NURSES HELPING OTHERS TO QUIT

- Nurses make a difference in smoking cessation, increasing quitting success rates in both hospital and non-hospital settings.4

- Nursing-led interventions for smoking cessation increases by 50% the chances of successfully quitting.4

- In an outpatient setting, nurse-assisted counseling nearly doubled quit rates compared to physician advice alone.5

- 25% to 30% of nurses provide smoking cessation intervention to their patients.3

- Before nurses can fully realize their cessation intervention potential, tobacco cessation content and clinical skills in schools of nursing must be enhanced. A recent study found that less than 50% of undergraduate nursing programs in the U.S. provide clinical practice in this area, and less than 50% of undergraduate and graduate nursing programs use the Public Health Service guideline as a teaching tool.6

NURSES WHO SMOKE

- 15% of Registered Nurses (RNs) smoke.7 That’s about 388,960 of the 2.6 million RNs in the U.S.

- Smoking among RNs is declining but is higher than the Healthy People 2010 goal of 12% sought for the general population. In 2002, 25% of men and 20% of women in the U.S. smoked.1

- 28% of Licensed Practical Nurses (LPNs) smoke.7 Unlike RNs, smoking prevalence among LPNs has remained high.

- As in the general population, tobacco use among nurses varies by educational and socioeconomic background. Smoking is more prevalent in lower income strata and among those with fewer years of formal education.1

- Smoking varies by nursing specialty. Psychiatric (23%), Gerontology (18%) and Emergency nurses (18%) smoke more while Pediatric critical care nurses (8%) smoke less.8 Seven percent of Oncology nurses smoke.9

- Some nurses are entering the profession as smokers. Reports of prevalence of smoking among nursing students vary from 6%10 to 14%11 to 24%.12

NURSES AND SMOKING cessation

- Through participation in the Nurses Health Study, nurses have played a critical role in contributing to our knowledge of the morbidity and mortality caused by tobacco use among women.13 However, efforts focused on assisting nurses with their own cessation have been limited.

- In the Nurses’ Health Study, of the 24,326 nurses who were smokers in 1986, (and were still alive and provided smoking data in 1998), 52% had quit; 49% were still smoking.14

- Studies indicate that lack of support from coworkers has been associated with fewer quit attempts.15, 16, 17, 18 Conversely, strong support for quitting has a positive impact.19, 20

Tobacco Free Nurses is the first national initiative to help nurses stop smoking and to empower them to engage in tobacco use prevention and cessation.
REFERENCES


14 Unpublished data, personal communication, August 2002.


