

## SMOKING PREVALENCE AMONG THE STAFF OF ESTONIAN HEALTH PROMOTING HOSPITALS (HPH)

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### BE A ROLE MODEL

All health care workers of HP hospitals should play a leading role in tobacco control and smoking cessation. They should be role models as non-smokers, assess and address tobacco, discuss tobacco too, educate about tobacco, advise on cessation and support tobacco-free environment

### Purpose / Methods:

The epidemiology survey of the smoking prevalence among the hospital staff of all Estonian HPH Network member-hospitals was provided in October-November

2009, using a special questionnaire, coordinated by European Network of Smoke-free Hospitals and Health Services (ENSH).

Aim of the study was:

- to collect data about the current situation on the smoking habits of hospital staff,
- to highlight the importance of healthcare workers as key persons in tobacco control,
- to decrease the smoking rate of hospital staff,
- to improve the effectiveness of smoking cessation services etc.

The study comprised 23 HP hospitals, response rate was 75,4% (6818 respondents). Statistical analyze was done with SPSS for Windows package.

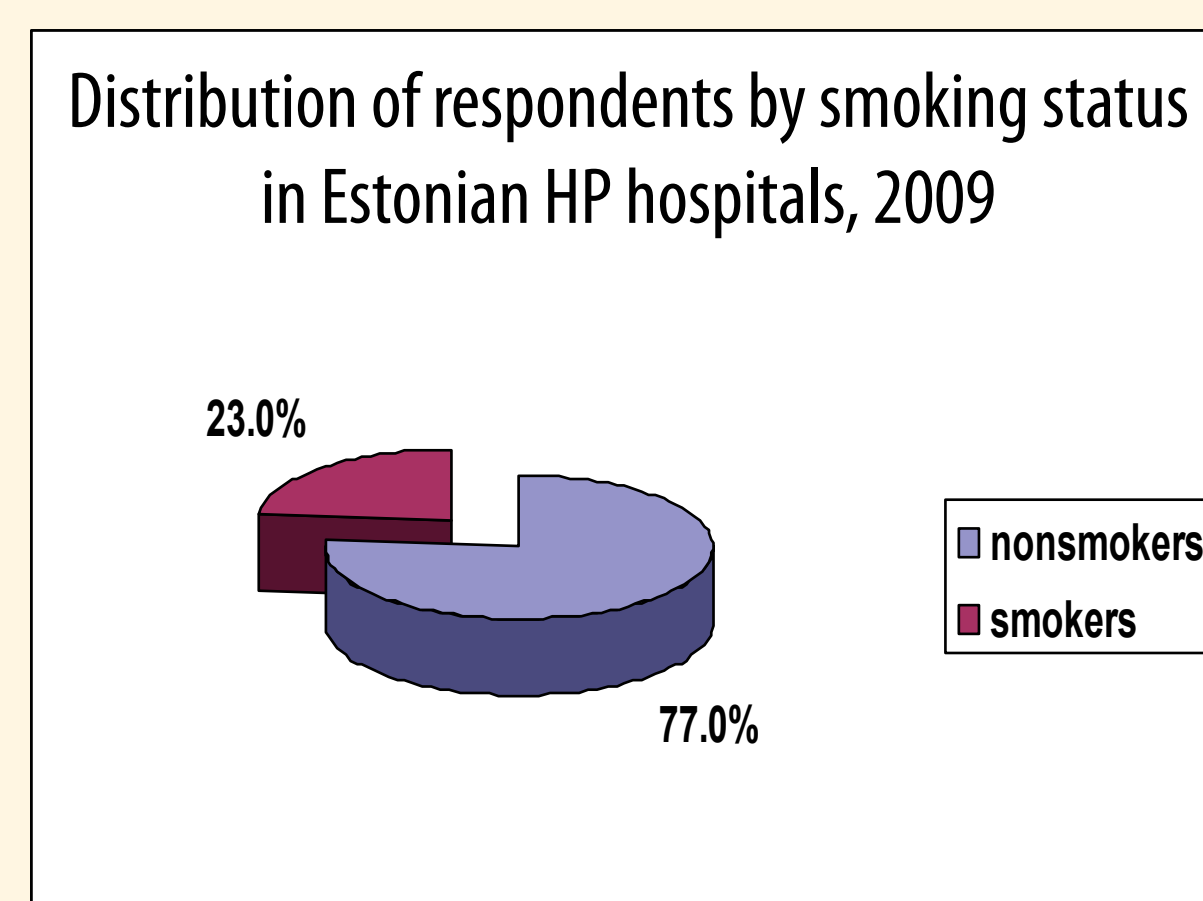
### Results:

