



Service Priorities and Programmes
Electronic Presentations

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Promotion of Smoking Cessation by launching Anti-Smoking Month in HKEC GOPCs

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Introduction

Promoting smoking cessation is the responsibility of all health care workers. The Smoking Counseling and Cessation Program (SCCP) in general out-patient clinics (GOPCs) has started since Oct 2011. In order to arouse the awareness of staff to help patients quit smoking across different disciplines, an 'Anti Smoking Month' campaign was launched from September 2012, rotating monthly to different GOPCs. A briefing session would be provided to all clinic staff before the commencement of the Anti-Smoking Month so that every staff of the clinics had good understanding to their own responsibilities during that month. Roller stands, posters & flags were posted in clinics to attract staff & patients' attention. Pamphlets on smoking cessation were also placed in eye-catching areas (e.g. main entrance of clinic). Nurses or PCAs would perform simple spirometry to check lung function and lung age for smokers so as to increase their motivation to quit smoking. We would like to evaluate the effectiveness of the campaign.

Objectives

1) To increase the staff awareness in helping patients quit smoking 2) To assess the effectiveness of promoting smoking cessation in form of a campaign.

Methodology

The Anti-Smoking Month campaign was carried out in Chai Wan GOPC and Violet Peel GOPC in September and October 2012. The number of referral to SCCP was compared with and without the campaign. An evaluation form with 10 simple questions was distributed to all clinic staff who were involved in the Anti-Smoking Month.

Result

The average number of monthly referral to SCCP had increased from 73.4 to 120 in VP & CW GOPC during the Campaign. The evaluation form was distributed to 83 staff in these 2 GOPCs. The response rate was 93.98%. Of those who had responded,

-73.08% expressed having good understanding of their role in the Campaign. -78.21% agreed that the use of a simple lung function test could increase smokers' motivation to quit -75.64% agreed that the Campaign had positive impact on smoking cessation. To arouse the awareness of all staff to address patients' smoking habit and to make appropriate action to promote smoking cessation is important in primary health care. The effectiveness of the anti-smoking campaign is encouraging, proven by the increase in referral to SCCP and staff's evaluation. 60% of the smokers were willing to attend the counseling session by our counselors. The Campaign will continue in other clinics and it is hoped that the experience gained in the VP and CW GOPCs will contribute positively to other clinics, and would truly help our patients to stay healthy.