

  
**5th Cross Strait Conference on Tobacco Control**  
**4 – 5 September 2011, Taipei**

**學界先例 — 香港大學整合教育資源及參與菸害防制政策20年**

**香港大學護理學院陳肇始教授**

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 Professor of Nursing  
 School of Nursing, The University of Hong Kong

**支持單位及合作夥伴**

**香港大學 The University of Hong Kong**

- Professor TH Lam
- Dr. David Wong
- Dr. Catalina Ng
- A dedicated team of Research Assistants

**廣州第十二醫院 Guangzhou 12th Hospital**

- Prof CQ Jiang, Dr. L Yang

**北京301醫院 Beijing 301 Hospital**

- Professor He Yao

**國際學者 International**

- Professor K K Cheng, University of Birmingham, United Kingdom
- Professor Karen Emmons, Harvard School of Public Health, USA
- Professor Linda Sarna, UCLA, USA
- Dr. Stella Bialova, USA

**研究基金 Funding:**

- Health and Health Services Research Fund
- Health Care Promotion Fund
- The Hong Kong Council on Smoking and Health
- The Department of Health, HK

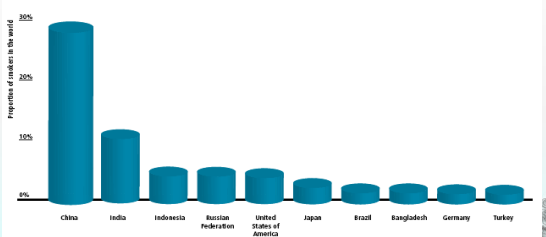

**香港大學 1911 成立**  
 (香港西醫學院於 1887 年成立)



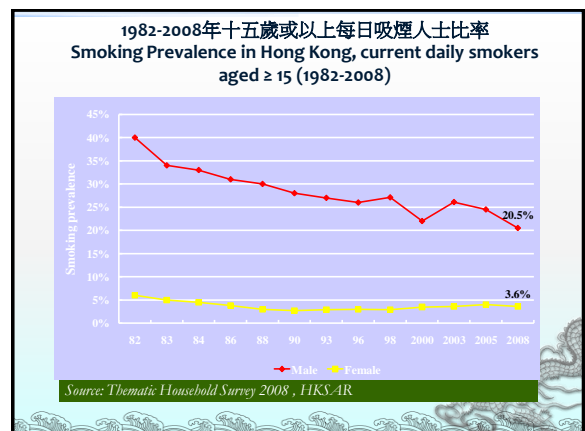
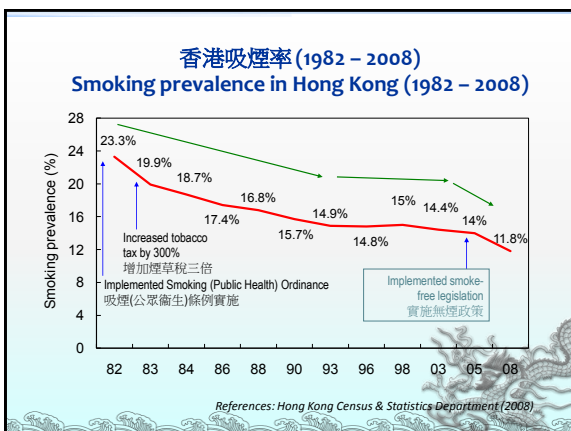
**The University's Vision**  
 •以卓越、優質教學、世界級研究  
 •令學生俱備全面的才能，成為服務社會的領袖

The University of Hong Kong, as a pre-eminent international university in Asia, seeks to sustain and enhance its **excellence** as an institution of higher learning through **outstanding teaching and world-class research** so as to produce well-rounded graduates with **lifelong abilities** to provide **leadership** within the societies they serve.

