



**KNOWLEDGE, ATTITUDES AND PRACTICES (KAPS) OF MEDICAL STAFF AT
SHARQ AL NILE LOCALITY PRIVATE HOSPITALS TOWARDS SMOKING,
KHARTOUM, SUDAN, 2015.**

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ABSTRACT

This was a descriptive cross sectional study was aimed to study the distribution pattern of smoking among medical staff at Sharq Al Nile locality private hospitals, Khartoum, Sudan, 2015. Convenience sample was used during the period of collection which was two weeks, where 170 medical staff has been covered. Information was collected using questionnaire which designed to cover the objectives of the study. The study also showed that (76.5%) of medical staff believe that smoking relieves stress and pressure and all medical staff believe that for the good of public health, smoking should be strictly prohibited in public areas. The study recommended that health education campaigns and programs about the risks of smoking in hospitals, Coordination of efforts in hospitals to reduce the distribution of smoking among medical staff especially nurse specialists; Strengthen the role of health promoter in hospitals to contribute in prevention of smoking problem and smoking should be strictly prohibited in public areas and hospitals.

KEYWORDS: distribution, smoking, medical staff Sharq Al Nile locality private hospitals Locality, Khartoum Sudan.

INTRODUCTION

Smoking epidemic is the biggest and very important public health problem threats the world, urgently requiring immediate and effective measures due to its harmful effect on health.^[1]

Smoking killing nearly six million peoples a year. More than five million of those deaths are the result of direct tobacco use while more than 600 000 are the result of non-smokers being exposed to second-hand smoke. Approximately one person dies every six seconds due to tobacco, accounting for one in 10 adult deaths. Up to half of current users will eventually die of a tobacco-related disease.^[2]

In Africa: the death rate from non-communicable diseases (1157 per 100,000 population) was about 1.1 times that that for communicable diseases (1070 per 100,000). Tobacco was responsible for 5% of all NCDs compared with 1% of all communicable related deaths.^[2]

in Sudan: the death rate and proportion attributable to tobacco from non-communicable diseases (1378 per

100,000 population) was about 3.2 times that for communicable diseases (434 per 100,000). tobacco was responsible for 1% of all NCDs compared with 0% of all communicable disease related deaths.^[3]

Many factors contribute to the smoking in the hospitals; these factors can be addressed by determining the distribution of smoking among the medical staff in hospitals which contribute to the smoke free hospital environment.^[4]

METHODS AND MATERIALS

Study design

This was a descriptive cross sectional study conducted among medical staff at Sharg Al Nile locality private hospitals.

Study area

Sharq Nile locality located east of the Nile in the northeastern part of Khartoum State and is bordered to the west of the Blue Nile and local maritime and from the North River Nile State, on the east by the state of Kassala and Gedaref south and the mandate of the island.

A local population east of the Sharg Nile about (956.030) people by the year 2012 estimate. Local consist east of the Nile from five administrative units are: East administrative Nile (unit urban), Haj Yousif administrative (unit urban), Valley Soba administrative (rural units), Administrative Alaelfon (rural units) and Administrative Om Dwaban (rural units).

Study Population

All medical staff of sharq Alnil locality private hospitals.

Sample size and sample technique

Non probability sampling technique (Convenience sample) was used to collect data, where 170 medical staff has been covered.

Data-collection method

Interview was used as a method of data collection.

Data collection tools

The Questionnaire was used in collection of data to satisfy the research objectives.

Data analysis

Data were analyzed computerized by Microsoft office (Excel).

Ethical Coosidration

Consent was taken from all partispants:

