Factors associated with health professionals advising patients to quit smoking

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Background and purpose: Compared with developed countries, the male adult smoking prevalence is relatively high in Taiwan (39.51%). 40% smokers tried to quit smoking but failed in the past year. Only 27% smokers reported that had ever been advised to quit smoking by health professionals. The purpose of this study was to determine the associated factors with health professionals advising patients to quit smoking. Methods: A cross-sectional study design was conducted in 2008. 100 health professionals were recruited using convenient sampling from four hospitals of northern Taiwan. Structured questionnaires with Cronbach’s α of 0.92 were self administered by study participants. Results: The top five obstacle factors of advising patients to quit smoking were ‘behavior change of patients are very difficult’, ‘care of disease is more important’, ‘smoking needs of patients have to respect’, ‘lack of training of how to advising patients to quit smoking’, ‘too busy to advising patients to quit smoking’. Attitude and subjective norms of advising patients to quit smoking was significantly correlated with attempt of advising patients to quit smoking (r=0.395, p<0.05; r=0.488, p<0.05). Attempt of advising patients to quit smoking was significantly highly correlated with behaviors of advising patients to quit smoking (r=0.746, p<0.05). Conclusions: The major obstacle factors of advising patients to quit smoking among health professional were related with low perception of importance of patients smoking cessation. The curriculum of health professionals and on-job training should enhance the role of health professionals on smoking cessation to improve their attitude, attempt and behaviors of advising patients to quit smoking.

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