

Awareness Of Smoking Cessation And The Knowledge About Use Of Drugs For Smoking Cessation Among The Students Of Medical, Pharmacy, Dental And Nursing

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ABSTRACT

Introduction: Over 5 million people die each year from preventable causes, with smoking being the major contributor. An important public health concern is smoking among medical professionals. This study was conducted to gauge students' understanding of the usage of medications for quitting smoking as well as to raise awareness among those studying medicine, nursing, dentistry, and pharmacy.

Materials and Methods: A questionnaire based study is done among undergraduate medical, pharmacy, dental and nursing students of North Karnataka who are currently smokers and willing to participate in the study. 100 students were involved in this study and the study is carried out for 3 months (AUG 2022 - OCT 2022). Data is collected using Questionnaire form.

Results: Out of the 100 participants, 88 percent of men and 12 percent of women responded to the survey. The majority of participants (48%) are between the ages of 21 and 23; 25% are between 18 and 20; and 9% are between 24 and 26. Of the 100 participants, 84% smoke cigarettes.

Conclusion: Tobacco use is a global burden that requires multiple actions. This study provides information regarding the smoking cessation and about the use of drugs for smoking cessation among students.

KEY WORDS: Awareness, health care professionals, nicotine replacement therapy, smoking cessation.

I. INTRODUCTION

In India, there are about 120 million smokers. 12% of smokers worldwide, according to the World Health Organization (WHO), reside in India. More than 1 million people lose their lives to diseases linked to tobacco use each year.^[1]

In India, there were 108 million men who were tobacco users as of 2022, a 36% rise from 1998 to that year. Children and adolescents who

smoke cigarettes experience serious health issues, including an increase in the frequency and severity of respiratory illnesses, a decline in physical fitness, and potential impacts on lung development and function.^[2] Quitting smoking is linked to a decline in the frequency of related symptoms as well as a steady decline in the development of related diseases. As a result, tobacco is regarded as the most deadly and cancer-causing substance for humans. Young people are particularly affected by tobacco usage, which may be due to peer pressure, parental influence, friends who use tobacco, media exposure, and school employees. Teenagers in particular are especially susceptible and start using tobacco for a variety of reasons.^[3] Smoking has the potential to have a long-term negative impact on every system of the body. It can lead to respiratory and cardiac conditions, periodontitis, lung, oropharyngeal, and prostate cancers, as well as a number of other diseases. Additionally, it raises the risk of developing rheumatoid arthritis, some eye illnesses, and tuberculosis.^[4] The fight against tobacco requires the involvement of the health professions in a significant way.^[5]

II. MATERIALS AND METHODS

Study design: A questionnaire based study

Study Site: Among undergraduate medical, pharmacy, dental and nursing students of North Karnataka

Sample Size: 100

Study period: 3 months (AUG 2022 - OCT 2022)

Data collection: Data was collected using Questionnaire form.

Inclusion Criteria

1. All students who were currently smokers and willing to participate in the study
2. Both sexes, male and female.

Exclusion Criteria

1. Non smokers
2. Subjects who refused to answer

III. RESULTS

A survey was used to gather information from 100 participants who were students studying medicine, dentistry, pharmacy, and nursing. A validated questionnaire was used in the study to gauge student knowledge about pharmacological use for smoking cessation and their awareness of quitting smoking.

Out of 100 participants, 88 percent of respondents were men and 12% were women. According to Table 1, the majority of participants (48%) are between the ages of 21 and 23; 25% are between the ages of 18 and 20; and 9% are between the ages of 24 and 26. This outcome was comparable to that of the research by Binu et al., 6

Table 2 displays the individuals' smoking habits. This study is comparable to one done by Sarah Al the methods that research participants used to stop smoking are shown in Table 3. For six months or more, just 20% of individuals tried to stop smoking. None of the participants sought medical attention or other healthcare to stop smoking. None of the participants took any of the recommended treatments to stop smoking. 64% of individuals did not receive any therapy, whereas just 36% used group therapy to stop smoking. This outcome was consistent with a research done by Binu et al. 6 84% of participants said they would stop smoking in the future, and 80% of students preferred using nicotine replacement therapy. 78% preferred using nicotine patches, which are adhesive patches that release nicotine slowly through the skin. 80% of people were found to be considering using nicotine gum.