**全球三分之二吸煙人士來自十個國家**  
**NEARLY TWO THIRDS OF THE WORLD'S SMOKERS LIVE IN 10 COUNTRIES**



(WHO Report on the global tobacco epidemic, 2008: The MPOWER package)



### 醫護人員角色

- 專業醫護人員在戒煙干預擔任主要角色
  - 他們在日常工作中有機會向眾多病人提供建議、指導、回答與吸煙後果相關之問題
  - 即使是就吸煙禍害和戒煙之重要性的簡單輔導，也是其中一個非常有效減少吸煙的方法
- 控煙教育對他們在戒煙干預的角色非常重要



### 世衛：六項有效控煙政策

Monitor tobacco use and prevention policies

監測煙草使用與預防政策

Protect people from tobacco smoke

保護人們免受煙草煙霧危害

Offer help to quit tobacco use

提供戒煙幫助

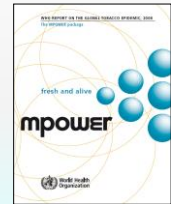
Warn about the dangers of tobacco

警示煙草危害

Enforce bans on tobacco advertising, promotion and sponsorship

確保禁止煙草廣告 促銷和贊助

Raise taxes on tobacco 提高煙稅



(WHO, 2008)

### 建立護士在戒煙方面的嶄新角色－ 重點教育方針是甚麼？

WHAT ARE THE KEY EDUCATION INITIATIVES TO CREATE AND PROMOTE A NEW ROLE OF NURSES IN SMOKING CESSATION IN HONG KONG AND CHINA?

### 教育方針

- 研究
- 培訓戒煙輔導員
- 在護理課程提供整合控煙及戒煙的議題
- 知識轉移及推廣

### Education: Research studies 科研

A Study on the Tobacco Control Education in Undergraduate Schools of Nursing in Hong Kong and Mainland China (Chan and Sarna)  
(中港兩地護理系本科生訓練包含的控煙教育)

A study on the nurses knowledge, attitudes, and practice in tobacco control and smoking cessation in Hong Kong (Chan & Lam)  
(香港護士對控煙與戒煙的知識、態度及實踐)

A study on the hospital nurses practice of smoking cessation interventions in 4 major cities in China (Chan, Lam, and Sarna)  
(Beijing, Shanghai, Guangzhou, Chongqing)  
(中國四個主要城市的護士在戒煙干預上之實踐)

### Study 1: A Study on the Tobacco Control Education in Undergraduate Schools of Nursing in Hong Kong and Mainland China

- **Aim:** To evaluate and assess the current tobacco control and smoking cessation content within the undergraduate nursing curriculum among the Schools of Nursing in Hong Kong and Mainland China.
- **Design:** A cross-sectional survey
- **Setting and sample:** Schools of Nursing in Hong Kong (3/3) and China (29/81) in 2002
- **Instrument:** Adapted a questionnaire entitled "A survey of tobacco education in undergraduate nursing schools"
- This study was part of a larger study comparing tobacco control education in Schools of Nursing in US, Korea, Philippines and Japan.



Fig. 1. Distribution of 81 schools of nursing across in Mainland China and Hong Kong (n=81)



**Study 2: Nurses need assessment and KAP survey in Hong Kong**

**Aim:** To investigate the knowledge, attitudes, and practice (KAP) of nurses on tobacco and health and to identify the facilitating and hindering factors of helping patients stop smoking in clinical practice

**Design:** A cross sectional survey using a self-administered questionnaire

**Setting and sample:** 12 HA hospitals, 1843 nurses

**Subjects:** All registered nurses working in the clinical areas of the 12 selected HA hospitals



**Study 3: Nurses practicing smoking cessation interventions in 4 major cities (Beijing, Shanghai, Guangzhou, Chongqing)**

**Aim:** To investigate the knowledge, attitudes, and practice (KAP) of nurses on tobacco and health in China and to identify the facilitating and hindering factors of helping patients stop smoking in clinical practice

**Design:** A cross sectional survey using a self-administered questionnaire

**Setting and sample:** 4 major university hospitals, 1690 nurses

**Subjects:** All registered nurses working in the clinical areas of the 4 selected hospitals in Beijing, Shanghai, Guangzhou, and Chongqing



**Education: Capacity Building 培訓**



**The HKU Smoking Cessation Education and Research Centre**  
香港大學戒煙、教育及研究中心

HKU School of Nursing and School of Public Health developed a series of programmes on educating nurses and other health care professionals on smoking cessation, the **first** of its kind in Hong Kong and China

**護士在戒煙輔導擔任主導角色**

**Nurses as leaders in smoking cessation counseling**

- Nurses being the largest group of health care providers (最大群的護理服務提供者)
- Nurses in hospitals are frequently in close contact with many smoking patients and their family members (與病人及其家人緊密聯繫)
- Nurses follow up patients for a much longer period of time (較長時間跟進病人需要)
- Evidence showed that nurse-delivered smoking cessation interventions are effective and practicable (護士提供的戒煙干預是有效及實際可行的)



