

Clinical Research Results Abstract

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Behaviours and attitude towards Tobacco Smoking in Tunisian patients with Chronic Non-communicable Diseases

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Clinical Research Results

Aim: The aim of this study is to assess in Tunisia the particularities of Tobacco-smoking behaviour and attitude of patients with Non-Communicable Chronic Diseases (NCCD).

Method: A survey was launched, and Primary Care Physicians were invited to fill a form in smokers or former smokers patients with NCCD and who accept anonymous cloud saving and management of their data.

Results: Data of 241 patients (17% females) were collected by 35 Primary Care Physicians. Among the included patients, 95% were aged 35 yrs. and more, with 27% over 65. The most prevalent NCCDs found were: Hypertension (60%), Diabetes (43%), COPD (14%) and Asthma (11%); but also coronary disease in 14%. Current cigarettes active smokers (68%) and cigarette ex-smokers (31%) were the most reported conditions while Hooka smoking was reported as current in 12% and in past history by 10%. Among current smokers, 30% smoke more than 20 cig./day and 77% more than 10 cig./day. Nicotine-dependence was evaluated using the Fagerström Test in 183 patients and moderate or high dependence (Scoring 5 and more) was found in 60%. Only 21% of all patients ceased smoking on NCCD announcement while 71% reported a smoking cessation attempt with twice or more attempts in 52%. In 80% of those who attempted smoking cessation, none of the known smoking cessation means was used but NRT-Patch in 10%. The impact of smoking on NCCD was considered serious or very serious by only 52% of patients. Among smokers, 56% reported not willing or not having time to consider a smoking cessation program while 70% reported having been frequently advised by their physicians to stop smoking.

Conclusion: In Tunisia, most Smokers continue cigarette-smoking despite having NCCD with low awareness of risk in each other. Moderate or high dependence to Nicotine concerns each other and 2 over 3 reported self-attempts encouraged by physicians but without smoking-cessation means or program.

Declaration of Interest

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