

SMOKING CESSATION ASSISTANCES AVAILABLE IN MALAYSIA AND THEIR IMPACT ON QUITTING BEHAVIOURS OF ADULT SMOKERS

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BACKGROUND

Smoking cessation assistance available in Malaysia:

- Quit smoking clinic (about 300 quit clinics operating in almost every district in Malaysia)
- Quitline (smoking cessation service via phone)
- Infoline (Information line for issues related to smoking)
- Pharmacotherapy (Nicotine replacement therapy eg. Chewing gums, patches, Bupropion, Varenicline)
- Educational material (pamphlet, booklet, poster)

OBJECTIVES OF THE STUDY

- To describe the experiences of adult smokers in Malaysia with available smoking assistances.
- To see whether quit attempt was associated with receiving advice from medical professionals, receiving educational materials, knowledge about availability of smoking cessation medications and receiving those medications.
- To determine the association between getting smoking cessation assistance and current quit intention.

METHODOLOGY

- Cross sectional data
- Cohort study (5 years).
- Wave 1 International Tobacco Control Survey data (2005)
- Strata selected states from 6 states
- Samples from urban and rural areas
- 2006 adult smokers
- Face to face interview
- Chi-square and binary logistic statistics were used to test association whenever applicable

RESULTS & DISCUSSION

Distribution of smokers by quitting attempt

No. of Quitting Attempt	FREQUENCY	(%)
1	211	19.9
2	256	24.1
3	203	19.1
4	52	4.9
5	69	6.5
6	21	2.0
7	13	1.2
8	7	.7
9	19	1.8
10	9	.8
>10	202	19.0

VARIABLE	FREQUENCIES	PERCENTAGE (%)
Quitting attempt		
Yes	1228	61.3
No	774	38.7

61.3% smokers have tried to quit smoking.

Of those, more than one quarter (25.5%) have done at least 6 trials.

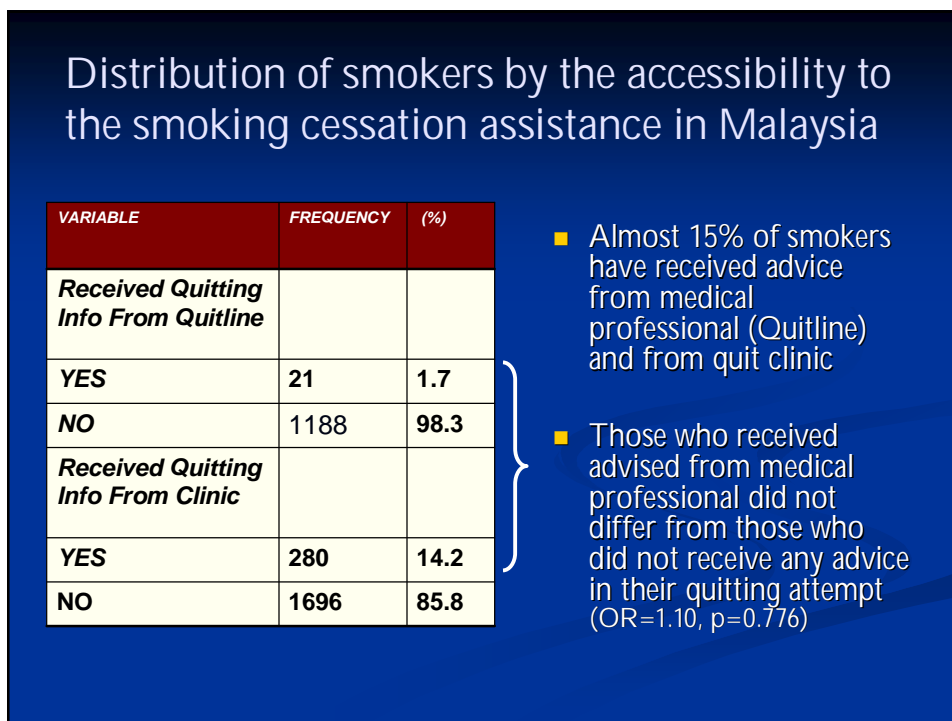
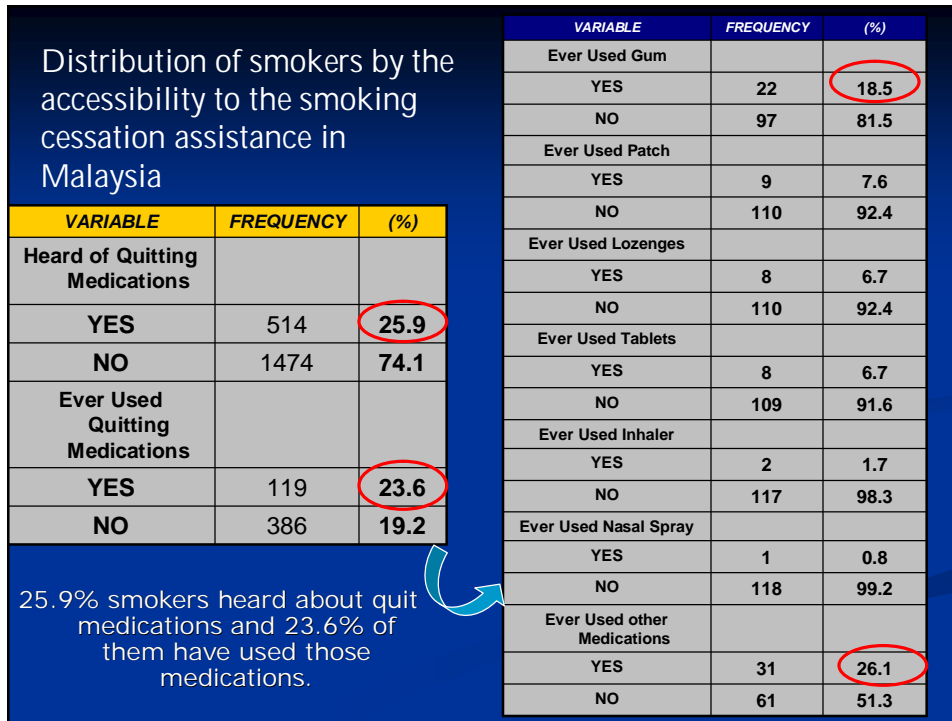
Demographic Characteristic of Smokers Who Ever Tried to Quit Smoking

