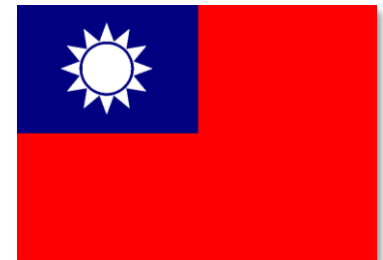


Experience of Using Share Decision Making Method to Enhance Smoking Cessation Services in a Southern Regional Hospital in Taiwan

Min-Fu Wang,
Ya-Chi Wu,
Chung-Hung Tsai



Department of Family Medicine
Tainan Municipal An-Nan Hospital
- China Medical University, Taiwan



INTRODUCTION (1)

- **Tobacco smoking is the leading preventable cause of disease. Taiwan has made remarkable progress on decreasing the smoking rates in adults from 27.0% to 14.0% between 2002 and 2022.**

INTRODUCTION (2)

- Literature showed that compared with non-pharmacological intervention of smoking cessation, pharmacological treatment such as nicotine replacement therapy or Bupropion could achieve higher successful rate of smoking cessation.

INTRODUCTION (3)

- **However, smokers usually hesitated for pharmacological treatment because of unawareness of efficacy and adverse effects.**
- **Share Decision Making (SDM) is an ethical mean of offering quit aids to all current smokers without constraining their autonomy.**

INTRODUCTION (4)

- **A systematic review suggests that smokers may get more smoking cessation knowledge, decision quality, and the number of quit attempts.**

THE AIM OF THIS STUDY

- This study aimed to investigate the effects of using SDM method to enhance smoking cessation services in a Southern Regional Hospital in Taiwan.

METHOD (1)

- **We designed the SDM method included the introduction of the different mechanism, potentially adverse effect, and evidence-based efficacy of pharmacological treatment.**
- **Every new smoker received the standard quitting education by nursing staffs, and they will introduce the SDM program to the patient.**

METHOD (2)

- **Patients wished to join the SDM program could understand the knowledge of smoking cessation medications during 15-minute time period, and they also completed the satisfaction survey in the end.**

RESULTS (1)

- From January to December 2021, A total of 280 smokers attend the hospital smoking cessation program, but only 65 (23.2%) smokers participated in SDM program.
- Among SDM program participants, a total of 32 (49.2%) smokers received pharmacological treatment.

RESULTS (2)

- **At 12 week follow up, 25 smokers quit smoking successfully. Compared with the non-pharmacological intervention, participants of SDM program have higher 3-month and 6-month smoking cessation successful rate (36.4% VS 30.3%, 32.4% V.S 25.4%, respectively).**

RESULTS (3)

- **On the another hand, the results also show that the model can achieve the goal of SDM and optimal informed decision making, based on the satisfaction survey of participants.**

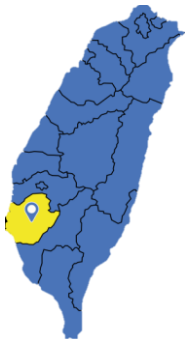
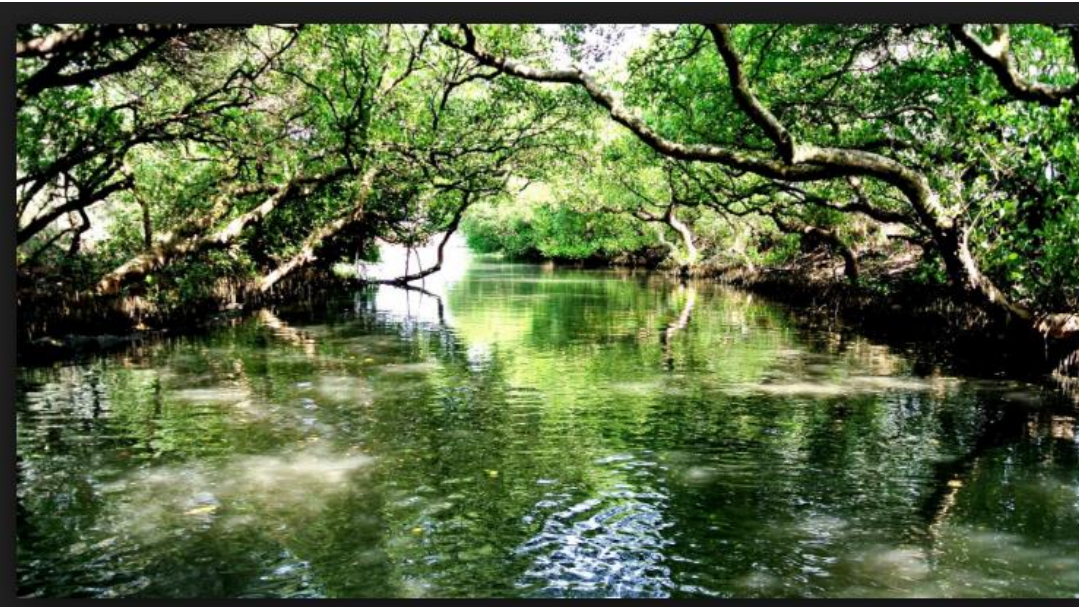
CONCLUSIONS (1)

- **Although it is time consuming to apply SDM program for smoking cessation, SDM is particularly relevant in smoking cessation.**

CONCLUSIONS (2)

- **Smokers could understand more information of cost, efficacy, and adverse effect of pharmacological treatment and have the higher successful rate at 3-month and 6-month follow up, but the long term cessation rate need to be investigated in the future.**

Thanks for your attention!



Tainan Municipal An-Nan Hospital
An-Nan dist., Tainan City, Taiwan