Table 1: Demographic characteristics of participants (N=100)

Parameter		No. of Participants	Percentage (%)
Gender	Male	88	88
	Female	12	12
Age (yrs)	18-20	25	25
	21-23	48	48
	24-26	27	27

Table 2: Pattern of tobacco use in the study participants (n= 100)

Sl. No	Tobacco use	Yes/No	%
1	Do you smoke cigarettes or cigars?	Yes	100
		No	00
2	Do you consume tobacco in any other way?	Yes	2
		No	98
3	Did you start smoking in adolescence?	Yes	0

		No	100
4	Do you smoke >1 pack per day?	Yes	3
		No	97
5	Do you smoke <1 pack per day?	Yes	97
		No	3
6	Do you smoke regularly?	Yes	78
		No	22
7	Do you only prefer smoking on occasions?	Yes	82
		No	18

Table 3: Practices towards smoking cessation (n= 100)

Sl. No	Smoking cessation	Yes/No	%
1	Did you ever quit smoking for 6 months or longer?	Yes	20
		No	80
2	Have you visited a doctor or Health care provider to quit smoking?	Yes	0
		No	100
3	Has a doctor ever prescribed any aids to help you quit smoking such as nicotine replacement gum, patch, or any type of medication?	Yes	0
		No	100
4	Have you ever used behavioral or group therapy to help you quit smoking?	Yes	36
		No	64

Table 4: Distribution according to the smoking cessation plan (N= 100)

Sl. No	Smoking Cessation Plan	Yes/No	(%)
1	Are you willing to stop smoking in the future?	Yes	84
		No	16
2	Do you prefer taking nicotine replacement therapy for smoking cessation?	Yes	80
		No	20
3	Do you prefer taking Non nicotine replacement therapy for smoking cessation?	Yes	3
		No	97

4	Would you take nicotine patch which are adhesive patches that slowly releases nicotine through your skin to quit smoking	Yes	78
		No	22
5	Will you consider taking nicotine gum which releases nicotine whenever you start chewing it for smoking cessation	Yes	80
		No	20
6	Do you smoke while taking nicotine replacement therapy? Do you think it is safe?	Yes	0
		No	100
7	Do you properly follow the nicotine replacement therapies or non- nicotine replacement therapy in a timely manner or do you skip	Yes	68
		No	32

IV. DISCUSSION

A questionnaire based study was carried out by collecting the data from 100 participants. Students who belonged to medical, dental, pharmacy and nursing. The study was conducted by using questionnaire to assess the awareness about smoking cessation. Among 100 participants, most of the respondents are male (88%) and remaining 12% are female. The highest number of male participants (48%) belongs to age group of 21 - 23 years and 27% belong to 24-26 group, 25% belong to 18-20 years age group, as depicted in table 1 this result was similar to study conducted by binu et al.,^[6] Table 2 shows the pattern of tobacco use in the participants. Among 100 participants all are cigarette smokers. This is similar to study conducted Sarah Al Jdani et al.^[7] 2% of participants have consumed tobacco in other form than the cigars and 98 % were only cigar smokers. None of the participants had started smoking in their adolescence. Only few participants (3%) were smoking more than 1 pack per day, 97% participants were smoking less than 1 pack per day. 78% of participants were smoking regularly. 82% prefer smoking occasionally. Table 3 depicted the practices of study participants towards smoking cessation. Only 20 % of participants tried to quit smoking for 6 months or longer. None of the participants visited a doctor or health care provider to quit smoking. Participants did not consume any prescribed medications to quit smoking. Only 36% participants used group therapy to quit smoking and 64% did not undergo any therapy. This result was similar to study conducted by Binu et al.⁶ 84 % participants agreed that they will stop smoking in the future and 80% students prefer taking nicotine replacement therapy for smoking cessation, 78% like to take nicotine patch which are adhesive patches that slowly releases nicotine through skin

to quit smoking, It was found that 80% consider taking nicotine gum which releases nicotine whenever they start chewing it for smoking cessation. 68% properly follow nicotine replacement therapies or non nicotine replacement therapy.

V. CONCLUSION

Tobacco use is global burden that requires multiple actions. This study provides information regarding the smoking cessation and about the use of drugs for smoking cessation among students. All of them were aware of health hazards due to tobacco consumption. Those who are severely addicted to smoking may be encouraged to join de-addiction programs. Initiation of health campaigns among students to create awareness on the effects of smoking and its addictions, with the involvement of departments of community medicine and Psychology is must.

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