

# Chronic Obstructive Pulmonary Disease to Quit Smoking Successfully

Hong, Wei-Wei<sup>1</sup>, Liang, Wei-Li<sup>1</sup>, Chen, Jung-Yueh<sup>2</sup>

<sup>1</sup>Department of Nursing, E-Da Hospital, <sup>2</sup>Department of Thoracic Medicine, E-Da Hospital, Kaohsiung, Taiwan

## Background/ Problem/ Objective

There were three million annually death cause by COPD worldwide. COPD was the 7th leading cause of death in Taiwan. Over 90% of patients with COPD are related to tobacco smoking. Besides, 40% COPD patients kept smoking. Therefore, smoking cessation as soon as possible is an important step in reducing the harm caused by tobacco smoking.

## Results

We found that:

- 1.The difficulty of smoking cessation are the culture of smoking cigarettes in the work environment.
- 2.The patient was educated to refuse smoking by colleagues and sharing his smoking cessation experiences to his colleagues.
- 3.Chest tightness and shortness of breathing is improving after smoking cessation.

## Methods/ Intervention

Mr. Pan, a 50 year-old COPD patient. Tobacco smoking one and a half packs per day for 20 years. Varenicline was prescribed for smoking cessation. The case manager educated him to reduce the desire of smoking by drinking water, gargling or limb stretching. Through the 8-week intervention of smoking cessation services, we hoped to improve the individual's ability to maintain self-health and reduce the rate of disease deterioration.



## Relevance to health

### promoting hospitals and health services

After receiving the Certificate of a Gold Forum Member by ENSH-Global Network for Tobacco Free Healthcare services (GNTH) in 2017, E-DA Hospital has maintained its firm commitment to the promotion of tobacco hazards prevention. We created an integrated case management system to gain a firm grasp and facilitate the clear identification of all smokers among outpatient, emergency care, and hospitalized patients.

## Conclusions/Lessons learned

Many patients failed to quit smoking due to lack of self-confidence. we can enhance the motivation of smoking cessation by personal education and consultation. Medications for smoking cessation are able to strengthen the change of smoking habit. We encourage patients to express their concern and affliction, keep positive thinking and build up correct concept during smoking cessation. Good family support is also important to maintain the success of smoking cessation.