1. Approval from the Al-zaiem Alazhari University.
2. Approval from ministry of health (Khartoum State).

RESULTS AND DICUSSIOON

The study stated that, 88.2 know The nicotine in cigarettes is not addictive to humans while 11.8 don't know, 94.7 know Smokers are more likely to get lung cancer than non-smokers while 5.294118 don't know, 92.3 know Smoking in pregnancy harms maternal health and effect on the fetus while 7.7 don't know, 93.5 know The health of second-hand smokers is affected while 6.5 don't know, 81.2 know Smoking can relieve stress and lower blood pressure while 18.8 don't know, 82.4 know Nicotine first stimulates the human nervous system, and then inhibits it while 17.6 don't know, 84.7 know Smoking don't increases the air exchange capacity of the lungs while 15.3 don't know, 97.6 know that Long-term smoking causes respiratory mucosa cilia to atrophy while 2.4 don't know, 97.6 The carbon monoxide in cigarettes decreases the binding ability between hemoglobin and oxygen in red blood cells while 2.4 don't know, 14.1 think that Smoking signifies that one is a grown-up while 85.9 don't think, 72.9 think Smoking is a disgusting behavior while 27.1 don't think, all medical staff think that Smoking is hazardous to the health of others, 10.6 think that Smoking helps thinking while 89.4 don't think, 10 think that Accepting a friend's offer of a cigarette will cause you to be more accepted by the friend while 90 don't think, all medical staff think that for the good of public health, smoking should be strictly prohibited in public areas, 22.3 think that Smoking is a personal

freedom and others have no right to interfere while 77.7 don't think, 95.9 prefer being with friends who do not smoke while 4.1 don't prefer, all medical staff hope that their children will not smoke.

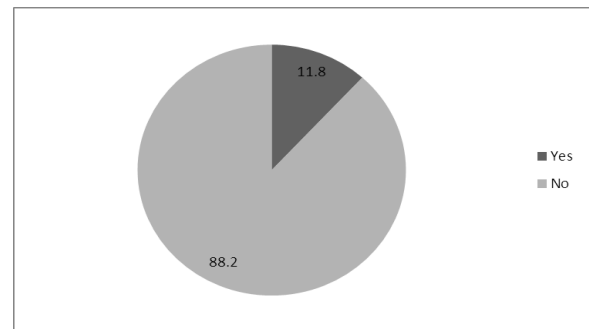


Figure No (1) shows the knowledge of medical staff that nicotine in cigarettes is not addictive to humans- Sharq Al Nile locality private hospitals – 2015.

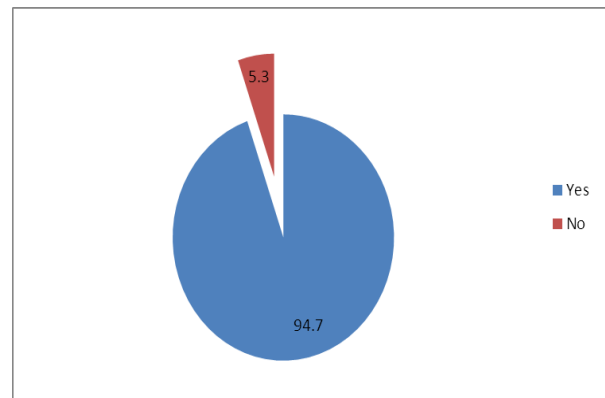


Figure No (2) shows the knowledge of medical staff that Smokers are more likely to get lung cancer than non-smokers- Sharq Al Nile locality private hospitals – 2015.

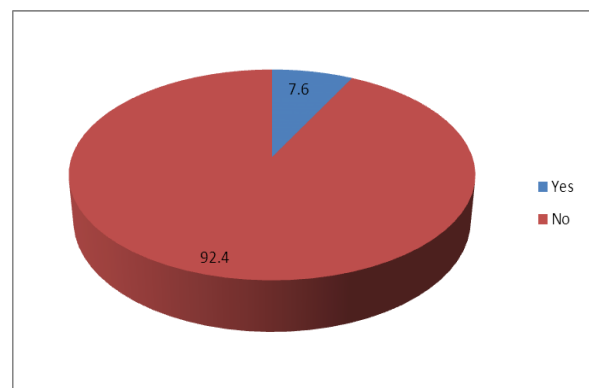


Figure No (3) shows the knowledge of medical staff that Smoking in pregnancy only harms maternal health, but has no effect on the fetus- Sharq Al Nile locality private hospitals – 2015.

