

## Tobacco Prevalence Smoking habits among nurses at the Mosul City Hospital

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### Abstract

**Background and Objective:** Tobacco is the second major cause of death and one of the most common risk factors for disease worldwide. Smoking is the leading preventable cause of morbidity and mortality in the developed world, but despite this significant numbers of people continue to smoke. To assess the prevalence of tobacco smoking between nurses.

**Methodology :** A sample of (100) nurses from workers in Teaching Hospitals in Mosul City (Ibn- Sena Hospital, Al-Zahrawee Hospital and Al-Salm Hospital). Data were collected for the period of Jul 1st until the end Aug 2008. The questionnaire consisted of (35) items, was used for the study. A descriptive statistical approach and inferential statistical approach were used for data analysis.

**Results:** The study indicated that nurses' knowledge and attitude toward smoking were acceptable and there is a non-significant relationship between nurses' knowledge and attitude in relation to some of the demographic characteristics.

**Conclusion:** Reducing smoking rates among nurses at Mosul City Hospital is not only important for their personal health and well-being but also critical for improving the credibility of health promotion efforts and enhancing patient outcomes. Further research is recommended to explore effective intervention strategies and long-term behavioral changes among healthcare professionals.

**Key words :** Tobacco, Prevalence, Smoking habits, nurses.

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### Introduction

Tobacco is the second major cause of death and fourth most common risk factor for disease worldwide. Smoking is the leading preventable cause of morbidity and mortality in the developed world, but despite this significant numbers of people continue to smoke<sup>(1)</sup>. The habit of tobacco smoking has spread throughout the world and, as a major source of morbidity and mortality, is a serious public health problem<sup>(2,3)</sup>. Tobacco smoking reduces life expectancy, increases overall medical costs and contributes to loss of productivity during the lifespan of an individual<sup>(4,5)</sup>. Therefore, smoking prevention programmes have been given a high priority in World Health Organization (WHO) policies. Nurses are well placed to see at first hand the adverse effects of tobacco smoking, yet

studies suggest that they smoke at much the same rate as other people of similar age and socio-economic status (6,7). Smoking cigarette causes or contributes to the development of many mortal diseases or condition leading to disability (9). Statistically, each year of smoking after the age of 40 reduces the smokers estimated healthy life period by about 3 months (10). The use of tobacco has been a majority public health disaster in the 20<sup>th</sup> century (8). In the 1990, (WHO) estimated the global prevalence of smokers to be 47% among men and 12% among women (11). The epidemic of tobacco addiction, disease and death in continuing to shift rapidly to the developing and transitional market countries (12). The World Health Organization states that “unless smoking behavior changes, three decades from now premature deaths in the developing world caused from tobacco will exceed the expected deaths from AIDS, tuberculosis, and complications of childbirth combined” (13). The aim of this study to describe the knowledge, attitude and prevalence of tobacco smoking habit among nurse in hospital Mosul.

## Methodology:-

A descriptive design was applied in the present study. Random sample consist of (100) nurses ( male and female ) were working in Mosul Teaching Hospitals (Ibn-Sena Teaching Hospital, Al-Zahrawee Teaching Hospital and Al Salm Teaching Hospital). Data were collected for the period of July 1<sup>st</sup> unit the end of Aug 2008. The nurses were interviewed by using questionnaire based on the which consist of (35) items (WHO) 1999. A descriptive and inferential statistical data analysis approach were used.

## Results:

*Table (1) Demographic characteristics of the study subjects (N=100)*

Variables	No.	%
<b>(A) Sex</b>		
Male	85	85%
Female	15	15%
<b>Total</b>	100	100%
<b>(B) Age</b>		
18- 27 years	38	38
28-37 years	42	42
37-47 years	13	13
48 or more years	7	7
<b>Total</b>	100	100%
<b>(C) Residence</b>		
Urban	88	88%
Rural	12	12%
<b>Total</b>	100	100%
<b>(D) Educational level</b>		
Training Courses	6	6%
Primary school graduated	6	6%
Secondary school graduated	34	34%
Technical Institution medical	40	40%
College of nursing	14	14%
<b>Total</b>	100	100%
<b>(E) Smoker</b>		
Smoker	36	36%
No smoker	64	64%
<b>(F)Smoking status</b>		
Never smoker	8	8%
Still smoker	28	28%
Stopped smoker	64	64%
<b>Total</b>	100	100%

**Table (2):-user for smoking of nurses**

	<b>User of smoking</b>	<b>Yes</b>	<b>No</b>
1-	Smoker more from (20) cigars in daily.	21	15
2-	Abandonment smoking for long-time.	14	22
3-	Abandonment smoking between period and others.	20	16
4-	Smoker daily now.	31	5
5-	Started the smoking regular now.	13	23
6-	Smoker more from type one from cigars.	15	21
7-	Stopped on the smoking for mouth.	17	19
8-	Contemplation to the stop on the smoking during 6 mouth.	32	4
9-	Ready to abandonment smoking.	31	5
10-	Abandonment smoking for more from one years.	7	29

