

UNIVERSITI TEKNOLOGI MARA

**THE PRACTICE OF SMOKING CESSATION
COUNSELING IN COMMUNITY PHARMACY**

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ABSTRACT

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As a key interface between patients and the health-care community, pharmacists are uniquely positioned to promote smoking cessation. The objectives of this study were to identify the trend of community pharmacists in practicing smoking cessation and the interest of the community pharmacists in receiving specialized training for smoking cessation counseling. A six-page survey, preceded by a cover letter and a self-addressed envelope, were sent directly to the community pharmacists in Shah Alam (n=25). All analyses were conducted using Statistical Package for the Social Sciences (version 12.0.1; SPSS, Inc). A total of 25 surveys were collected from the community pharmacies in Shah Alam. Only sixty-four percent (64%) of the pharmacists ever attended any smoking cessation training or workshop. Thirty-six percent (36%) of the pharmacists who haven't attended any smoking cessation training or workshop were interested in attending any of the training or workshop. Eighty percent (80%) of the community pharmacists received patients related to smoking cessation program with average 1.20 ± 0.48 patients per week. More than seventy percent (70%) of the community pharmacists think that the 5 A's Treatment Model is important in order to help patients to quit smoking. Lack of time, patients are not responsive to suggestions and patients usually do not wish to quit were identified as the greatest barrier to counseling patients who smoke. While there are opportunities for pharmacists to increase their involvement in smoking cessation-related activities especially counseling, a change in current practices is needed. Pharmacists should begin to routinely document patients' smoking status and encourage smoking cessation at every opportunity that they have.

CHAPTER 1

INTRODUCTION

Consumption of tobacco is one of the most serious health problems worldwide and is a major cause of avoidable mortality. The World Health Organization (WHO) has estimated that 4 million deaths per year are attributable to tobacco or tobacco-related diseases, and it is thought that this number could increase to 10 million by 2020 if no control strategies are implemented. Controlling this problem is a high priority and many initiatives have been under way for some years in this regard. However, the results have been slow and not always satisfactory. (Siqués, Brito, Muñoz, Pasten, Zavala, & Vergara, 2005).

Here, health care providers especially community pharmacists play an important role to raise the subject of tobacco use, to assess the smokers' readiness to make an attempt to stop smoking and to provide motivation and appropriate support to help them to stop, including advice on the use of nicotine replacement therapy (NRT) (Hudmon, Prokhorov, & Corelli, 2004). Members of Tobacco-Reduction Association Committee (TRAC) thought that the community pharmacies were an ideal location for routinely delivering brief, consistent messages concerning tobacco use and cessation. Pharmacists are aware of how tobacco can interact with a number of medications, as well as how tobacco directly affects the disease for which the patient is receiving medications. By directly linking patient's prescription to the hazards of