



Using sharing decision-making intervention to improve the success rate of smoking cessation among lung cancer screening groups

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Research Objective

Smoking is recognized as the most preventable risk factor affecting people's health all over the world. Low-dose computed tomography (LDCT) chest images can be used to help diagnose the prevention of lung cancer, which proves that it can significantly reduce the mortality rate of lung cancer in high-risk groups. At present, it is not clear whether there is a correlation between lung cancer screening and smoking cessation among screened adults. In 2022-2023, we visited the population with the success rate of smoking cessation in lung cancer screening and the general smoking cessation clinic (non-lung cancer screening) in our hospital and analyzed. Research has shown that establishing a shared decision-making tool (SDM) for healthcare, discussing intervention timing based on patient medical processes, and implementing SDM can help improve the success rate of quitting smoking. Therefore, the smoking cessation effect of smoking cessation drug selection decision-making assistant tools combined with lung cancer screening is discussed.

Intervention

我抽菸，該選擇何種戒菸方式？

項目	意志力量強	戒菸諮詢	藥物治療	戒菸諮詢 戒菸藥物
絕對不想菸癮或戒菸後少癮癮	找專業人員醫院、診所、社區、戒烟中心、戒烟專線、戒烟診所、戒烟藥、戒烟藥、戒烟藥、戒烟藥	到戒菸服務專事機構及面對面諮詢	尼古丁類藥物、口嚼錠、非尼古丁劑、Bupropion	到戒菸服務專事機構及面對面諮詢
省時間	給予心理支持分析問題	436363	1.適合尼古丁戒斷分數4-10分	1.適合尼古丁戒斷分數4-10分
優點			2.戒菸藥物及藥物諮詢師生理依從性改善心理與社會的支持。	2.戒菸藥物及藥物諮詢師生理依從性改善心理與社會的支持。
缺點	1.無法忍受戒菸後的不適	1.無法理解戒菸不適合	1.有藥物副作用	1.有藥物副作用
花費	免費	免費	門診費用	門診費用
成功率	100人有5人成功	100人有24人成功	100人有25人成功	100人有28人成功

關於戒菸用藥，您有什麼選擇？

戒菸為什麼需要藥物？
 造成戒菸困難的主要物質是尼古丁，當您戒菸時，身體會產生戒菸反應，常見的戒菸症狀包括：焦慮、口乾、失眠、食慾不振、容易動怒、疲倦、難以入睡、運動、嗜口香糖等轉移注意力的方法，可以獲得一些改善，但是嚴重的戒菸反應需要戒菸藥物的幫忙，讓身體逐步適應沒有香菸的生活，大大增加戒菸成功的機會。

