Awareness Regarding Hazards of Cigarette Smoking Among Patients admitted in Medical & Pulmonology Wards of Services Hospital Lahore

Supervised by: Dr. Munazzah

Department of Community Medicine, SIMS Lahore
Head of Department: Prof. Dr. Naeem

<table>
<thead>
<tr>
<th>Name</th>
<th>Roll No.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Muhammad Abdullah</td>
<td>225</td>
</tr>
<tr>
<td>Mudassar Iqbal</td>
<td>205</td>
</tr>
<tr>
<td>M. Asim Jamil</td>
<td>204</td>
</tr>
<tr>
<td>Samraiz Nafees</td>
<td>215</td>
</tr>
<tr>
<td>Ishrat Fatima</td>
<td>209</td>
</tr>
<tr>
<td>Ammara Shaukat</td>
<td>216</td>
</tr>
<tr>
<td>Memoona Akhtar</td>
<td>217</td>
</tr>
<tr>
<td>Azka Fatima</td>
<td>223</td>
</tr>
</tbody>
</table>
INTRODUCTION

At present, approximately 1.3 billion people smoke and more than 5.4 million people die globally from smoking each year.\(^1\)

In contrast to the decline in smoking prevalence among high income countries, tobacco use continues to rise in low and middle-income countries. As a consequence, global tobacco consumption is still increasing and smoking attributable death is projected to rise beyond eight million deaths per year by 2030. The WHO estimated that worldwide about 90% of all lung cancer deaths, 75% of chronic bronchitis and emphysema, and 25% of ischemic heart disease in men under 65 years of age was due to smoking.\(^2\)

Tobacco smoking in Pakistan is legal, but under certain circumstances is banned. The habit is mostly found in the youth of Pakistan and in farmers, and is thought to be responsible for various health problems and deaths in the country. Smoking produces many health problems in smokers. According to some surveys, 40% of males and 8% of females are regular smokers.\(^3\)

Pakistan has the highest consumption of tobacco in South Asia. The Pakistan Health Education Survey 1992-93 estimated that there were about 22,000,000 smokers (every third adult) in the country at the time of the survey. In 1983, 50,000 acres of fertile land were used for tobacco cultivation in Pakistan.\(^4\)

Most of the tobacco grown in Pakistan is consumed within the country, and most of it is
smoked in the form of cigarettes. The tobacco industry in Pakistan is expanding at a rate of 5% per year, a rate higher than Pakistan’s annual population growth rate of 3%. The number of smokers in the country is rising.  
Moreover, Pakistani cigarettes contain amongst the highest levels of tar and nicotine in the world.  
The tobacco industry in Pakistan has also been associated with damage to the environment. In Pakistan 1.5 million cubic meters of wood are used annually for tobacco curing, leading to deforestation. 
The adverse health effects of smoking are well documented. Lung cancer is the leading malignancy among Pakistani males. The proportion of smokers among men with ischemic heart disease is also high. 
In Pakistan, as in many other low and middle-income countries, there is little published information about the level of health knowledge about smoking. Related to this title, few studies have been conducted in University students in Pakistan. However, to our knowledge, no such studies have been conducted on General patients visiting Government Hospitals. The Purpose of this Study Is to Assess Awareness Regarding Hazards Of Cigarette Smoking Among Patients Admitted In medical And Pulmonology Ward Of Services Hospital Lahore. And To Give Recommendation To Higher Authorities To Take Steps To Stop Smoking.

**OBJECTIVES**

- **TO ASSESS AWARENESS REGARDING HAZARDS OF CIGARETTE SMOKING AMONG PATIENTS ADMITTED IN MEDICAL AND PULMONOLOGY WARDS OF SERVICES HOSPITAL, LAHORE.**
- **TO GIVE RECOMMENDATIONS TO HEALTH AUTHORITIES TO STOP SMOKING.**

**MATERIAL AND METHODS**

- **STUDY DESIGN:** Cross Sectional.
- **SETTING:** Medical and Pulmonology wards of SHL.
- **DURATION OF STUDY:** 1.5 Month (15-06-14 to 30-07-14)
- **SAMPLE SIZE:** 106 (Smokers 41, non smokers 65).
- **SAMPLING TECHNIQUE:** Non Probability Convenience Sampling.
- **DATA COLLECTION PROCEDURE:** Questionnaire survey method.
DATA ANALYSIS PROCEDURE: SPSS Version 14 computer software will be used for entry, compilation and statistical analysis of the data.

ETHICAL CONSIDERATION: Permission from the Head of department will be taken. Also, consent from the patient will be taken verbally.

Study Population:
Patients Admitted In Medical And Pulmonology Ward During One Month. These Are Estimated 350.

REFERENCES

Questionnaire

Awareness Regarding Hazards of Cigarette Smoking among Patients admitted in Medical & Pulmonology Wards of Services Hospital, Lahore.

Demographic Data of Patient.

- Name: ____________________________
- Age: ____________________________
- Gender: ____________________________
- Address: ____________________________
- Occupation: ____________________________
- Education: ____________________________
1: Are You A Cigarette Smoker?  Yes/No

2: Do You Think Smoking Affects The Health?  Yes/No

3: Do You Think Smoker Are Dependent On Smoking?  Yes/No

4: Do You Think Smoking Is Enjoyable?  Yes/No

5: Is There A Safe Way Or Brand To Smoke?  Yes/No

6: Is Cigarette Smoking Really Addictive?  Yes/No

7: Do You Know About Nicotine?  Yes/No

8: Does Smoking Cause Cancer?  Yes/No

9: Does Smoking Affects The Heart?  Yes/No

10: Does Smoking Affect The Bones?  Yes/No

11: Does Smoking Cause the Cough?  Yes/No

12: Do You Think That Smoking Affects The Economy?  Yes/No

13: Do You Think Advertisement of Cigarettes Should Be Allowed or not?  Yes/No

14: What You Think Childs Should Be Allowed to buy cigarette Or Not?  Yes/No

15: What Are The Dangers To Environment By Smoking?

16: What Are Dangers To Other People By Smoking?

17: How Do People Successfully Quit Smoking?

18: How Does Smoking Affects Lungs?