



Service Priorities and Programmes
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Smoking cessation service of Occupational Therapy (SC-OT) to patients with chronic obstructive pulmonary disease (COPD) or other respiratory symptoms

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Introduction

Patients with COPD continued smoking habit as they used to suffer from various kind of psycho-social problems, had inadequate coping strategies towards stressors or occupational life style dysfunction. Since September 2009, Nurse and Allied Health Clinic for respiratory care (NAHC-RC) has been established in the family medicine center (FMC) and general outpatient clinics (GOPC) in New Territories East Cluster (NTEC). Occupational Therapists (OT) there aimed at applying various kinds of specialized strategies in order to help high risk patients or patients with COPD developing no smoking behavior or reduced smoking dependence.

Objectives

To investigate the effectiveness of SC-OT in primary care setting.

Methodology

This is a 3 years retrospective cohort evaluation. All smokers recruited in NAHC-RC from September 2009 to September 2012 would be evaluated by OT before SC-OT and 6 months after it with the following assessments (1) smoking status (2) readiness of smoking cessation (3) Fagerstrom Test of Nicotine Dependence. SC-OT included providing individualized cognitive behavioral therapy (CBT) and counseling with motivational interviewing approach (MI), health educational program encouraging patients adopting occupational lifestyle redesign approach (OLSR) in daily life, and referring suitable patients to smoking cessation and counseling clinic (SCCC) for further management.

Result

In the initial intake, 2258 patients recruited were smokers and they contributed 62.2% of totally patient population. 352 smokers (9.7%) were referred to SCCC after brief smoking cessation counseling offered by NAHC-RC. 90 smokers with COPD had completed SC-OT with pre and 6-month post evaluation done. The average length of smoking duration of was 42.37 years (SD = 16.56) and the average cigarette amount was 19.09 cig/day (SD = 14.42) in the pre-program assessment. During 6-month

follow up, the paired t-test highlighted that the average cigarette amount of patients with COPD were significantly reduced to 2.13 cig/day (SD = 4.88) ($t=15.43$, $p<0.001$). 36 patients (40.0%) had been quitting smoking successfully. Nearly 50% of smokers were either in contemplation stage or preparatory stage which meant they would take initiative to quit smoking, and they showed less dependence to nicotine (either in mild or moderate dependence). To conclude, SC-OT could help smokers in NAHC-RC developing no smoking behavior or reduced smoking dependence effectively.