**戒煙輔導培訓課程**

- To educate nurses and other health professionals to help patient stop smoking using pharmacological, psychological and behavioral interventions
- Since 2000, we have trained over 1000 nurses, 200 social workers, 300 volunteers and students, 100 pharmacists, 100 Chinese Medical Practitioners, and over 100 doctors in Hong Kong and China to be Smoking Cessation Counselor (SCCs)
- This initiative has successfully created a **new** role for **nurses** in Hong Kong and China to promote smoking cessation among the patients

提供了超過三十個戒煙輔導培訓課程，給予來自香港兩地超過一千位專業醫護人員、中醫師、社工、醫護學生及社區人士等，並讓他們在各自的崗位上為吸煙人士提供戒煙協助



戒煙輔導培訓課程學生及義工



- Training University and secondary students to be smoking cessation counselors
- Training volunteers of woman organisations in smoking cessation counseling

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為海外參加者提供戒煙治療工作坊



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Yunnan Smoking Cessation Counsellor Workshop, Department of Nursing Studies and School of Public Health, University of Hong Kong; supported by China CDC and American Cancer Society, March 2006



Guangzhou 12th Hospital Smoking Cessation Counsellor Training Workshop 1-3 July 2006



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教育: 醫護課程加入了吸煙與疾病、預防吸煙、煙草依賴處理方法及鼓勵吸煙者戒煙等元素

RESEARCH BRIEF

Building an Integrated Model of Tobacco Control Education in the Nursing Curriculum: Findings of a Students' Survey

Sophia S.C. Chan, PhD, RN; Winnie K.W. So, PhD, RN; David C.N. Wong, MSc; and Tai-Hing Lam, MD

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## HKU School of Nursing

- ◆ Bachelor of Nursing- Year 1, Year 4
  - ◆ Health Promotion And Education (Year I – 3 credits)
  - ◆ Community & Public Health Nursing (Year IV – 6 credits)
  - ◆ Nurses Role in Smoking Cessation (Year IV – 6 credits)
- ◆ Master of Nursing – Elective course
- ◆ Doctor of Nursing – research dissertation
- ◆ MPhil – research studies
- ◆ PhD – research studies

## MBBS programme @ HKU

- ◆ A 5-year FT program + 1-year practicum
- ◆ Tobacco control related courses

Topics	Time
Seminar in tobacco control	3 hours
Lecture (Epidemiology of cardiovascular disease, smoking prevention and passive smoking)	1 hour
Lecture (Occupational health and smoking)	1 hour
Lecture (Evidence-based practice: applies smoking-related examples in epidemiology and statistics – relative risk; attributable risk; attributable fraction)	2 hours
Lecture (Public health – active and passive smoking; challenges of tobacco control)	1 hour
Problem-based learning (many cases are attributable to smoking)	2 hours x 2 sessions

## 教育：知識轉移及推廣

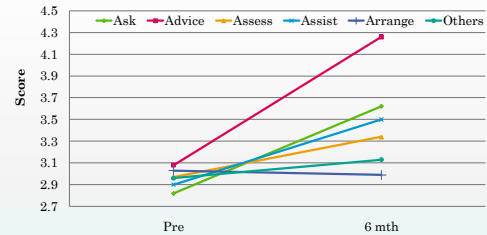
The Temasek-HKU Training-of-Trainers (TOT) Programme for Advancement in Nursing for Managers, Educators and Community Nurse Leaders in Guangdong Province, China

This is the **first** programme of its kind in Guangdong Province, and it aims to improve the management skills of nurse managers, advance the teaching skills of nurse educators, and promote community nursing, in particular the **awareness of chronic disease prevention and the skills in tobacco dependency treatment**

為來自中國的專業醫護人員提供訓練，令他們在各自的崗位上為吸煙人士提供戒煙協助。



## Results Post-training: FREQUENCY OF PERFORMING INTERVENTIONS TO HELP PATIENT STOP SMOKING



Subscales	Pre	6 months	Paired t test p-value
Ask	2.85	3.65	.001
Advice	3.10	4.24	.000
Assess	2.93	3.36	.033
Assist	2.92	3.50	.001
Arrange	3.08	3.00	.700
Others	2.95	3.13	.289

Note: On a scale of 1 (Never) to 5 (Frequently)