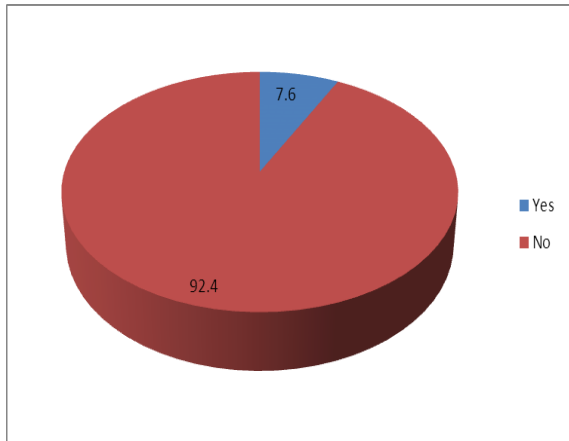


Figure No (4) shows the knowledge of medical staff that health of second-hand smokers is not affected- Sharq Al Nile locality private hospitals – 2015.

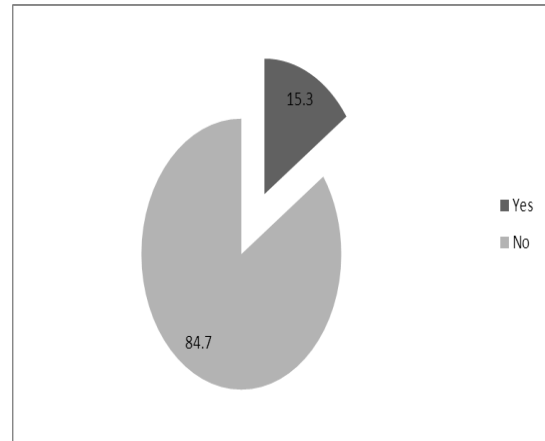


Figure No (7) shows the knowledge of medical staff that smoking increases the air exchange capacity of the lungs- Sharq Al Nile locality private hospitals – 2015.

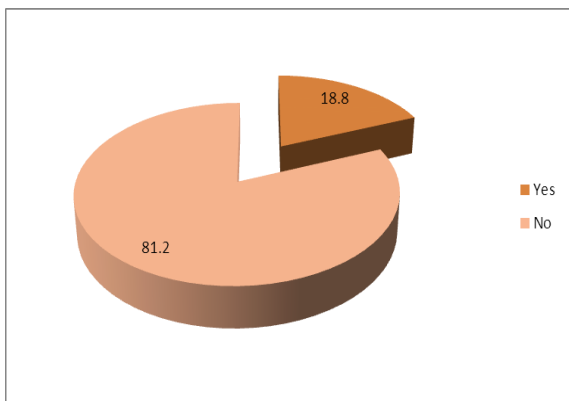


Figure No (5) shows the knowledge of medical staff that smoking can relieve stress and lower blood pressure - Sharq Al Nile locality private hospitals – 2015.

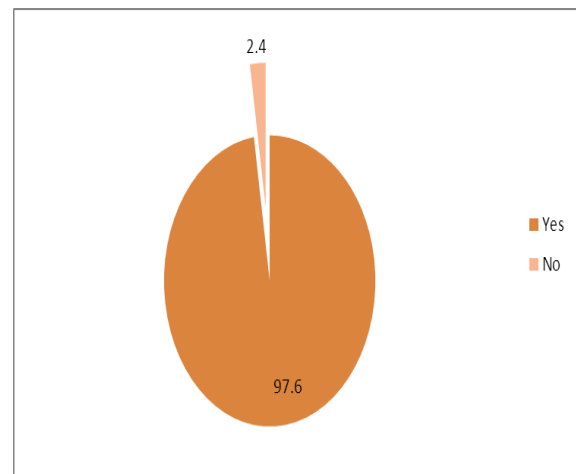


Figure No (8) shows the knowledge of medical staff that Long-term smoking causes respiratory mucosa cilia to atrophy - Sharq Al Nile locality private hospitals – 2015.

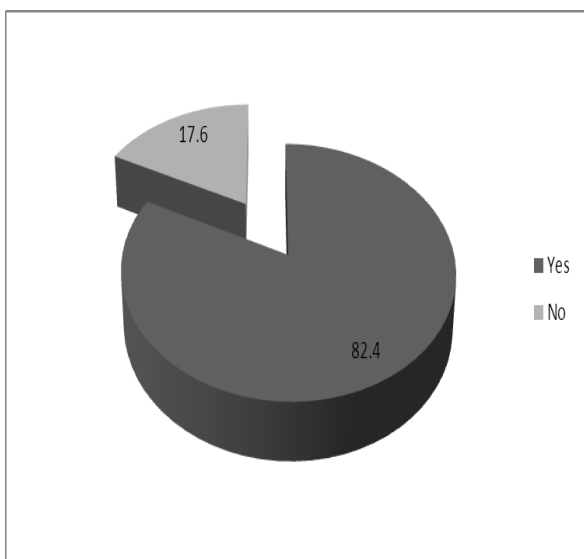


Figure No (6) shows the knowledge of medical staff that Nicotine first stimulates the human nervous system, and then inhibits it - Sharq Al Nile locality private hospitals – 2015.

