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DISTRIBUTION OF SMOKING AMONG MEDICAL STAFF AT SHARQ AL NILE LOCALITY PRIVATE HOSPITALS, KHARTOUM, SUDAN, 2015.

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ABSTRACT

This was a descriptive cross sectional study aimed to determine the distribution of smoking among medical staff by job at Sharq Al Nile locality private hospitals, Khartoum, Sudan, 2015. Non-probability convenience sample was used to collect data, where 170 medical staff has been covered. Information was collected using questionnaire which designed to cover the objectives of the study. The study showed that the distribution of smoking among medical staff was found to be (10%) distributed as follows: 4.7% nurse specialist, 2.3% laboratory specialist, 1.8% doctors and 1.2% pharmacist. 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 rule 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 of smoking among medical staff by job at 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 people 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 than that for communicable dieases (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 Alnile locality private hospitals.

Study area

Sharg Anile 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 at sharq Alnil locality private hospitals.

Sample size and sample technique
Non probability sampling technique (Convenience sample) was used, where 170 medical staff has been covered.

Data-collection techniques
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).

Ehical Coonsidration
Consent was taken from all participants:
1. Approval from the Al-zaiem Alazhari University.
2. Approval from ministry of health (Khartoum State).
3. Consent forms from participants.

RESULTS AND DICUSSIOON
The study showed that (10%) of medical staff are smokers while (90%) are non-smokers.

The study showed that, 4.7% of nurse specialists, 2.3% of laboratory specialists, 1.8% of doctors, 1.2% of pharmacists and 0% of public health specialists are found to be smokers.

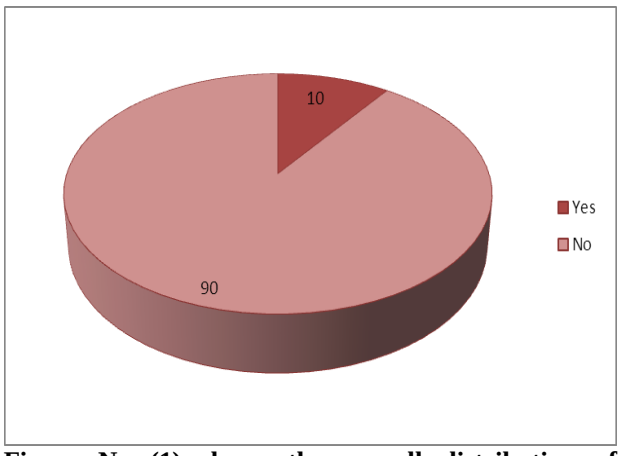

Figure No (1) shows the overall distribution of smoking among medical staff of Sharq Al Nile locality private hospitals, Khartoum, Sudan, 2015.

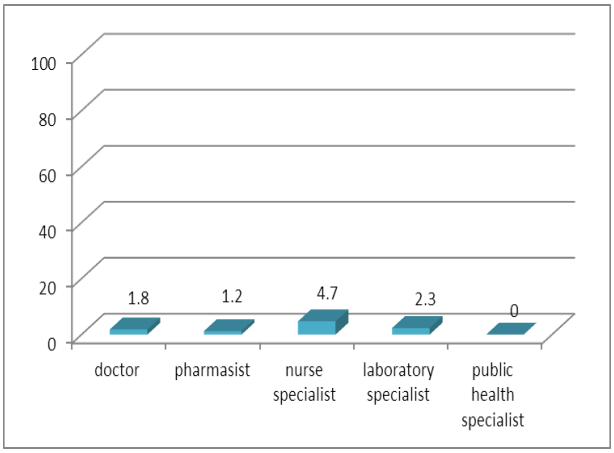

Figure No (2) shows the distribution of smoking among medical staff by job- Sharq Al Nile locality private hospitals – 2015.

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 especiallynurse 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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