

# Providing Nicotine Dependence Treatment during Inpatient Treatment for Other Diseases

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# Smoking Cessation Activities in TAH



1965  
Smoking  
Cessation  
Group



2002  
Smoking  
Cessation  
Clinic



2009

Inpatient  
smoking  
cessation  
intervention

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# Background



- ☀ Currently there are about 4 million smokers in Taiwan.
- ☀ Hospitalized patients are in "**a good time to admonish**" smoking, so the hospital clinicians should encourage in-patients to stop smoking as a **best opportunity**. (Fiore, et al., 2008 ; Rigotti, Munafo, & Stead, 2008) ◦





# Literature

Rigotti, et al (2008)	Interventions for smoking cessation in hospitalized patients 【Review】	<ol style="list-style-type: none"><li>1. 1.65-fold increase quit rate</li><li>2. 1.81-fold quit rate in patients with cardiovascular diseases</li><li>3. A single, short (<math>\leq 15</math> minutes) intervention is not effective.</li></ol>
Wolfenden, Campbell, Wiggers, Walsh, & Bailey (2008)	Helping hospital patients quit: What the evidence supports and what guidelines recommend 【Review】	<ol style="list-style-type: none"><li>1. Provide smoking cessation counseling, and recommended medical staff should encourage patients to find expert services after discharge.</li><li>2. Provide self-help smoking cessation manual for inpatient to quit smoking.</li></ol>

# OBJECTIVE



Evaluate the effectiveness of smoking cessation programs for inpatients.



## Clinical Practice Guideline

### Treating Tobacco Use and Dependence: 2008 Update

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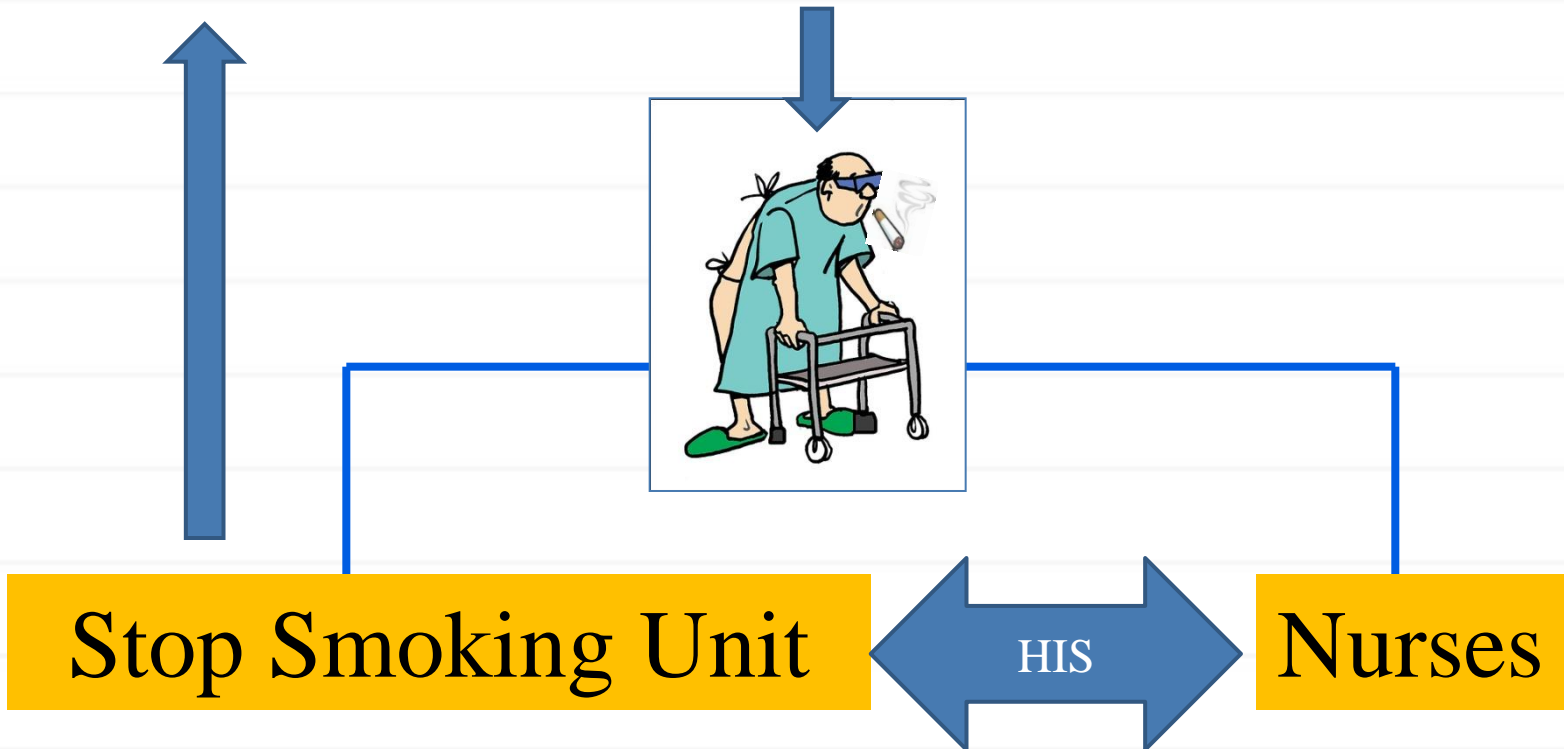
U.S. Department of Health and Human Services  
Public Health Service  
May 2008

