

# TOBACCO SMOKING PREVALENCE AMONG PRIMARY CARE PHYSICIANS AND ANTI-SMOKING COUNSELING - PRELIMINARY RESULTS

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**Introduction:** Smoking kills over 8 million people worldwide each year. In Poland, in 2019, 21% of Poles admitted smoking tobacco daily, and 1% to using e-cigarettes

**Aim:** The aim of the study was to assess the prevalence of smoking among primary health care physicians (POZ) and the anti-smoking counseling provided by them

**Material and method:** The study included 152 primary care physicians from the city of Lodz in 2021. The research tool was an anonymous questionnaire. The Bioethics Committee of the Medical University of Lodz issued a positive opinion on the study (RNN/315/18/KE)

**Results and conclusions:** 92.3% of smoking physicians indicated that when interviewing the patient, they asked about smoking, and 69.2% about using e-cigarettes. 92.3% of physicians carry out minimal anti-smoking intervention in their patients, and 61.6% in patients using e-cigarettes.

Smoking by doctors doesn't affect their minimal anti-smoking intervention. There is a need to promote anti-smoking counseling by GPs and educate the patient about the possible negative health effects of smoking. Doctors should be role models, setting an example for their patients

## The prevalence of tobacco smoking

Variable	N	%
<b>Currently a cigarette smoker</b>		
Yes	13	8.6
No	139	91.4
<b>Number of cigarettes smoked during the day</b>		
1 cigarette a day	1	7.7
2-5 cigarettes a day	2	15.4
6-10 cigarettes a day	5	38.5
11-20 cigarettes a day	4	30.7
More than 20 cigarettes a day	1	7.7
<b>The type of cigarettes most often smoked</b>		
with filter	11	84.6
slim	1	7.7
menthol	1	7.7
<b>Are you exposed to the so-called second- hand smoke, i.e. inhaling cigarette smoke at home or at work?</b>		
Yes, only at home	6	4.0
Yes, only at work	5	3.3
Yes, at home and at work	4	2.6
Yes, in other situations	19	12.5
No	118	77.6
<b>How many hours a day do you stay indoors, in which someone smokes tobacco</b>		
I'm not in such rooms at all	119	78.3
less than 1 hour during the day	26	17.1
from 1 hour to 5 hours during the day	4	2.6
5 to 8 hours a day	3	2.0
<b>Have you ever used e-cigarettes (at least once)?</b>		
Yes	18	11.8
No	133	87.5
No data	1	0.7
<b>Do you currently use e-cigarettes?</b>		
Yes, every day	3	16.6
Yes, occasionally	4	22.2
I don't use at all	11	61.1
<b>Do you use e-cigarettes containing nicotine?</b>		
Yes	6	85.7
No	1	14.3
<b>How often do you use the e-cigarette during the day?</b>		
once a day	5	71.4
2-5 times a day	-	-
6-10 times a day	-	-
11-20 times a day	1	14.3
No data	1	14.3

## Bibliography:

World Health Organization 2020. Summary results of the Global Youth Tobacco Survey in selected countries of the WHO European Region  
Report of the Chief Sanitary Inspectorate. Poles' attitudes towards smoking. GIS 2019  
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