



CHARACTERISTICS OF SMOKING AMONG NURSES IN LARGE HOSPITALS

L. Mancheva, V. Gonchev^{1*}, N. Usheva²

¹ Diagnostic Consulting Center, Haskovo, Bulgaria

² Faculty of Public Health, Varna, Bulgaria

ABSTRACT

Smoking is the most common external, and easily preventable cause leading to disease and disability. It causes about 25% of all deaths in the population. There is a correlation between the amount of smoked cigarettes, duration of smoking and health risk. In the present study is an overview of the prevalence of smoking among nurses by age groups in several major hospitals in Bulgaria. We found that there is a rejuvenation of smokers and increase the intensity by increasing stress at work.

Key words: tobacco smoking, nurses, smokers, non-smokers, hospitals

INTRODUCTION

The specificity of nursing work is associated with working conditions and often with hazardous environments. The nature of nursing work is determined by continuity in working time, shift work, and dynamic changes in the condition of patients. That requires major psycho-emotional pressure.

Tobacco smoking among nurses is negative health behavior that is associated with occupational stress for health professionals. Bad habits as tobacco smoking seriously affect the health of the nurses.

PURPOSE

In a study of health behavior of medical specialists working in large hospital we studied distribution of smoking among medical professionals, and characteristics of smokers among them.

MATERIALS AND METHODS

We conducted anonymous survey among 1193 nurses and midwives from University Hospital "St. Marina", Varna University Hospital "St. Anna" Varna SBAGAL "Prof. Dr. Stamatov "-

Varna University Hospital" Rousse "Hospital" Shumen "Hospital" Burgas "and Hospital" Alexandrovska "during August 2008. - August 2009.

Participation of respondents in hospitals is highest in the Hospital "St. Anna" Varna 65.4%, and at least Hospital "Shumen" -29.6%, 47% of respondents work in a clinic / surgical unit with a profile 52 6% - therapeutic profile, and 0.4% did not respond to the question.

Objects of study are forms of health behavior such as tobacco smoking, eating habits, alcohol use, physical activity, sexual behavior. We studied self-assessment of health status of nurses and midwives, the influence of psycho emotional stress.

Tobacco smoking is characterized by its frequency, type of hospitals, smokers by their age, profile of the workplace, and according to professional stress. Statistical processing of the data was performed with SPSS software v.12.0. For calculation of structural distributions is given an alternative analysis, We use the parametric analysis to calculate the criterion χ^2 and for testing the hypotheses.

RESULTS

National survey conducted in the country in 2004 found that tobacco consumption among the country's population increases. Over the

***Correspondence to:** Vladimir Gonchev,
Diagnostic Consulting Center, Haskovo, Bulgaria,
Tel.: +359 38 622535, Email: gonchev@gmail.com

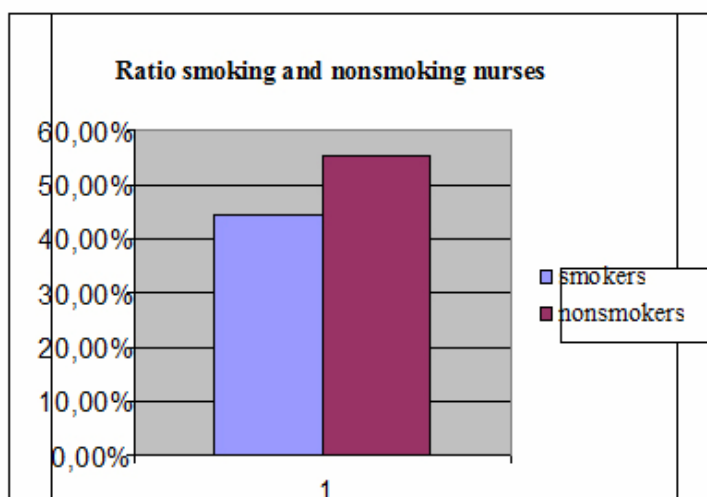
past decade the proportion of regular smokers is increasing, especially among women and young people in the country has about 3 million smokers. 2/3 of children are exposed in passive smoking. [1, 2]

One of the main risk factors with compelling evidence of damage to health is smoking [3, 4].

Unlike Western countries, in Bulgaria there are unfavorable adverse trends.

The incidence of cigarette smoking among the general survey shows that 55.5% of surveyed 1182 nurses were current smokers, which is considerably above the level in the country. According the study CINDI 32.7% of female respondents in Bulgaria smoke.