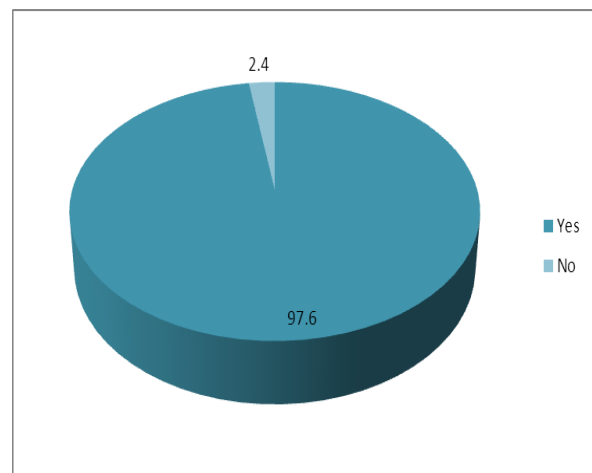


Figure No (9) shows the knowledge of medical staff that carbon monoxide in cigarettes decreases the binding ability between hemoglobin and oxygen in red blood cells - Sharq Al Nile locality private hospitals – 2015.

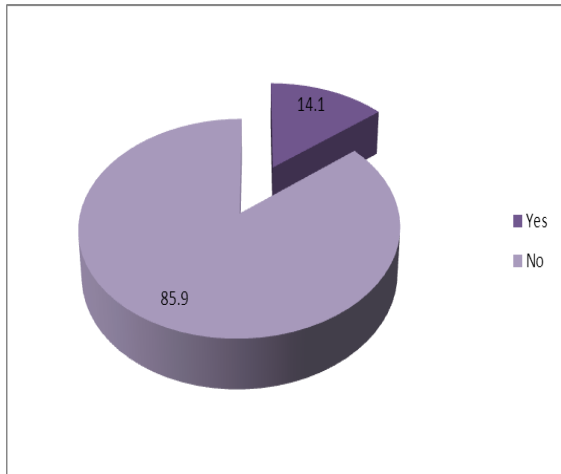


Figure No (10) shows that medical staff think that smoking signifies that one is a grown-up - Sharq Al Nile locality private hospitals – 2015.

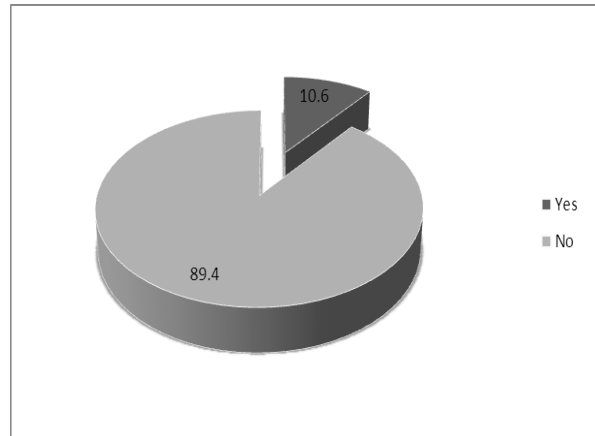


Figure No (13) shows that medical staff think that smoking helps thinking - Sharq Al Nile locality private hospitals – 2015.

