

Assessment of tobacco smoking status and influence of health care professionals on tobacco cessation among outpatients in different clinics of the Department of Medicine of Lagos University Teaching Hospital (LUTH), Idi Araba, Lagos, Nigeria

Oyerinde OO¹, Aina BA¹, Echebiri JC¹, Owokoniran BS¹, Ihesiulo PN¹, Kazeem SA¹, Opaleye OR¹

Conflictos de interés: Los autores declaran no tener conflictos de interés alguno.

Abstract

Background: As a risk factor for six out of the world's eight leading causes of death, tobacco smoking has been dubbed the single most preventable cause of death. Healthcare professionals have a prominent role to play in tobacco control. Studies have shown that even a brief intervention by a health professional significantly increases the cessation rate. **Purpose:** The objectives of the study were to assess the smoking status and identify the influence of health professionals on smoking cessation of outpatients in different clinics at the department of Medicine, Lagos University Teaching Hospital (LUTH), Nigeria.

Study/Intervention Design: Cross-sectional and descriptive

Methods: A cross-sectional survey of randomly selected outpatients at the Department of Medicine in LUTH was carried out using a structured questionnaire that captures demographic data, past and current history of smoking and influence of healthcare professional in quitting smoking. Fagerstrom addiction test was also included for current smokers. **Results:** A total of 586 outpatients completed the questionnaires. Among the respondents, 398 patients (68%) had never smoked cigarettes before, 150 patients were ex-smokers (25.6%) while 38 patients (6.5%) were current smokers. About 73% of the current smokers were males. Two hundred and thirty patients (39.2%) claimed they have never been asked about their smoking status in the clinic. There was a significant relationship between gender and smoking status [$\chi^2=29.05$ (N=586), p<0.01]. Among the ex-smokers, 42 patients (28%) claimed to have been influenced to quit smoking by a healthcare professional attached to the clinic. The Endocrinology Clinic has the highest percentage of current smokers (12.1%). Among the current smokers, 43% have low nicotine dependence.

¹University of Lagos

Conclusion: The tobacco smoking prevalence rate of 6.5% among the outpatients is higher than the national prevalence rate of 3.9% adults who currently smoke tobacco products. Healthcare professionals need to put more effort in encouraging tobacco cessation among their patients.