Demographic characteristics	Ever tried to quit smoking		
	Yes (%)	No (%)	Total (%)
Gender			
Male (N=1916)	96.4	94.6	95.7
Female (N=86)	3.6	5.4	4.3
Age group			
18-24 (N=296)	14.5	15.9	15.1
25-39 (N=652)	34.0	31.9	33.2
40-54 (N=639)	32.1	33.2	32.5
>54 (N=378)	19.4	18.9	19.2

Demographic Characteristic of Smokers Who Ever Tried to Quit Smoking

Demographic characteristics	Ever tried to quit smoking		
	Yes (%)	No (%)	Total (%)
Ethnic groups			
Malays (N=1340)	67.8	65.6	66.9
Chinese (N=240)	10.3	14.7	12.0
Indians (N=109)	5.7	5.0	5.4
Others (N=313)	16.3	14.6	15.6
Education level			
Primary (N=514)	26.4	25.9	26.2
Secondary (N=1201)	60.8	62.0	61.2
Tertiary (N=246)	12.8	12.1	12.5

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Distribution of smokers by the accessibility to the smoking cessation assistance in Malaysia

VARIABLE	FREQUENCY	(%)
Visited doctor in 6 month		
YES	429	21.5
NO	1566	78.5
Received advice from doctor		
YES	292	69.4
NO	129	30.6
Referral from doctor		
YES	133	32.4
NO	277	67.6
Received pamphlet from doctor		
YES	134	32.8
NO	274	67.2

- 21.5% smokers reported they had visited doctor in the past 6 month.
- Of those, 69.4% claimed that they had received advice from doctor to quit smoking.
- And 32% of them were referred to the quit smoking clinic and received educational material related to quitting.

Association between quitting attempt and the accessibility of smoking cessation assistance to adult smokers

Independent variable	Heard of quitting medications		Ever used quitting medications		Received quit information from clinic	
	OR	pValue	OR	pValue	OR	pValue
Ever tried to quit smoking	3.21	P<0.001	82	P<0.001	1.62	P=0.001

Independent variable	Received advice from medical profesional		Received phamplet from medical profesional		Received quit information from Quitline	
	OR	pValue	OR	pValue	OR	pValue
Ever tried to quit smoking	1.07	P=0.762	1.28	P=0.330	1.10	P=0.77

Association between quitting intention and the accessibility of smoking assistance to adult smokers

<i>Independent variable</i>	<i>Plan to quit smoking</i>		<i>Independent variable</i>	<i>Plan to quit smoking</i>	
	OR	pValue		OR	pValue
<i>Heard of quitting medications</i>	2.02	P<0.001	<i>Received advice from medical profesional</i>	1.65	P=0.027
<i>Ever used quitting medications</i>	2.00	P=0.005	<i>Received phamplet from medical profesional</i>	1.69	P=0.030
<i>Received quit information from clinic</i>	3.49	P<0.001	<i>Received quit information from Quitline</i>	1.12	P=0.757

Conclusion

- Smoking cessation assistances available in Malaysia (psychological and therapeutic) have favourable impacts on quitting behaviours of adult smokers.
- Promoting services such as quit clinics and increasing the access to quitting medications provides strong support to smokers who are interested in quitting.

References

- http://progressreport.cancer.gov/doc_detail.asp
- Health Professional Advice to Quit Smoking, Cancer Trends Progress Report – 2007 Update

THANK YOU
FOR YOUR ATTENTION