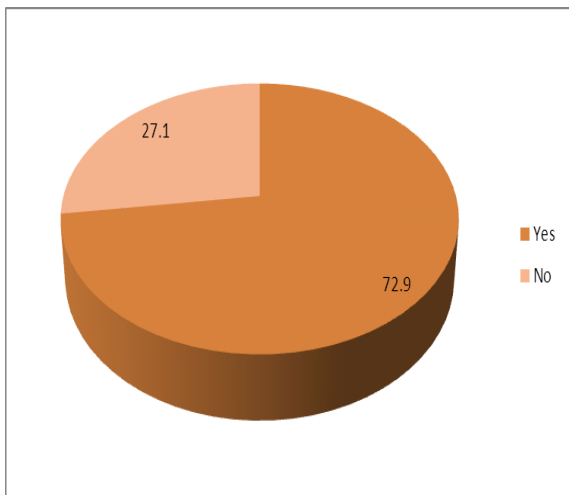


Figure No (11) shows that medical staff think that smoking is a disgusting behavior - Sharq Al Nile locality private hospitals – 2015.

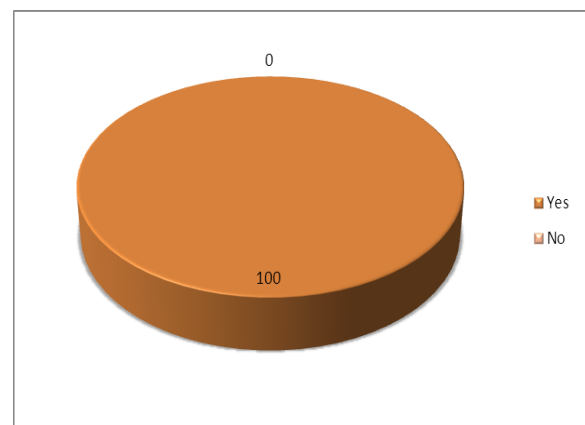


Figure No (14) shows that medical staff think that Accepting a friend's offer of a cigarette will cause you to be more accepted by the friend - Sharq Al Nile locality private hospitals – 2015.

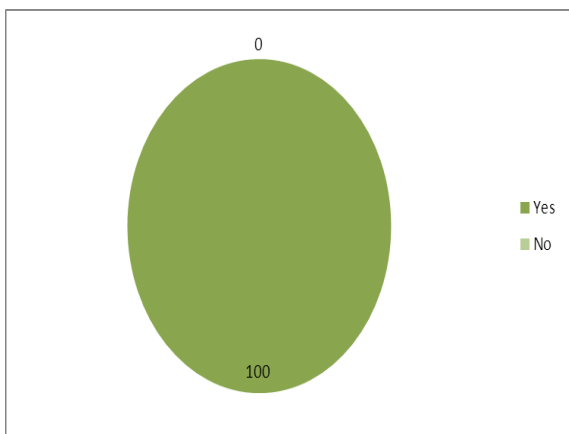


Figure No (12) shows that medical staff think that Smoking is hazardous to the health of others - Sharq Al Nile locality private hospitals – 2015.

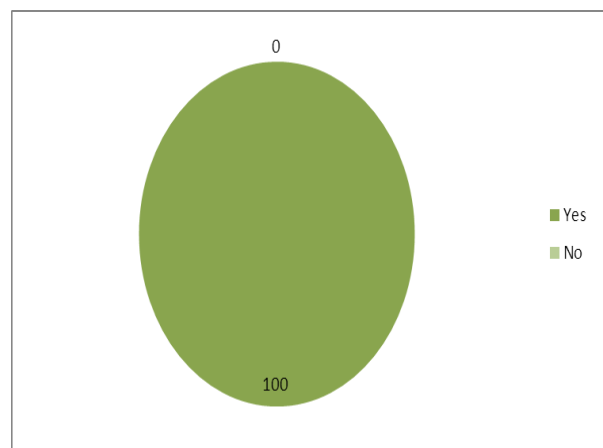


Figure No (15) shows that medical staff think that for the good of public health, smoking should be strictly prohibited in public areas - Sharq Al Nile locality private hospitals – 2015.

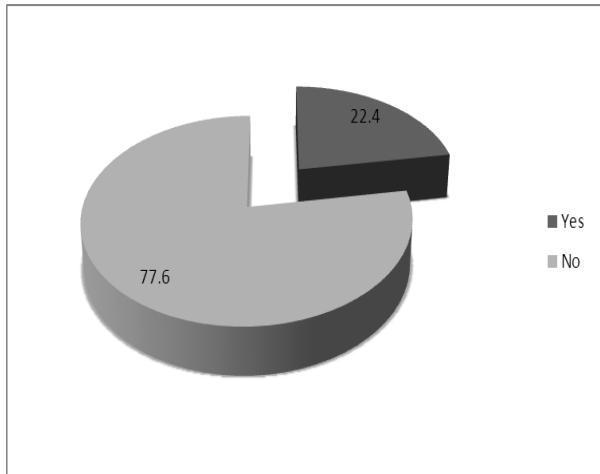


Figure No (16) shows that medical staff think that Smoking is a personal freedom and others have no right to interfere - Sharq Al Nile locality private hospitals – 2015.

