

To Increase the Effectiveness of Smoking Cessation with Creative Health Education

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Background

Yunlin, an agriculture county with much labor residents in Taiwan, always has a large population of smokers. According to a national survey in 2016, the prevalence of adult smoking in Taiwan was 15.3%. However, in the same year, the adult smoking rate in Yunlin was 18.4%. To help more smokers quit smoking, National Taiwan University Hospital Yunlin Branch (NTUH-YLB) have not only provided counseling and pharmacotherapy, but also run a smoking cessation support group to enhance the success rate of smoking cessation.

Intervention

The smoking cessation support group, called "Dandelion Club", has been run since 2015. Smokers who receive smoking cessation service in our hospital are encouraged to join the club voluntarily. Members' willpower to quit smoking is enhanced by experience sharing. The club also provides activities and lessons such as deep breathing in Kung Fu, gardening, cooking, and Chinese chess to help members live a healthy life style to replace the smoking habit.



smoking cessation diet



Chinese chess



Vegetable cultivation

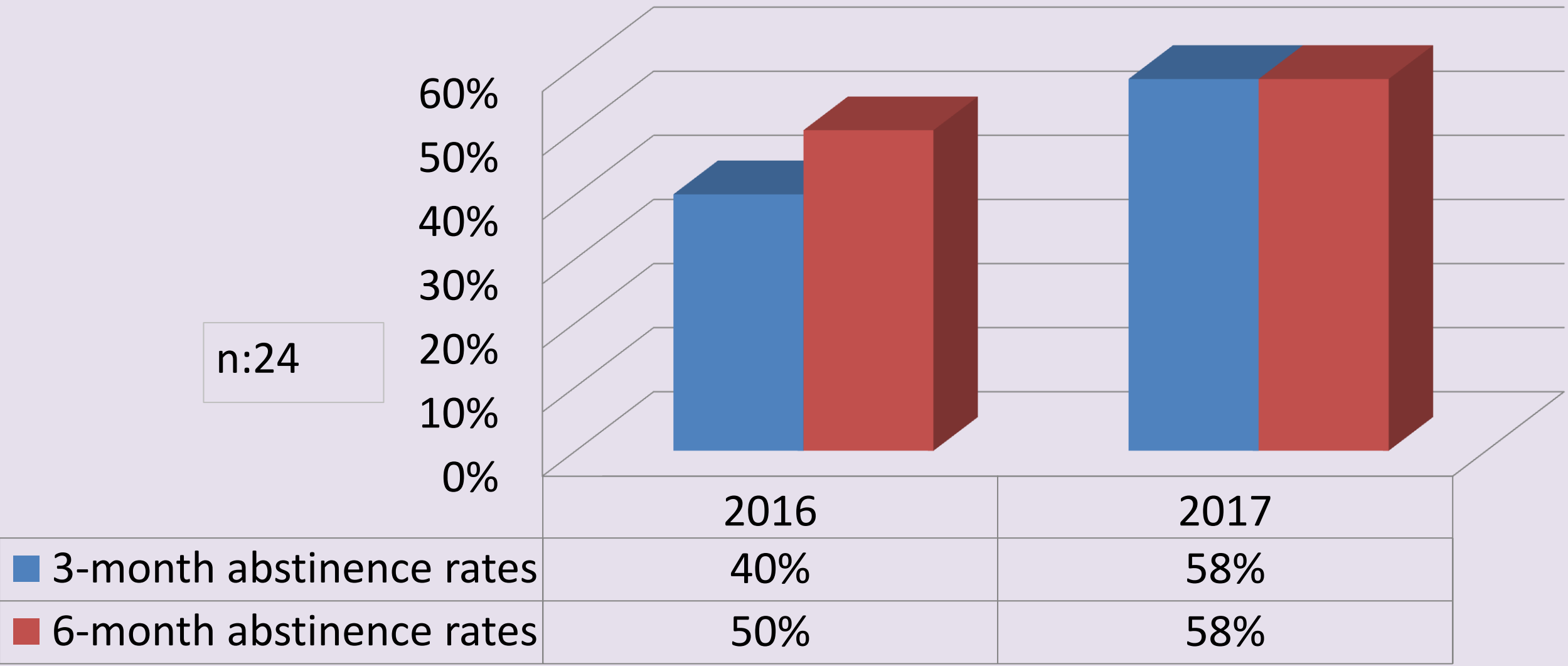


gardening

Results

The complete abstinence rate at six months in NTUY-YLB was 16% in 2014. After the launch of smoking cessation support group in 2015, the success rate increased to 40% in 2015, 48% in 2016 and reached 57% in 2017, which was higher than the target 25% set by our government. Our club attracted 15 to 20 smokers to participate every year, and they were all satisfied with the activities provided within the club.

Abstinence rates of smoking support in 2016 and 2017



Conclusions

This creative launch of smoking cessation support group enhanced members' willpower to quit smoking and lead a healthy life style. With interactive discussion within this club, the members could get rid of the nicotine withdrawal symptoms and psychological dependence. It not only increases the successful rate of complete abstinence and participants' satisfaction, but also bring medical staff the feeling of accomplishment. It deserves a larger and long-term project to maintain this creative group.

