



Study on the success rate of intervention for smoking cessation in a health hospital by LDCT

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Background and objective

Lung cancer is the top cause of cancer death in the world, and the second highest incidence of cancer in Taiwan. The Ministry of Health and Welfare of Taiwan aims at early detection and treatment to increase survival rate and reduce health insurance expenditure, so it promotes the early detection program of lung cancer, aiming at smokers to receive smoking cessation services and lung cancer screening (low-dose computed tomography of the chest -LDCT), and early intervention of smoke risk awareness to help with smoking cessation.

Methods/intervention

A correlational study was designed for smokers who used and did not use a national health care LDCT, and a one-to-one smoking cessation program was used. From September to November 2022, 220 cases were reported, including 67 smokers that have used LDCT and 153 smokers that haven't. The objective is to investigate the success rate of smoking cessation in smokers who use LDCT.

Result

After the intervention of the smoking cessation program at the same time, the number of smokers who used the LDCT provided by the national health insurance and quit smoking after the project was 21 during the telephone interview 3 months later. The success rate was 31%; For the smokers who did not use LDCT, 20 of them quit smoking. The success rate was 13%.

Conclusions/lessons learned

Through the analysis, it is found that the smokers who use LDCT examination provided by national health insurance have healthy thinking, can accept the advice of smoking cessation health education, change their smoking behavior and conduct healthy behaviors for themselves.

Relevance to HPH

Discussion of improving health promotion