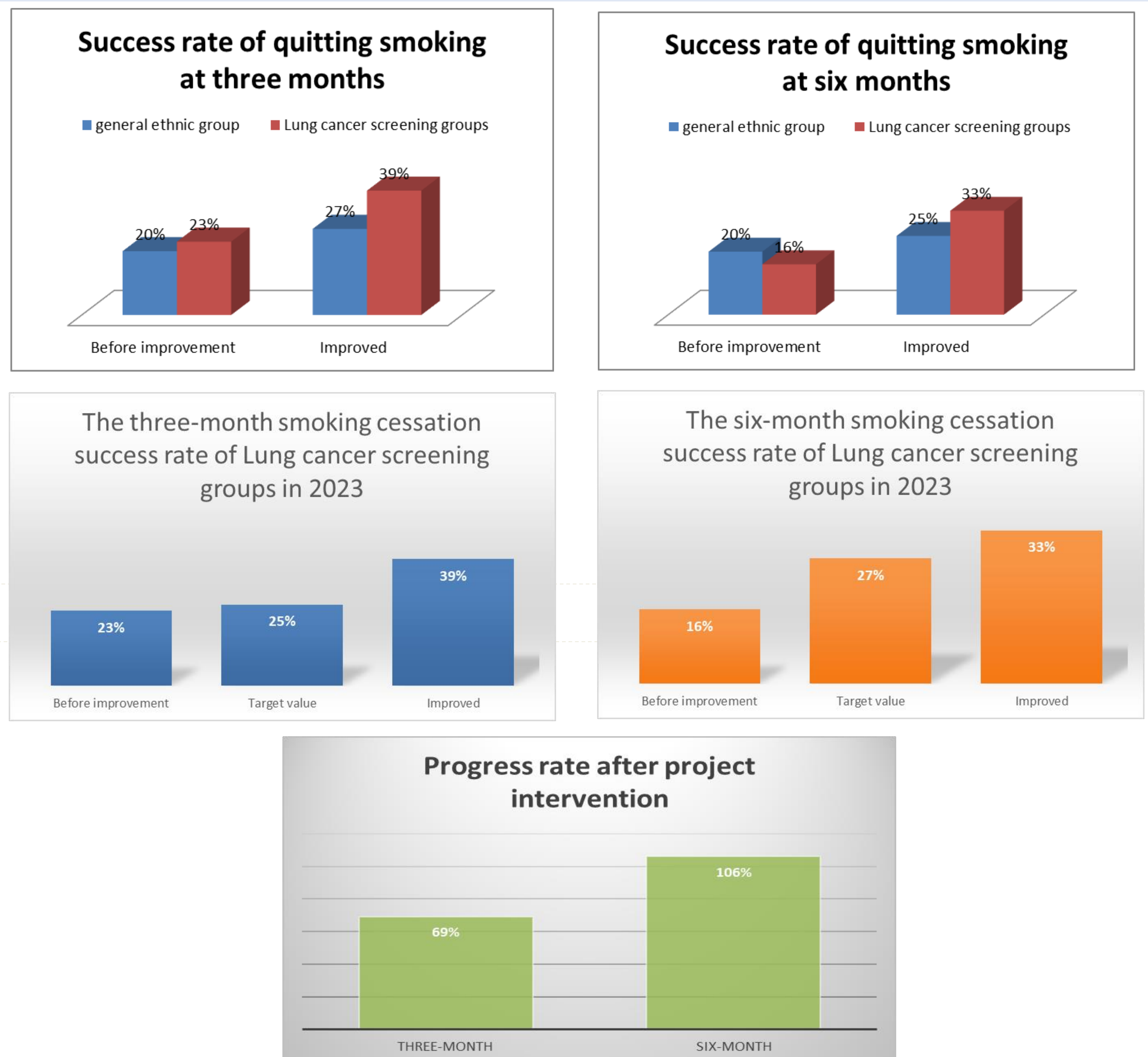
用藥對象：吸菸民眾戒菸度4分以上，有意願戒菸者。
 適用狀況：戒菸門診或由臨床轉介需要戒菸者。

戒菸藥物種類：

非尼古丁藥物	尼古丁替代療法
1. 口服藥 2. 尼古丁貼片 3. 尼古丁咀嚼錠 4. 尼古丁吸入器 5. 尼古丁鼻噴霧 6. 尼古丁皮膚貼片	1. 尼古丁貼片 2. 尼古丁咀嚼錠 3. 尼古丁吸入器 4. 尼古丁鼻噴霧 5. 尼古丁皮膚貼片



Results



Conclusions and Discussion

After the implementation of the medical disease sharing decision and screening process, medical staff used the optimized smoking cessation drug selection decision support tool to intervene and evaluate the overall effectiveness of smoking cessation. The smoking cessation effect of the lung cancer screening population was better than that of the general smoking cessation clinic population, and the effect was evident. Therefore, for the population of heavy smokers who are willing to accept free lung cancer screening and the sharing of smoking cessation drugs and medical decision-making, it is even more necessary to strengthen national awareness of smoking cessation health, take effective smoking cessation actions, and truly prevent cancer and obtain life security.