The distribution (%) respondents by smoking status and sex in Estonian HP hospitals was following:

among males were daily smokers 30,0% (33,3% smokers and 66,7% non-smokers);

among females - daily smokers 19,0% (22,2% smokers and 77,8% non-smokers).

Daily smokers in total (males+females) were 24,5%. According to Health Behaviour Study among Estonian Adult Population, 2008, there were 26,2% of daily smokers (38,6% among males and 17,1% among females) in general population.



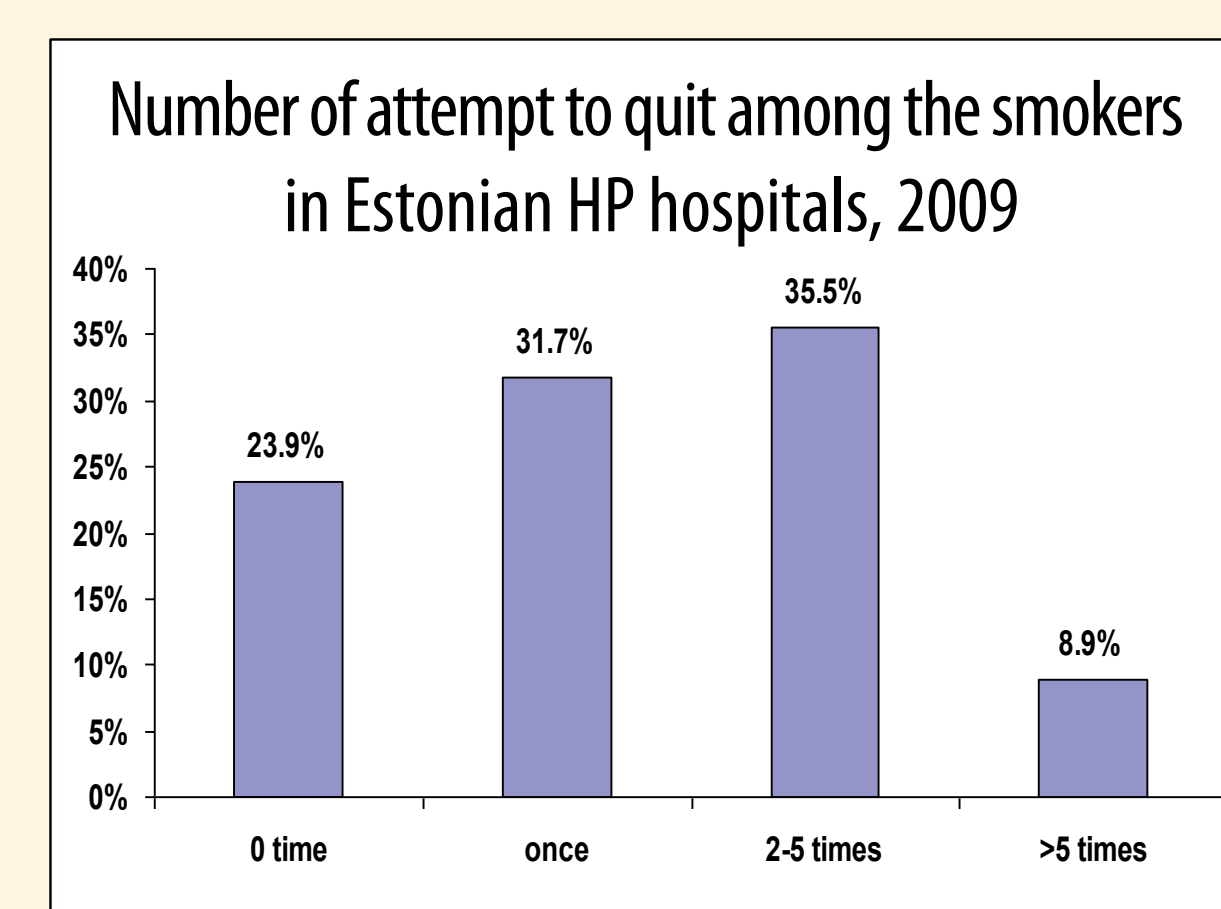
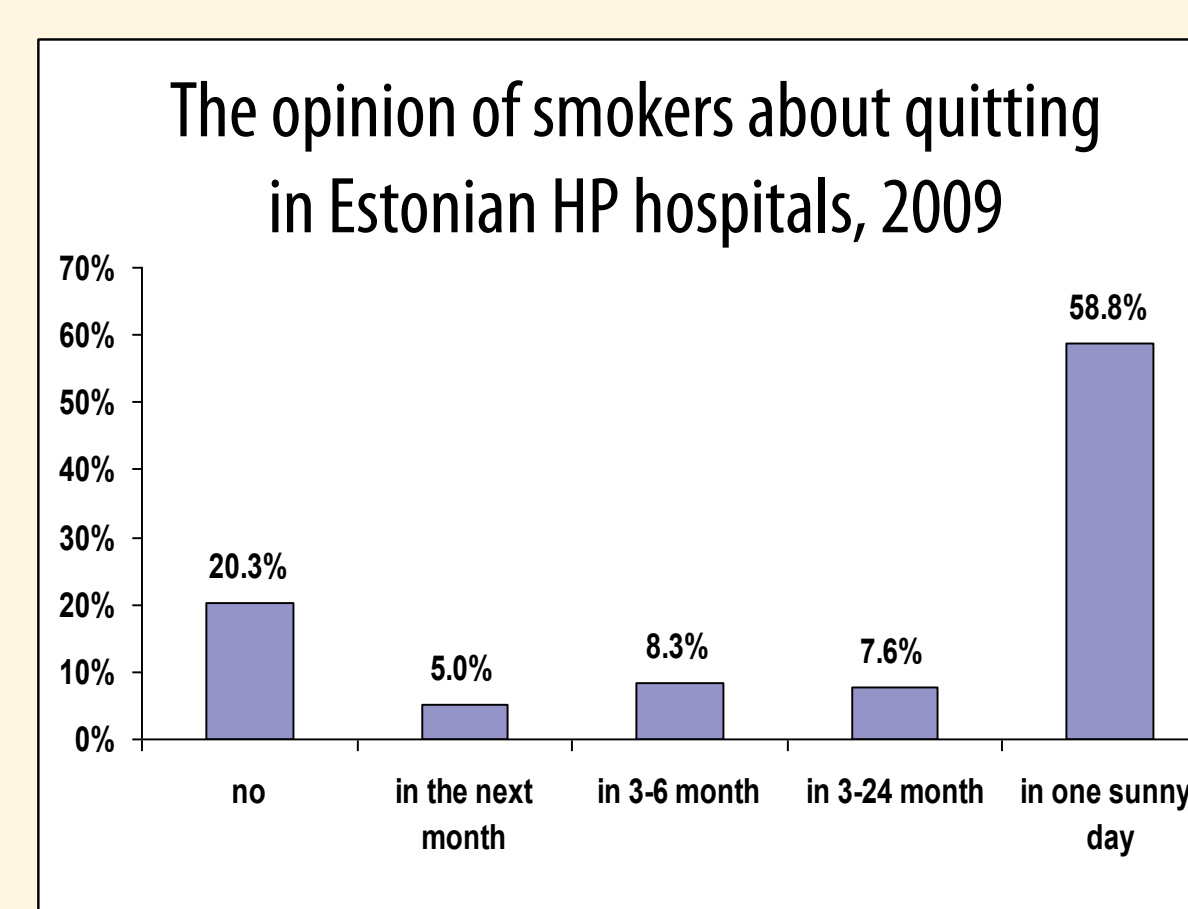
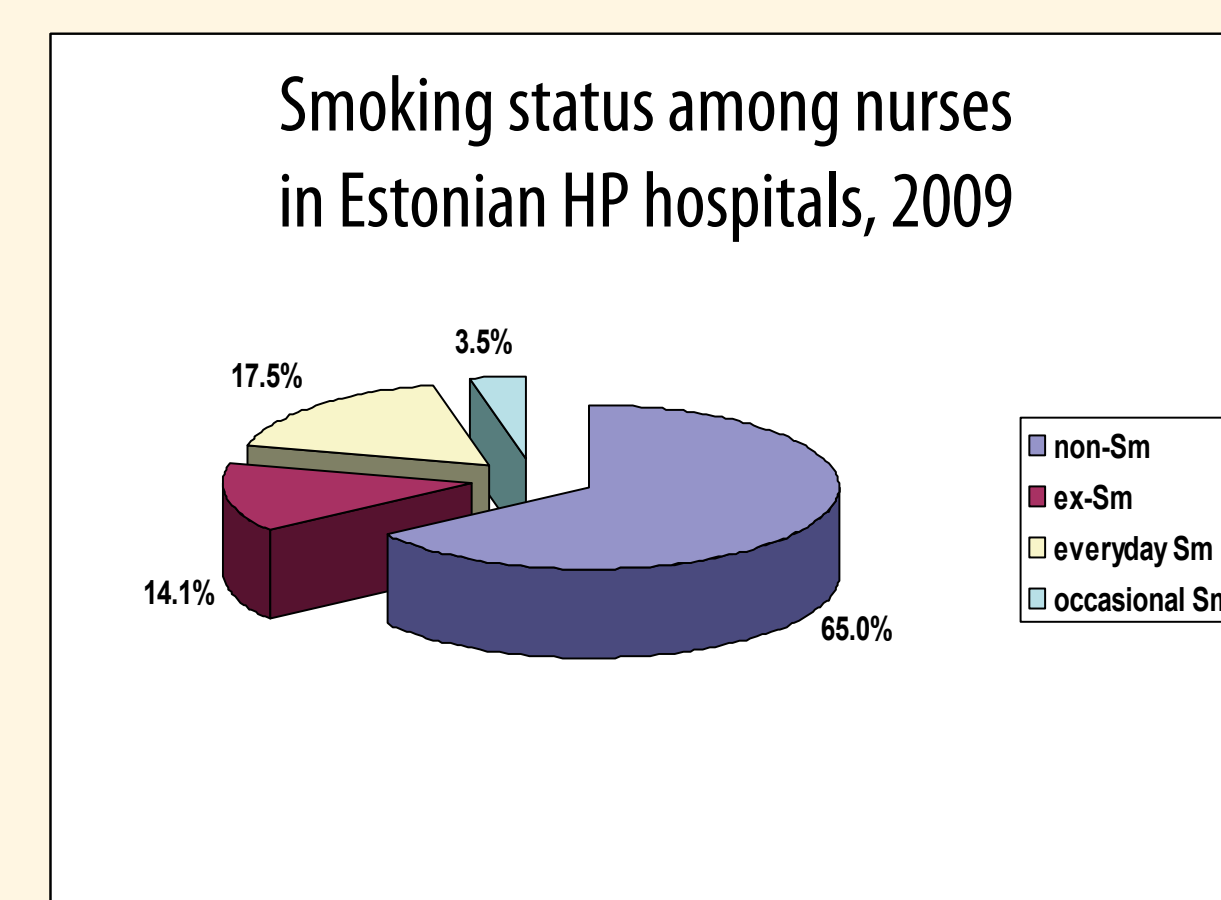
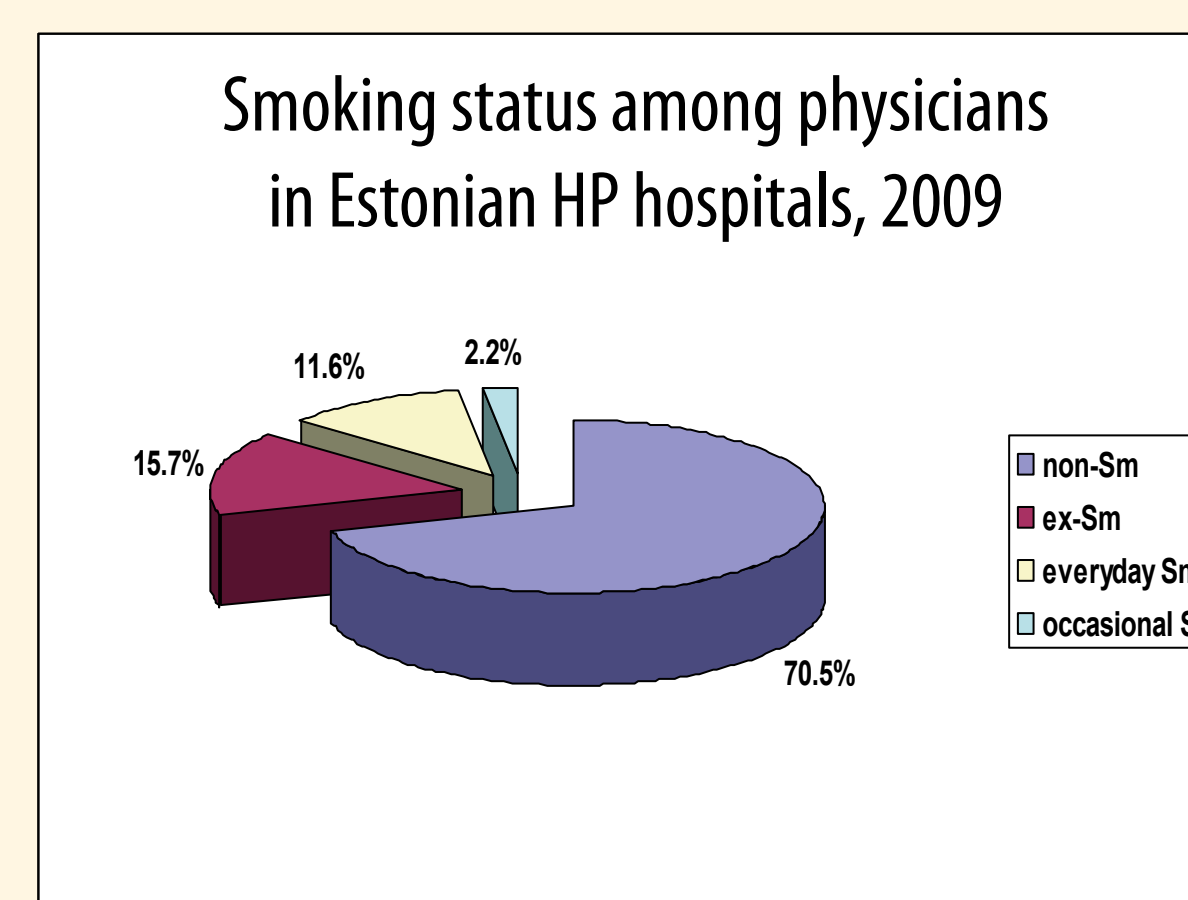
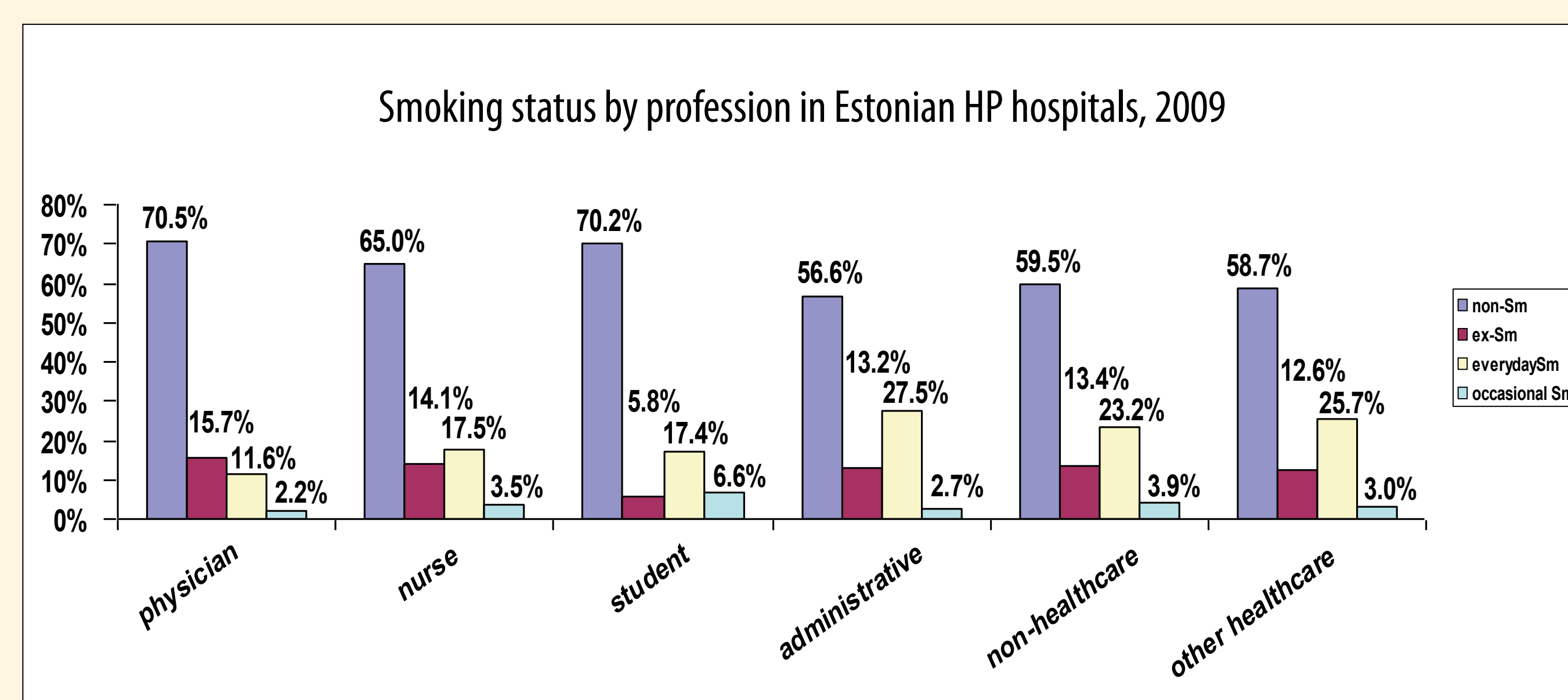
Smoking status among physicians was lower: 11,6% daily smokers (13,7% smokers and 86,3% non-smokers).

The smoking status among nurses was: 17,5% daily smokers (21% smokers and 79% non-smokers). But there was higher level of smokers among the administrative, non-healthcare and other healthcare workers – daily smokers 25,5%

(28,4% smokers and 71,6% non-smokers).

The medium number of cigarettes smoked daily was 11. The medium age of beginning smoking among daily smokers was 18-20 years. The medium age of giving up smoking among ex-smokers was 31- 40 years.

Unfortunately, the smoking personnel of hospital staff is not really motivated to quit: 79% planned to stop smoking sometimes in the future; 44,4% of smokers tried to stop smoking 2-5 or more times; 60,2% of them didn't want to be counselled on cessation.



When a health care worker gives advice on how to quit smoking, the proportion of smokers who manage to give up smoking increases. The 2008 data show that only 21,8% of daily smokers, who visited a healthcare institution over the last 12 months, got advice to quit smoking from physician; 5,5 % - from another healthcare worker and 7,4% from dentist.

### Conclusions:

The reduction of prevalence of tobacco consumption is a long-term priority (2005-2020) in Estonia.

Quitting of smoking has positive impact on medical personnel health and can rise the rate of counselling patients.

Health care professionals have a special role in smoking cessation and developing a smoke-free environment.