The Nursing Interventions for Smoking Cessation in a Hospital Setting

Indonesian Nursing Journal of Education and Clinic (INJEC)
Volume 8 Issue 2, December 2023
injec.aipni-ainec.org/index.php/INJEC/index The Association of Indonesian Nurse Education Center (AINEC)
https://injec.aipni-ainec.org/index.php/INJEC/issue/view/15/showToc

Teuku Tahlil, S.Kp. MS., Ph.D

Faculty of Nursing, Universitas Syiah Kuala, Banda Aceh, Indonesia
Email: ttahlil@usk.ac.id

Smoking is a major global health concern, with the World Health Organization (WHO) reporting that 22.3% of the world's population smoked tobacco in 2020 (WHO, 2023). Men had a higher prevalence (36.7%) than women (7.8%), and 80% of tobacco users were in low- and middle-income countries. In Indonesia, the smoking rate was alarmingly high at 76.2%. Tobacco- related deaths exceed 8 million annually, with 7 million from direct smoking and 1.3 million from second-hand smoke. Smoking contributes to a range of diseases, including cancer, cardiovascular issues, respiratory problems, diabetes, immune disorders, adverse reproductive effects, and compromised overall health. Despite the severity, only a fraction of smokers receive recommended cessation interventions in hospitals (Mendes, 2022)

Effective smoking prevention and cessation programs are crucial to reduce mortality and morbidity rates. Nurses, integral to healthcare, play a vital role in addressing the tobacco epidemic. They offer advice and support in hospital and community settings, with moderate evidence supporting the effectiveness of nurse- led interventions. Nurse researchers grapple with developing appropriate smoking interventions, ranging from advice to intensive strategies involving counselling, coping strategies, self-help materials, and follow-up support. Collaboration with other healthcare professionals is common, emphasizing the importance of multifaceted interventions (Rice et. al., 2017).

Nurses have the potential to impact smoking cessation outcomes significantly, but standardized interventions and further research are essential to optimize their contribution to reducing the tobacco epidemic. The need for effective smoking prevention and cessation programs is critical to mitigate mortality and morbidity rates. Nurses, being a significant component of the healthcare workforce, play a crucial role in addressing the tobacco epidemic. They often provide advice to quit smoking in both hospital and community settings, with moderate evidence supporting the idea that nurse- provided advice and support can enhance smokers' success in quitting.

REFERENCES

Mendes, A. 2022. Nurses' role in smoking cessation interventions. British Journal of Community Nursing, 27.

Rice, V. H., Heath, L., Livingstone-Banks, J. & Hartmann-Boyce, J. 2017. Nursing interventions for smoking cessation. Cochrane Database of Systematic Reviews.

World Health Organization 2023. Tobacco. Retrieved from https://www.who.int/news-room/fact-sheets/detail/tobacco.