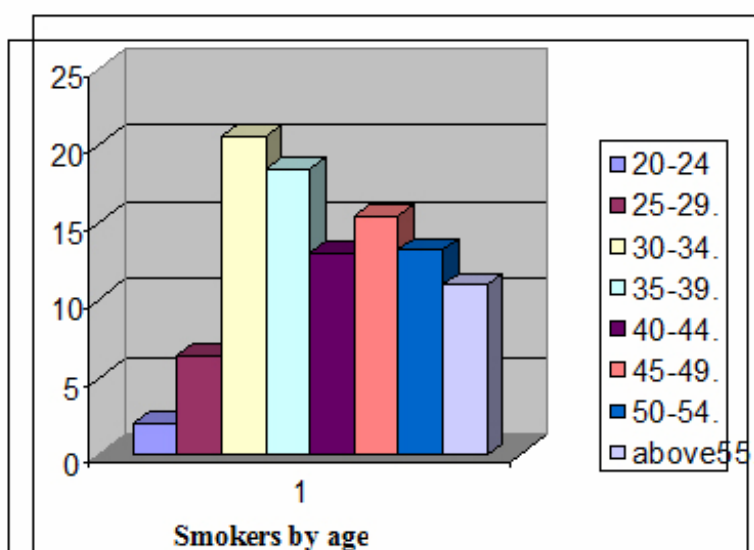
Figure № 1. Ratio smoking and nonsmoking nurses



This study shows that there is significant variation in tobacco smoking among the age groups surveyed medical specialists: 47.25% in the group under 40, and 25% in the group over 50 years. These data correspond with the trend of rejuvenation and feminization of smokers in Bulgaria (1) from which the medical profession is no exception. K. Peeva et al. found that during the period 1993-1995. (5) 35% of medical students smoked.

Regular smokers were 24.2% of nurses aged 20-24 and 31.8% aged 25-29. Smoke sometimes 27.3% aged 20-24 and 21.9% aged 25-29. Record the statistical difference in the prevalence of younger smokers (47.25%) under 40 years. and 25% in the elderly - over 50 years. (**Fig. 2**). Age appears to be an important factor for the incidence of smoking ($\chi^2 = 42,6$, $p = 0.04$) negative correlations is weak, statistically insignificant ($r = -0,1$; $p = 0.3$).

Fig. № 2. Smoking and age



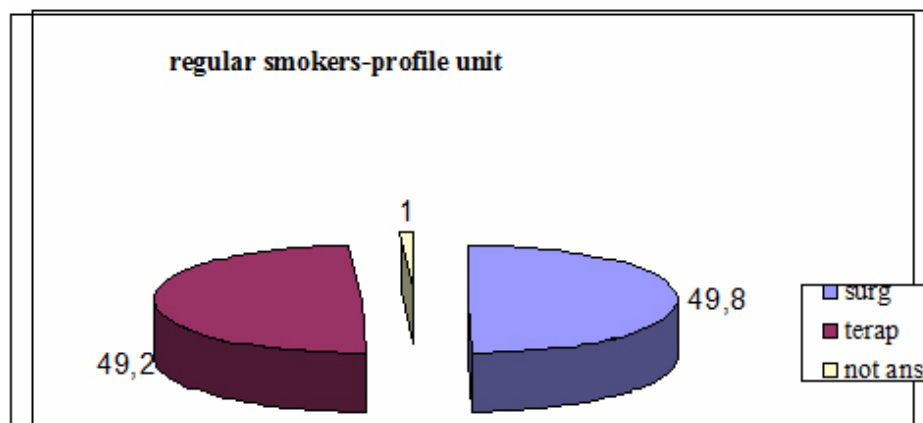
The study found that 34.5% smoke regularly, 21% smoke occasionally, 7.5% smoke less than five years, 8% smoke more than five years and 29% have never smoked.

We find that the profile of the department affects the frequency of smoking ($\chi^2 = 15,3$, $p = 0.05$): more often is occasional and regular smoking among respondent working in a surgical ward profile. Negative correlation is weak, statistically significant ($r = -0,07$; $p = 0.02$). In publications [2, 6, 7, 8, 9, 10] The authors demonstrate that the reasons for smoking are largely related to the nature of work and everyday life. Our study was conducted in large hospitals in the country, which clearly shows the distribution of smoking in hospitals, showed a statistically significant relationship. Frequencies - $\chi^2 = 52,2$, $p = 0.001$.

Consideration of regular smokers in general and spread in hospitals shows a significant difference in smoking behavior at age 25-29 and 30-34. In the next age group the percentage is between 11% and 18%. It is noteworthy that in the youngest age group of 20-24 smokers are only 2%, and most adults - more than 55 years is 11%. Average age of starting smoking is 20.65

The profile of the ward affects the frequency of smoking in the group at age 40 years (**Figure 3**) - $\chi^2 = 14,7$, $p = 0.05$ - more often is occasional and regular smoking among the respondents working in a wards with surgical profiles; the correlation is negative low, statistically significant ($r = -0,1$; $p = 0.05$). For the age group over 40 years - $\chi^2 = 7,8$, $p = 0.45$, the correlation is negative very weak, statistically insignificant ($r = -0,06$; $p = 0.09$).