# Methods



- ❁ Subjects : inpatients who were current smokers in a regional teaching hospital in northern Taiwan (N=67)
- ❁ Study period:  
August 16, 2009 – May 24, 2010
- ❁ All inpatients were asked to report their smoking history after admission
- ❁ Smokers were referred to smoking cessation counselors .

# Smoking Cessation Interventions





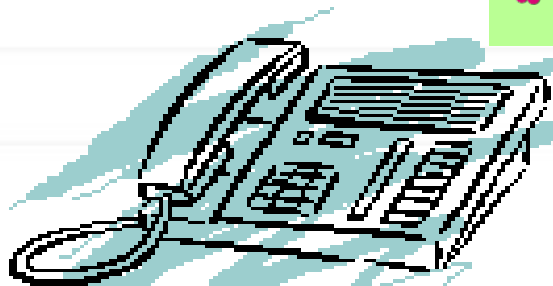
# Interventions

## Ward Nurses

- ☀ Identify smokers
- ☀ Request smoking cessation intervention via Hospital Information System (HIS)
- ☀ Check the result of intervention via HIS

## Stop Smoking Staff

- ☀ Visit smokers
- ☀ Motivate and assist patients to quit smoking
- ☀ Refer to smoking cessation clinic, groups, or Quitline if needed
- ☀ Record on HIS
- ☀ **Follow up if patients agree**



# Results

Record the amount of cigarette consumption two weeks after discharge

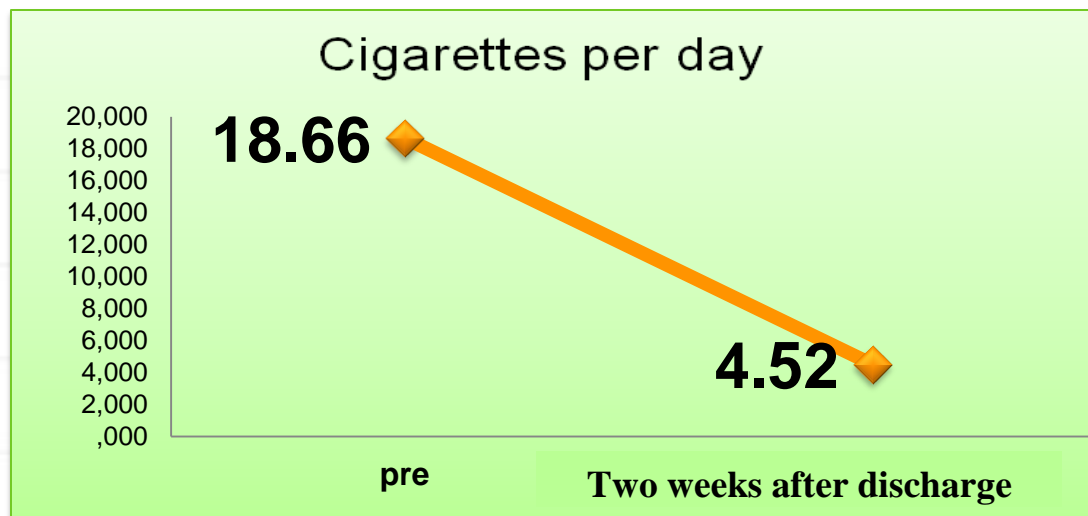
🌸 Average cigarettes per day :

- Pre-test :  $18.66 \pm 11.12$

- Two weeks after discharge:  $4.52 \pm 5.92$

=> **significantly lower after intervention** ( $t = 9.924, p < 0.0001$ ).

🌸 Smoking cessation rate : 52% (26/50).





# Conclusions

- 🌸 Aggressive interventions for inpatient smokers can effectively increase the motivation of smoking cessation with a good smoking cessation rate.
- 🌸 Smoking cessation can also improve the prognosis of other chronic diseases.

