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Impact of nurse counseling on quitting tobacco use in inflammatory rheumatological diseases

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Background: Inflammatory rheumatological diseases are chronic illnesses where pain, stiffness and increasing disability are common. Tobacco exposure has been shown to be deleterious for these diseases requiring counseling against it.

Methods: A survey was conducted on the tobacco use status of 211 peoples attending the Rheumatology OPD. The F:M ratio was 1.04:1. The diagnosis among them was as follows: Rheumatoid arthritis 162 peoples and Spondyloarthopathy 49 peoples. Tobacco use was categorized as active (smoking or oral tobacco use) or passive (when the patient was exposed to tobacco smoke). Active tobacco users were 74 (35.0%) and passive user were 52 (24.6%).

Results: Total of 126 peoples (59.7%) were tobacco users. Counseling intervention to give up smoking yielded the following results: 29 peoples (23.01%) gave up tobacco use, 48 (38.09%) did not give up and in 49 peoples (38.9%) the information could not be obtain. Out of 74 active tobacco users 25 (33.78%) had given it up, 40 (54.05%) did not give up and in 9 (12.16%) peoples the information could not be obtained. Out of 52 passive smokers- 4 (7.7%) had given it up, 8 (15.38%) did not give it up and in 40 (76.92%) the information could not be obtained, 74.88% were unaware of the ill effects of tobacco exposure and 25.12% were aware of it.

Conclusion: Intense and regular counseling by nurses helps in quitting success rate to 33.7% in active and 7.7% passive in tobacco users.

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