



Quitting smoking starts with the "heart"

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Objective

16% of the annual deaths are associated with smoking-related diseases such as acute myocardial infarction, lung cancer, oral cancer, and so on. Smoking cessation intervene for high-risk smokers with smoking-related disease during hospitalization by aggressively smoking-cessation program. To improve their self-efficacy might increase the success rate of cessation.

Methods

Organized an interprofessional promotion team and implement five health promotion strategies based on the Ottawa Charter for Health Promotion: (1) Developing hospital admission with referral service. (2) Posting non-smoking posters, marquee announcements, hanging signs of hospital smoke-free policy, setting smoking alarms at smoking hotspots, and strengthen the patrol frequency in hospital. (3) Sharing experiences from successful cases and multimedia broadcasting. (4) Enhancing smoking cessation through educational videos, and implement of share decision-making charts. (5) Connecting wards with referral service.



SDM Smoking cessation of shared decision-making

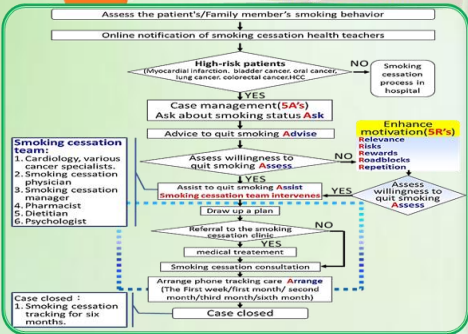
我想戒菸。我的選擇有什麼？

前言
當您感到菸癮時，這份資料可幫助您了解有哪些選擇，如何選擇才容易戒菸成功的。

適用對象/適用狀況
18歲以上吸菸民眾，不分戒菸態度，有意願戒菸者。
了解自己的戒菸下戒菸程度：

戒菸下戒菸程度	得分	
1. 起床後多久抽第一支菸？		
<input type="checkbox"/> 5分鐘以內 (3分)	<input type="checkbox"/> 5-30分鐘 (2分)	
<input type="checkbox"/> 31-60分鐘 (1分)	<input type="checkbox"/> 60分鐘以上 (0分)	
2. 每星期能戒菸幾天？		
<input type="checkbox"/> 是 (1分)	<input type="checkbox"/> 否 (0分)	
3. 哪種菸最難戒？		
<input type="checkbox"/> 早上第一支菸 (1分)	<input type="checkbox"/> 其他 (0分)	
4. 一天最多抽幾支菸？		
<input type="checkbox"/> 31支以上 (3分)	<input type="checkbox"/> 21-30支 (2分)	
<input type="checkbox"/> 11-20支 (1分)	<input type="checkbox"/> 10支或更少 (0分)	
5. 起床後幾小時內是一天中抽菸最多的時候？		
<input type="checkbox"/> 是 (1分)	<input type="checkbox"/> 否 (0分)	
6. 當嚴重生病時，幾乎每天臥床在床抽菸於嗎？		
<input type="checkbox"/> 是 (1分)	<input type="checkbox"/> 否 (0分)	
總分		
得分3分或以下	得分4-6分	得分7-10分
低度菸癮	中度菸癮	高度菸癮

Process High-risk Inpatient referral service process for smoking cessation

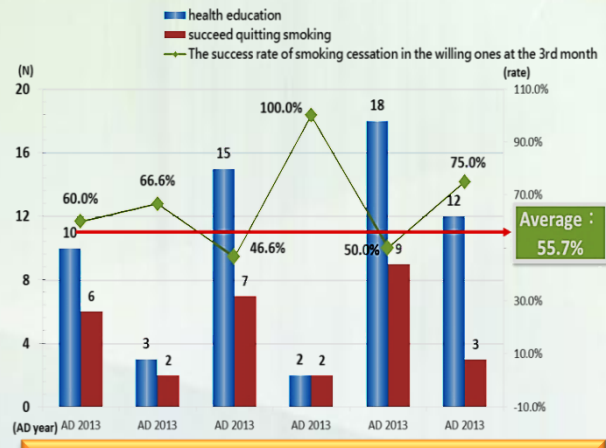


Action Visiting High-risk inpatients smoking



Results

From April 2013 to June 2018, a total of 81 hospitalized high-risk smoking cases were enrolled. 60 cases were willing to quit smoking and 21 were not. After discharge, the smoking status was followed. The success rate of smoking cessation in the willing ones at the 3rd month was 55.7%. There were 4 people referred to the smoking-cessation clinic for medications and 3 of them succeed quitting smoking (75% success rate at the 3rd month).



Conclusion

It was found that whether the case was willing to quit smoking or not, providing smoking cessation education and counseling may assist patients keep away from smoking. Those high-risk smoking patients who were willing to quit smoking during the first 3 months should encourage them by motivating their willingness and social support from family and friends. For those un-willing were unable to be motivated in a short period, should keep trying with team-works.

Key words : High-risk patients、smoking inpatients、referrals

Quit smoking success rate of the hospitalized high-risk smoking cases