## 畢業禮



課程範圍以外，積極培育學生參與有關控煙的活動及倡議控煙政策

**Beyond the curriculum: Tobacco Control Promotion and Advocacy**

學生倡導行動 (1) – 2006年單車遊行

- 以行動表示支持政府立法禁止在本港室內場所的吸煙行為



Cycling campaign to support the legislation (reported by a number of newspapers and TV)

The bill was passed and implemented on 1 Jan 2007

學生倡導行動 (2) --2009年支持政府調高煙稅稅率五成

- Campaigns to support the raise of tobacco tax by 50% in 2009



港大公共衛生學院暨社會醫學系及護理學院動員超過500名師生，聯同香港吸煙及健康委員會成員先後到立法會及政府總部請願，最後成功通過

COSH 與香港大學醫學院學生舉行〈聲援增加煙草稅大遊行〉，從市民健康著想向政府表達支持增加煙草稅的意見



學生倡導行動 (3) --港大醫學院學生發起簽名運動，收集近2000名市民的簽名促加強控煙

- Campaign to request enforcement of smoke-free legislation



Strike in April 2010

學生倡導行動 (4) -- “無煙香港·綠絲帶行動”呼籲市民支持政府落實增加煙草稅41.5%

- Campaigns to support the raise of tobacco tax by 41.5% in 2011



200 HKU health profession staff and students participated a strike to support the bill




學生倡導行動 (5) --在立法會表決煙草稅當日到立法會門外請願，表達控煙訴求，最終法案獲得通過





### Transferring knowledge into practice (1)

- The establishment of Youth Quitline in Hong Kong
- In 2005 and 2009, 2 batches of health profession students (around 50 students) were trained to be peer smoking cessation counsellors to assist youth smokers quit smoking
- The Youth Quitline has received over 3,000 calls and provided telephone counselling to 600 youth smokers

### Transferring knowledge into practice (2)

- Problem-based learning in smoking cessation clinics

### 成立及評估香港戒煙診所(Hedley, Lam, Chan et al)

**香港首個戒煙健康中心(SCHC)**

- 目的:** 提供及評估由護士提供的戒煙輔導干預
- 地點及參加者:** 律敦治醫院(2000-03), 香港大學健康促進中心(由 2004 年起); 公眾人士各和轉介中心
- 參加人數:** 1203
- 結果:** 戒煙率27%

**香港大學/香港吸煙與健康委員會:  
戒煙熱線 2002-2004**




### 香港大學戒煙及輔導中心

- 香港大學護理學院健康促進中心-受訓的戒煙輔導員提供戒煙輔導服務
- 中心提供專業訓練及轉介
- 醫院管理局
- 衛生署
- 香港大學: 1診所+ 青少年戒煙熱線+ 女性戒煙計畫




### 5<sup>th</sup> Hong Kong International Nursing Forum

- Date: 3-4 June 2011
- Theme: Innovation to Advance Nursing Practice
- Abstract submission and online registration welcome!
- Online Registration: [hknf.hku.hk](http://hknf.hku.hk)



### 戒煙及有關研究

- 隨機對照測試戒煙輔導的成效：不同病人和健康人群
- 戒煙對健康的影響
- 評估戒煙服務：門診、電話輔導、簡短勸告.....
- 法例對戒煙的影響

**\* 利用研究結果，推動戒煙**


### 以社區為基礎的研究

### 青少年戒煙熱線

**目的:**  
向青少年宣傳戒煙的重要性及鼓勵和支持願意戒煙的青少年，通過電話給予戒煙意見及為他們作朋輩輔導

**地點:**  
由一班已受訓的香港大學醫科、護理學及社會工作學的學生提供電話輔導

**概覽:**  
為每日至少吸一支煙或以上在青少年提供戒煙服務。在輔導六個月後，我們會跟進戒煙率及評估熱線的成效




### 女性反吸煙工作組 Women Against Tobacco Taskforce (WATT)



凝結女性力量、  
女性行動匯集  
由食物與健康衛生局健康護理及促進基金資助  
主辦單位：  
香港大學李嘉誠醫學院  
護理學院及公共衛生學院



### 針對社區長者的外展干預(Lam et al)

- 目的: 在多個專業的合作下，發展為長者而設的戒煙外展服務
- 地點和參加者: 社區中心; 在社區的長者
- 參加人數: 365
- 結果: 戒煙率28%





## 2009/2010《戒煙大贏家》比賽

- 香港大學聯同香港吸煙與健康委員會2009年以「戒煙大贏家」為口號，向全港市民展示戒煙對個人及社會的好處，鼓勵戒煙
- 整項活動成功招募了逾1000名市民加入戒煙行列



