



Service Priorities and Programmes Electronic Presentations

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Evaluate the Newly Set-up Hospital-based Smoking Cessation Program in PWH

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Introduction

Smoking cessation is associated with substantial health benefits for all smokers. The current smoking cessation service in Sha Tin District mainly focuses in the community. In 2015, 905 smokers had joined SCCP in Shatin region, but only 3 of them were referred from hospital. Literature is reviewed that hospitalization may boost receptivity to smoking cessation message. However, few hospitalized smokers receive assistance in quitting smoking as evidenced by the low referral rate from hospital. A hospital-based Smoking Cessation Centre was set up in 21 March 2016 in Prince of Wales Hospital(PWH) to enhance the smoking cessation service.

Objectives

To evaluate the service of the hospital-based smoking cessation service in PWH

Methodology

All smokers referred from SOPCs, wards & proactive recruited in medical ward by smoking cessation counsellor were included since 21 March 2016. Data was captured from Outpatient Appointment System (OPAS) and minimal data set in Clinical Management System (CMS). Short term outcome measure of the service was evaluated by one month success quit rate. Effectiveness of referral mechanism was reflected by number of in-patient recruitment before and after the proactive recruitment of smokers in wards.

Result

A total 249 smokers were recruited at the end of 2016. Short term outcome of the hospital-based smoking cessation service was satisfactory. One month success quit rate was 89.5% which is higher than that in general outpatient clinics (80%) within the same period. 99 clients were recruited in the first 6 months. 92.7% referrals came from SOPC. 86% came from FMTC where smoking cessation center was located. Other Special outpatient clinic (SOPC) referrals included Medical (9.6%); Surgical (2.6%); Orthopedics (0.9%) and Ear, Nose & Throat. Low referral rate (7.3%) from wards was observed. After piloted implementation of ward visits in medical units on 7

September, 2016, total 150 smokers were recruited in the following 4 months and a sharp increase in in-patient recruitment (46.7%) was observed. Surprisingly, 34.3% in-patient smokers were referred by ward staff. It is observed that the health care workers in a highly occupied acute hospital would encourage their patients to quit smoking if they 'witnessed' the presence of SCCP nearby. Ward visit by smoking counselor not only recruit hospitalized smokers for smoking cessation proactively, it highlights the presence of smoking cessation service to hospital staff and in turn promote their participation in smoking cessation service.