**p-value = 0.000      DF =9      Chi-Sq = 76.024      N= 36**

**Table (3):-woker centers the nurses**

	<b>Worker centers</b>	<b>Yes</b>	<b>No</b>
1-	Effected smoking on worker center.	29	7
2-	The policy preventing smoker in worker setting.	17	19
3-	Feeling to the smoking free more worker center.	33	3
4-	Fell to the smoker more during work.	30	6
5-	Smoking with your patients.	7	29

**p-value = 0.000      DF =4      Chi-Sq =57.802      N= 36**

## **Discussion**

Although the health of the populations in developing countries is still mainly influenced by communicable diseases, tobacco related diseases will have an increased impact on health in the future. Of the 500 million smokers alive today who will eventually die from tobacco related diseases, about half are still children and teenagers. Of the 8.4 million annual deaths from tobacco expected in 2020, 70% will be in developing countries <sup>(12)</sup>. Per capita consumption of tobacco is decreasing in the industrialized world. By contrast, per capita tobacco consumption is increasing in many developing countries among both men and women <sup>(14)</sup>. The table (1) demonstrate that the majority of smoker were males constituted of (85%) , and most of them aged (28-37) years . In relation to their residence in urban constituted (88%) . Regarding , their education of level , most of the them were Technical Institution medical (40%) , also (36%) them still smoker, (64%) stopped smoker .In relation to general and specialized knowledge about the health effects of smoking, the result showed that participants had good general or lay knowledge about smoking, and this is consistent with the findings of other studies <sup>(15-16-17,18)</sup>. They also, had a variable level of specialized or professional knowledge about the effects on health. Participants who had ceased smoking had higher specialized knowledge than those who continued to smoke or had never smoked. This suggests that increased knowledge about the harmful effects of smoking may lead to cognitive dissonance and psychological discomfort <sup>(19-150)</sup>. The table (2) demonstrate the user smoker more from (20) cigars in daily more rather than groups. These groups abandonment smoking between period and other for long –time number decrease between period . These nurses have thing in stopped smoking during 6 mouth next. In table (3) show effected worker center on user cigars , indicated the result high percent from nurse and increase smoking during work hours approximately (85%), also percent from nurse feeling to the smoking free more worker center. Another finding of the study indicated that there is non significant difference in the level of general or specialist knowledge between smoker and non smoker from nurses. This is a particularly worrying finding. With regard to attitudes about smoking, although smokers were aware of the risks of smoking and the importance of leading a healthy lifestyle, there were important differences on several variables. The nurses participants had more favorable attitudes towards smoking and health promotion, particularly compared with subject who were in the (18-27) year-old age range. In this case, the nurses participants’ views about smoking and health promotion were consonant. It was also noticeable that those who were over 40 years old had more favorable attitudes towards smoking and health promotion than those aged (18-27) years old. This suggests that cognitive dissonance might increase as participants become more conscious about their health with increasing age, causing them to change their beliefs in order to make them consonant with favorable attitudes towards smoking and health promotion. The study concluded the following knowledge and attitude of nurses about smoking were acceptable and there non significant association between the attitude and knowledge and their age, level education . Depending on the findings and conclusions of the study, the researcher recommended the following an education program can be

designed , conducted, and implemented to the general nurses especially for smoker and further nation –wide studies can be conducted on large sample size of nurses .

## Conclusion

This study examined the prevalence of tobacco use and smoking habits among nurses at Mosul City Hospital. The findings indicate that tobacco consumption remains a significant public health concern even among healthcare professionals. Despite their medical knowledge and awareness of smoking-related health risks, a noticeable proportion of nurses continue to engage in smoking behaviors. The results highlight patterns related to frequency of smoking, duration of use, and possible contributing factors such as workplace stress, shift duties, social influences, and cultural norms. These findings are concerning because nurses serve as frontline healthcare providers and role models for patients; their smoking behavior may negatively influence public perception and weaken smoking cessation counseling efforts. The study underscores the urgent need for targeted interventions within hospital settings, including smoking cessation programs, stress management workshops, workplace health promotion policies, and continuous education on the harmful effects of tobacco use. Institutional support and strict enforcement of smoke-free policies are essential to reduce tobacco prevalence among nursing staff. In conclusion, reducing smoking rates among nurses at Mosul City Hospital is not only important for their personal health and well-being but also critical for improving the credibility of health promotion efforts and enhancing patient care outcomes. Further research is recommended to explore effective intervention strategies and long-term behavioral changes among healthcare professionals.

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