Fig.3. Regular smokers-profile of the ward



There is a link between stress and mental strain at work and smoking. The majority of smokers increased consumption of cigarettes in their increase the stress. The profile of the ward and smoking is described in **Fig. 4**.

Stress in the last year has no effect on smoking initiation as a result of stress and mental stress as the group 40 years ($\chi^2 = 2,9$, $p = 0.09$) and the group over 40 years ($\chi^2 = 1,5$, $p = 0.22$). Correlation is weak positive statistically significant ($r = 0,12$; $p = 0.09$) for respondent to 40 years and not detectable by the respondent over 40 years ($r = -0,09$; $p = 0.07$)

CONCLUSIONS

1. There is a tendency for rejuvenation and feminization of smoking in Bulgaria. The

incidence of cigarette smoking among nurses at generally is above the country level.

2. The most intensive smoking is at age 30-39 years

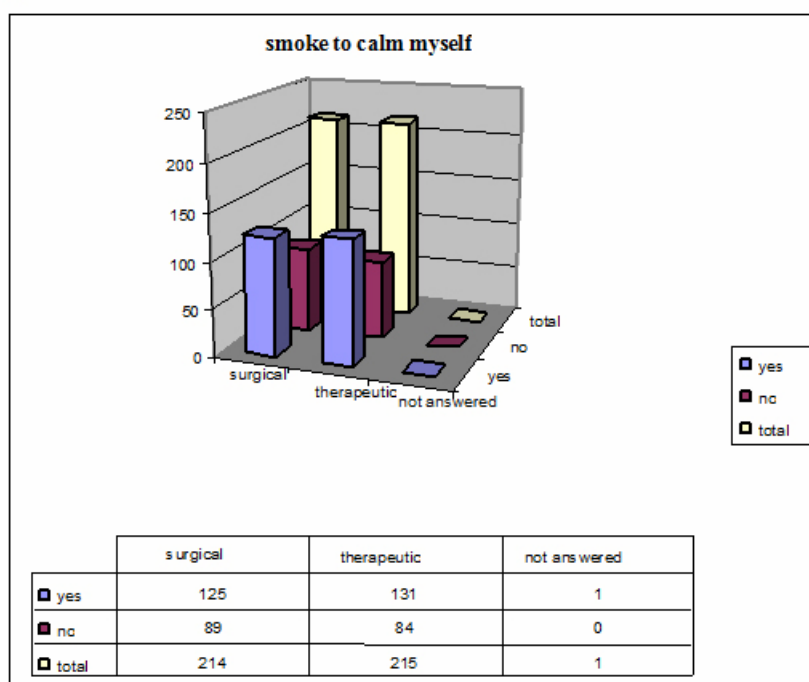
3. More often is occasional and regular smoking among workers in the surgical wards.

4. Stress and mental stress at work contributes to greater consumption of cigarettes in workplaces.

5. The average age of starting to smoke is 20.65 year, which indicates the importance of professional education for acquisition of habit.

6. Significant smoking prevalence among health professionals is alarming phenomenon that requires complex measures - from training programs to health promotion in hospitals.

Fig. № 4



REFERENCES

1. Vasilevski, N., et al, National Survey of risk factors associated with health and lifestyle among people aged 25 64 years. 2007. Bulg. Journal of Public Health, special edition, Volume 1, kn.3 (1).
2. Usheva, N., Kerekovska, A., Atanassova, V., Kondova, C., - Health behaviour of students from the Medical College – Varna, Health care, 2006., № 2, pp. 12-17
3. Feschieva N., Woman doctor - social and demographic problems, Avtoref., Dissertation. Varna, 1981. pages
4. Peeva, K., Markova, S., Dimitrova, S., Marinova, Y., - Smoking among female medical students. Social Medicine, 1996, № 1, p.13-16.
5. Merdzhanov W., Kolarova, D., - Social diseases and smoking. Sofia, Medicina and fizkultura, 1989
6. Popov, V., Vasileva, L., Psycho-emotional and health consequences of stress among workers in education, health and public administration. - In: Nat. conference in studying and combating stress. Plovdiv, 2002, pages
7. Stoeva K, Diakova K, Feschieva N, Kerekovska A, Usheva N, Amendments to the psycho-emotional stress in transition. - In: Nat. conference in studying and combating stress. Plovdiv, 2002, pp 153-157
8. Loic Josseran, Gary King, Phillippe Guilbert, Jovan Davis, Gilles Brucker, Smoking by French general practitioners: behaviour, attitudes and practice. European Journal of Public Health, Vol.15,N 1,33-38
9. Schmidt E, November 12, 2008 Category; Health Sciences, Research- UCLA study reveals smoking's effect on nurses' health, death rates