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RESEARCH ARTICLE

TO STUDY THE PREVALENCE OF TOBACCO USE AMONG STAFF WORKING IN A TERTIARY CARE HOSPITAL, MUMBAI

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ABSTRACT

“To study the prevalence of tobacco use among staff working in Tertiary care hospital, Mumbai.” Objectives (1)To assess prevalence and common pattern of tobacco use in health care providers in study population.(2)To enlist the factors influencing tobacco use in the study population.(3)To assess the knowledge on harmful effects of tobacco, second hand smoke, laws pertaining to tobacco use(4)To study the profile of perceptions regarding tobacco use amongst study population.(5)To identify scope for elimination of tobacco use.

Key words:

Tobacco, Prevalence study;
Knowledge, Attitude & Practices;
Hospital based study

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INTRODUCTION

Tobacco use is a serious public health challenge in several regions of the world. It has assumed the dimension of an epidemic resulting in enormous disability, disease and death. It is estimated that five million preventable deaths occur every year globally, attributable to tobacco use. At this rate, the number of such deaths is expected to double by 2020. In addition to damage to personal health, tobacco use results in severe societal costs like reduced productivity and health care burden, environmental damage and poverty of the families. The degree of destruction brought to bear upon the individual and society surpasses the returns generated by tobacco production and consumption in terms of revenue and employment¹.

Tobacco use, smoking or smokeless has been proved time and again as the most hazardous to health. It is one of the leading cause of death in the world. It killed over 5.4 million people in 2005, ie 1 death every 6 seconds. If this continues tobacco will kill over 8 million people by 2030².

For any legislation to be successful there is a need for adequate preparedness on the part of civil society, locally and globally, with regard to awareness of the existing problem and acceptance of the necessity for such legal measures. At the global level, India has been a forerunner in the negotiations leading to the Framework Convention on Tobacco Control,

which was ratified by India in February 2004. At the domestic level, the State Governments, which are the main implementing agencies, have been advised to enforce the provisions of the tobacco control legislation strictly. As a measure to sensitize members of civil society, policy-makers, parliamentarians, scientific and public health professionals, researchers and the general public, it was necessary to compile basic data and analysis of tobacco use in the country, the extent of disease burden, present status of tobacco control measures, global experience in this field and proposed road map for future course of planning and action⁴.

METHODOLOGY

It is a cross sectional study, was carried out in a tertiary care hospital, Mumbai.

Subjects were health care providers (All teaching and non teaching staff including Class 4 workers). Universal sampling of randomly selected two departments of a Tertiary care hospital. About 100 per department; therefore total 200. Inclusion criteria were all health providers willing to participate and those not willing to participate & temporary workers were excluded. Study period was 3 months.

Semi-structured questionnaire was used for the study. Participants approached during their free time and one to one

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discussion about the project done. Participants asked to fill in the questionnaire form, by ticking the most appropriate option. Data entered using Microsoft-Excel 2007 Software. All the responses are tabulated and Graphical representation made wherever necessary. Data analysed by using SPSS Software version 16.0

RESULTS

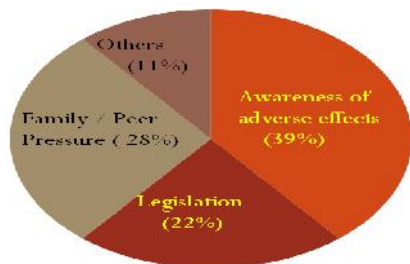
- 16.7 % and 18.8% of teaching and non-teaching staff respectively report to have used tobacco in their life time. 70% of class IV workers of tertiary care hospitals use tobacco.
- 82% of users reported adventure seeking behaviour and experimentation as their reason to start tobacco.
- 26.2% started below the age of 15years, and 42% between 15 - 20years of age.
- 47.3% reported to have illness related to respiratory system in the last one year.

Prevalence of tobacco use among different cadres

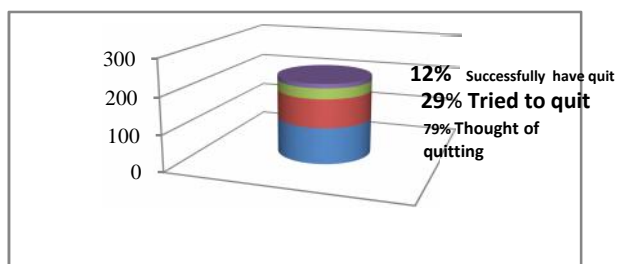
STAFF	N=190	USERS	NON USERS
Teaching staff	36	6 (16.7%)	30 (83.3%)
Non Teaching staff	32	6 (18.8%)	26 (81.2%)
Residents	66	10 (15.2%)	56 (84.8%)
Nursing staff	32	2 (5.6%)	34 (94.4%)
Class 4 workers	20	14 (70%)	6 (30%)

- 67.4% of study population agree with the effect of pictorial warnings on tobacco packets.
- 28.4% of family members of health care providers do use some form of tobacco.
- 57.8% users still consume tobacco inside home.
- Knowledge score of users was 4.79, and that of non users was 5.61 showed significance (Independent sample T test)
- 98% of health care providers were willing to help a person to quit tobacco use & 93.5% were willing to volunteer in Anti tobacco programs & campaigns.

Reasons that may help any person to quit tobacco



Proportion of study subjects -Quitting tobacco use



CONCLUSIONS

- 35% of all staff & alarming 70% of class 4 workers are using some form of tobacco.
- 68% of users report to have started before the age of 20 years.
- Though all teaching staff had complete knowledge, there was equal distribution between users and non users. So, knowledge score became significant between users and non users (p value <0.05)
- >90% of health care providers are willing to help the community by volunteering in Anti tobacco programs.
- 39% of study subjects believe awareness about adverse effects would help a person quit tobacco, 28% think family/peer pressure will help to quit tobacco whereas 22% of study subjects believe strict Legislative measures should be taken

Recommendations

- Specific programs to improve understanding of tobacco effects in Class IV workers is necessary.
- Early age of starting tobacco use indicates that there is a dire need for starting educational & motivational programs targeting school aged children below the age of 20 yrs.
- Persons suffering from established tobacco related illness may be requested to participate actively in programs aimed at changing attitude, improving force of will to quit tobacco usage.
- Demotivating persons from using tobacco at home should be stressed on by emphasizing on effects of passive smoking.
- This study can also set an example in motivating family members of such users for giving up use of tobacco in any form.
- Since majority of health care providers are willing to serve in community based programs, they should be given opportunities for active involvement.

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