**Journal of Public Health**  
Characteristics of smokers and predictors of quitting in a smoking cessation clinic in Guangzhou, China  
Wei Hua Zhu<sup>1</sup>, Lie Yang<sup>1</sup>, Chao Qiang Jiang<sup>1</sup>, Li Zhen Deng<sup>1</sup>, Tai Hing Lam<sup>2</sup>, Jing Yu Zhang<sup>3</sup>, Sophia S.C. Chan<sup>3</sup>  
<sup>1</sup>Department of Preventive Medicine, Chinese University of Hong Kong, Shatin, New Territories, Hong Kong; <sup>2</sup>Department of Community Medicine, School of Public Health, University of Hong Kong, Pokfulam, Hong Kong; <sup>3</sup>Department of Clinical Medicine, School of Biomedical Sciences, The Chinese University of Hong Kong, Shatin, New Territories, Hong Kong

**ABSTRACT**  
**Background:** Smoking cessation programs are well established in the West, but experts on smoking cessation clinics (SCCs) from China are lacking. On the basis of the Hong Kong experience and with strong support from Guangzhou Health Bureau, we established the first SCC in Guangzhou, China. The objective was to describe the characteristics of smokers, reasons for quit and response predictors of successful quitting.  
**Methods:** During 2008–09, 235 smokers received individual counseling following the 4As and 4As R. No medications were used.  
**Results:** In total, the mean (SD) age was 40 (14) years. Most (86%) were male, married (73%), currently employed (75%), college educated or above (56%), 17% had previous quitting attempts. By 31 May 2009, 195 smoked for 8 months following period of 0 days, 19%, 15 (14%) were successfully followed up, and 46 had quit. By intention to treat, the 4-month 7-day point prevalence quit rate was 20%, 28% (confidence interval 95% CI 18–38%). Smokers with more confidence in quitting or more of action stage were more successful in quitting with adjusted odds ratio of 1.09 (95% CI 1.04–1.14) and 1.02 (95% CI 1.00–1.04), respectively.  
**Conclusion:** A quit-ready clinic free of charge and with systematic data collection, follow-up and evaluation should be a starting point for smoking cessation programs in low-income countries.  
**Keywords:** Chronic, predictors, smoking cessation clinic

## 實驗研究： 隨機對照試驗

### 由護士提供的健康教育干預予病童母親(隨機對照試驗)(Chan & Lam)

- 目的: 測試由護士提供的健康教育干預予病童母親在(1) 避免小童吸二手煙; 及(2) 幫助父親戒煙的成效
- 地點: 兒童病房 / 香港4間醫院門診部
- 參加者: 同住的非吸煙母親 及 吸煙父親
- 參加人數: 1483



### 由護士提供切合戒煙準備程度的戒煙干預予患有心臟病人士(Chan & Lam)

- 目的: 研究由護士提供切合戒煙準備程度的戒煙干預予患有心臟病人士的成效
- 地點及參加者: 在香港9間心臟科門診; 患有心臟病而吸煙的人士
- 參加者人數: 1824
- 結果: 戒煙率28%



## 陽萎與吸煙研究

### 目的:

本研究為了評估「尼古丁補充劑加上戒煙輔導」比起「基本的護理」對有陽萎問題與吸煙的成效

### 干預:

幹預組(A1) (n=249)

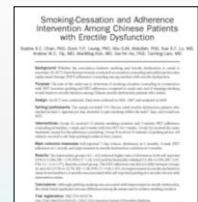
面對面的戒煙輔導 強調陽萎與吸煙的關係 + 尼古丁補充劑 + 尼古丁補充劑使用的輔導 + 戒煙小冊子

幹預組(A2) (n=252)

面對面的戒煙輔導 強調陽萎與吸煙的關係 + 尼古丁補充劑 + 戒煙小冊子

對照組(B) (n=218)