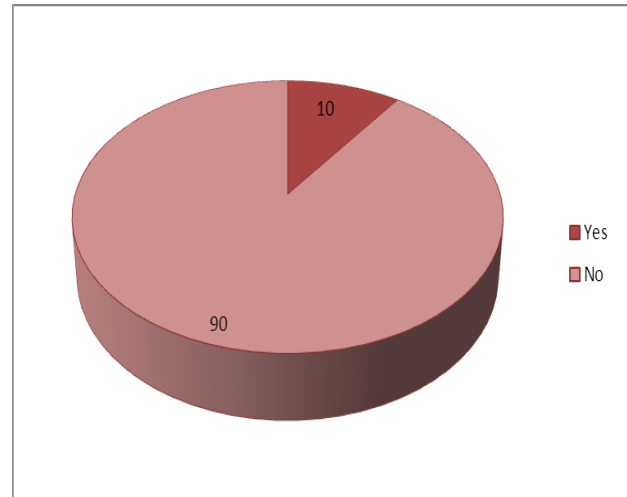


Figure No (19) shows the overall distribution of smoking among medical staff of Sharq Al Nile locality private hospitals, Khartoum, Sudan, 2015.

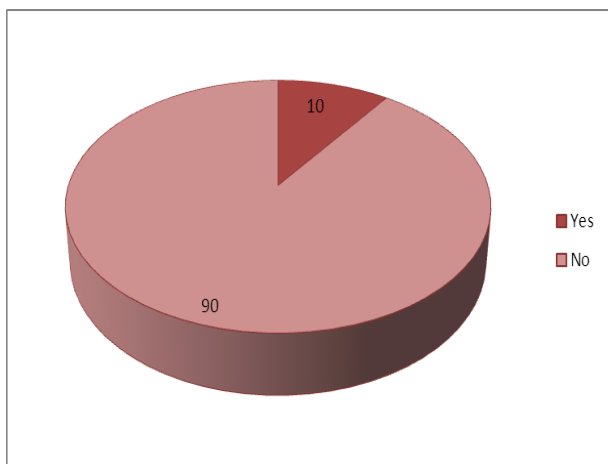


Figure No (17) shows that medical staff prefer being with friends who do not smoke - Sharq Al Nile locality private hospitals – 2015.

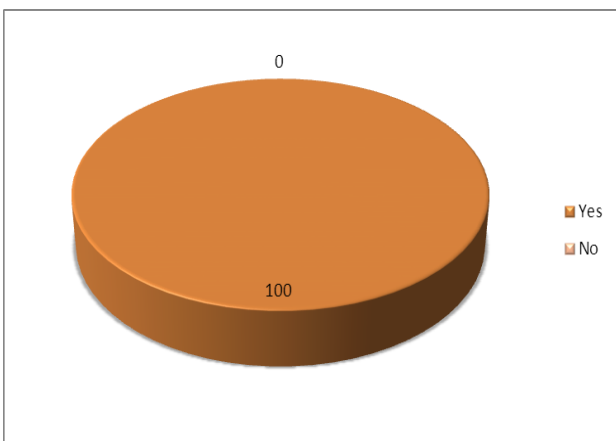


Figure No (18) shows that medical staff hope that their children will not smoke - Sharq Al Nile locality private hospitals – 2015.

RECOMMENDATIONS

1. health education campaigns and programs about the risks of smoking in hospitals.
2. Coordination of efforts in hospitals to reduce the distribution of smoking among medical staff especially nurse specialists.
3. Find appropriate methods towards Stress Relief believe that responsible for distribution of smoking among medical staff.
4. Strengthen the system in hospital regard the smoking prevention.
5. Strengthen the rule of health promoter in hospitals to contribute in prevention of smoking problem.
6. Smoking should be strictly prohibited in public areas.

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