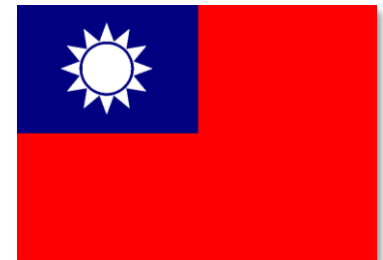


# Experience of Proactive Referral to Smoking Cessation Program at Outpatient department in a Southern Regional Hospital in Taiwan

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# INTRODUCTION (1)

- **Tobacco smoking is the leading preventable cause of disease. Behavioral smoking cessation programs are an effective tool for quitting smoking, yet remain underused by smokers.**
- **Taiwan has made remarkable progress on decreasing the smoking rates in adults from 27.0% to 14.0% between 2002 and 2022.**

# INTRODUCTION (2)

- **Proactive referral may be a promising strategy for healthcare staff to connect smokers to such programs.**
- **Pharmacological intervention and non-pharmacological behavioral health educational program are both effective.**

# THE AIM OF THIS STUDY

- **The aim of this study was to gain insight into the effectiveness and implementability of proactive referral of smokers to behavioral smoking cessation programs from other specialists at outpatient department in a Southern Regional Hospital in Taiwan.**

# **METHODS (1)**

- **We encourage the several healthcare staffs to implement the proactive referral programs, who from different specialty such as Nephrology, Cardiovascular, and Metabolism / Endocrine.**
- **Every new patient was asked about smoking history, and then proactively referred to smoking cessation service at the same time.**

# RESULTS (1)

- From January 2021 to December 2023, A total of 485 smokers from Nephrology, Cardiovascular, and Metabolism / Endocrine were referred to behavioral smoking cessation program.
- The mean of age: **38.4 y/o**
- The mean of cigarette per day: **16.5**
- The mean of FTND scores: **6.7**

# RESULTS (2)

- **Compared with other participants joined the same program, the 3-month smoking cessation rate is significantly lower (10.1% V.S 23.2%).**

# RESULTS (3)

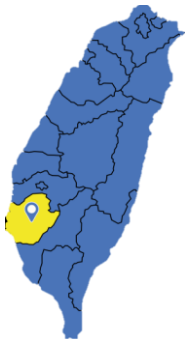
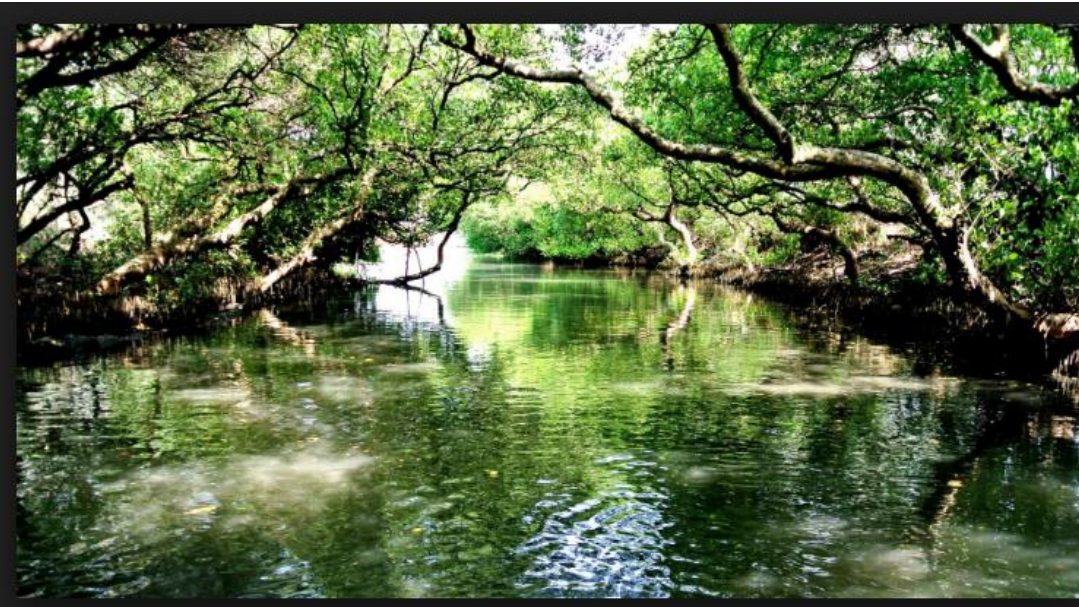
- Among the 3 different specialties, the smokers from Nephrology had the lowest 3-month smoking cessation rate.



# CONCLUSION

- **Although literature provides evidence that the proactive referral of smokers to behavioral smoking cessation programs is effective and implementable across different settings, the result is not consistent with previous studies.**

# Thanks for your attention!



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