle Wong(1), Irene Lai (1), Law SF(1), Chan YL(1)
Family Medicine & Primary Health Care, Hong Kong East Cluster

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Introduction

Smoking cessation is important for preventing cardiovascular diseases and relevant kinds of cancer. In order to encourage more smokers to participate in the smoking counseling sessions, HKEC Family Medicine Department held an activity - the smoking cessation month at all General Out-patient Clinics (GOPC) from February 2014 while GOPCs took a rotation in organizing the said monthly activity. During the campaign period, a general introduction of smoking cessation educational materials would be presented to all staff. There would be posters and roll-up banners all around the clinics as well. Smokers who had been identified by the Health Care Assistants, would be required to take the lung function tests and to complete the COPD Assessment Test (CAT) Score Questionnaire before attending medical consultations. The above measures helped enhance the awareness of smoking cessation to both patients and clinic staff. Moreover, patients with asymptomatic or symptomatic chronic obstructive pulmonary diseases (COPD) could be recognized more easily.

Objectives

We would like to examine how the recruitment rate of smoking counseling sessions changed after carrying out more lung function tests and CAT questionnaires with the smokers.

Methodology

It is a retrospective study, lung function tests and CAT scores would be taken into account. The cut-off point for FEV1/FVC is 0.7, for those less than this figure would be grouped as "poor lung function". Patients with 10 or higher CAT score would be regarded as "symptomatic". The numbers of smokers with poor function test results and the relationship between the poor lung function tests and CAT scores would be mentioned in this paper in addition to the recruitment rate of smoking counseling

sessions.

Result

388 lung function tests were done during the entire campaign period of the smoking cessation month in all HKEC GOPCs; by 349 male and 39 female patients. Among these tests, 83 smokers were identified as having poor lung function (FEV1/FVC <0.7). 11 out of 83 patients had the CAT score >= 10. 77 smokers were recruited into smoking cessation sessions at last; the recruitment rate was 92.8%. For those 305 smokers with FEV1/FVC > 0.7, 48 smokers had the CAT score >=10. 292 smokers were recruited into the smoking cessation sessions, the recruitment rate was 95.7%. In conclusion, smoking cessation month activity could enhance the awareness of both patients and clinic staff towards the importance of smoking cessation. The lung function tests and the CAT questionnaire could help us identify symptomatic and asymptomatic COPD patients.