簡單的忠告 + 戒煙小冊子 + 食物及健康建議小冊子



## 減煙研究

### 目的:

本研究測試「減煙干預加上尼古丁補充劑」令不願意戒煙的人士減煙之成效

### 干預

#### 干預組(A1)

面對面的戒煙輔導+ 尼古丁補充劑+ 尼古丁補充劑使用的輔導+ 戒煙小冊子

#### 干預組(A2)

面對面的戒煙輔導+ 尼古丁補充劑+ 戒煙小冊子

#### 對照組(B)

簡單的忠告+ 戒煙小冊子+ 食物及健康建議小冊子

## 家庭干預 (隨機對照試驗)

### 目的:

評估無煙政策對兒童在家吸入二手煙的影響

### 研究設計:

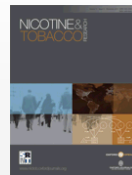
利用隨機對照試驗去測試在母嬰健康院由護士提供吸煙衛生干預的成效

### 參加者:

有吸煙父親·非吸煙母親及剛出生嬰兒的家庭



## 評估無煙政策的成效



Nicotine & Tobacco Research, Volume 11, Number 4 (April 2009) 356-361

### Original Investigation

## Short-term impact of new smoke-free legislation on the utilization of a quitline in Hong Kong

Sophia S. C. Chan, David C. N. Wong, David Y. T. Fong, Angela Y. M. Leung, Yee Wai Mak, Debbie C. E. Lam, & Tai Hong Lam

### Abstract

**Introduction:** New smoke-free legislation implemented in Hong Kong on 1 January 2007 prohibited smoking in the vast majority of indoor workplaces and public places. Experiences of western countries indicated that the need for smoking cessation services would increase after enactment of the smoke-free legislation, but no systematic study of this issue has been undertaken in Southeast Asia. The present study aimed to examine the impact of smoke-free legislation on promoting smoking cessation through a quitline.

**Methods:** The present study reports the results of a telephone survey using interrupted time-series analysis. We operated a toll-free smoking cessation quitline (quitline) for the general public from August 2005 to September 2007. The present study measured the percent change in the number of telephone calls received and handled before and after the smoke-free legislation.

**Results:** We evaluated the quitline for 9-month periods before (October–September 2006) and after (January–September 2007) the smoke-free legislation was implemented. The call rate in the initial period was 27.6 per month compared with 34.6 per month after enactment of the legislation, a 26% increase. Based on interrupted time-series models, the initial impact of the smoke-free legislation was to increase the number of telephone calls received and handled per week ( $p < .001$ ), but the impact was temporary and diminished within 6 months.

**Discussion:** Implementation of the new smoke-free legislation had a short-term effect to promoting the utilization of a smoke-

## 媒體與宣傳



## 未來展望

## The Way Forward

## 未來展望(1)

- “世界衛生組織煙草控制框架公約”(WHO FCTC)第十二條(d)部分：

加強... “教育、交流、培訓和公眾意識” 以正視醫科學生對控煙培訓的需求。建議將條例的(d)部分修改成(修改的部分已被標示為斜體)：“針對諸如衛生工作者、社區工作者、社會工作者、媒體工作者、教育工作者、決策者、行政管理人員和其他有關人員，*包括醫科學生的有關煙草控制的有效適宜的培訓或宣傳和情況介紹規劃*”



## 未來展望

### 教育與培訓

#### Education and training:

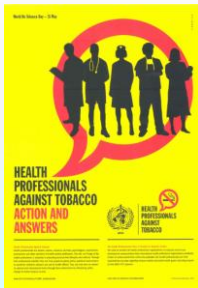
- Develop a national tobacco control core nursing curriculum with clear objectives, essential content, appropriate contact hours, and local teaching resources
- Providing tobacco dependency treatment and extend training to other professionals e.g. Dentists, beyond Hong Kong such as Mainland China and the Asian Pacific Region
- Health professional bodies, such as the academies of medicine and nursing and national medical and nursing councils, should follow FCTC article 12 and make tobacco control training a pre-requisite for registration of nurses and doctors.

### 研究及政策

#### Research and Policy:

- Solicit further infra-structure support in the health care system and start to create science in policy research
- Develop a network of nurses in tobacco control, and to strengthen professional development

## Fighting the tobacco epidemic: A global mission for ALL health care professionals



## 鳴謝

- 香港大學
- 香港吸煙與戒煙委員會
- 香港醫院管理局
- 香港特別行政區衛生署
- 香港特別行政區社區協作計畫女老事務委員會
- 香港研究資助局
- 健康護理及促進基金
- 衛生及醫護服務研究基金
- The American Cancer Society
- Cancer Research United Kingdom
- UCLA Pacific Rim Grant