

## **Extended Abstract**

### **Assessment of the Status of Requesting Smoking Cessation Counseling for Hospitalized Patients**

#### **Introduction**

Despite global consensus regarding the harm caused by smoking, 1.5 billion people smoke worldwide. Most cigarette smokers are familiar with these dangers and want to quit; however, they often cannot. While hospitalized, patients either do not smoke or reduce the number of cigarettes they smoke. This situation can be considered a window of opportunity. Thus, this study evaluates hospitalized patients' attitudes regarding smoking cessation counseling during their hospital stay.

#### **Methods**

All patients who were hospitalized at the Ordu Training and Research Hospital (OEAH) received a questionnaire that included personal information, smoking status, and their views on receiving smoking cessation counseling during hospitalization. Data were analyzed using SPSS, version 15.

#### **Results**

A total of 105 patients hospitalized at the OEAH were included in this study, of which 52 (49.5%) were males and 53 (50.5%) were females. Of the total, 30 (28.6%) patients were current smokers, 30 (28.6%) quit before, 43 (40.9%) were non-smokers, and 2 (1.9%) did not provide information. Of the 30 patients who were current smokers, 5 (16.1%) stated that they were very keen and 4 (12.9%) stated that they were keen to receive smoking counseling at the hospital. Further, 30% (n=9) of the smokers believed that their disease was more or less associated with smoking. There was a positive correlation between those who believed that their illness was smoking-related and those who wanted to receive smoking cessation counseling while in hospital ( $p < 0.001$ ,  $r = 0.674$ ).

#### **Discussion**

Increasing the number of smokers seeking counseling: Counseling plays an important role in patients coming to second- and third-level health institutions, especially those who are skipped in primary care, which is the most important step in quitting. Patients who are not provided smoking cessation counseling at primary health care facilities for various reasons should not miss the opportunity to receive this counseling when hospitalized, especially when they are seen bedside during hospital admission. Patients should have the opportunity to receive this counseling when they are hospitalized for the first time and/or for a short period of time-even for a day. Units

should be established to provide smoking cessation counseling to all inpatients, and motivational studies should be planned to encourage more number of patients to seek counseling.