Effectiveness of a Smoking Reduction Programme for Smoking Parents in Hong Kong

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Background: Parental smoking is a major source of environmental tobacco smoke (ETS) exposure in children. Care of paediatric patients provides opportunities to reach these smoking parents and intervene to reduce children's ETS exposure.

Aim: To evaluate the effectiveness of a smoking reduction intervention programme for smoking parents of paediatric patients in Hong Kong.

Methods: Smoking parents were recruited from paediatric in-patient and out-patient units of the Prince of Wales Hospital and randomised to intervention or control group. Intervention group received counselling on smoking reduction with motivational interviews and nicotine replacement therapy, while control group received standard advice on smoking cessation. Primary outcome was successful smoking reduction rate at week-24, which was defined as a self-reported reduction of daily cigarette consumption by 50% or more compared with baseline.

Results: 166 smoking parents (mean age: 37.6±7.6 yrs.; male: 86.7%) were included in this preliminary analysis. The baseline mean number of cigarettes smoked per day was 14.9±8.3. Using intention-to-treat analysis, the successful smoking reduction rate in the intervention group (44.0%) was higher than the control group (15.9%). The intervention was shown to be effective in both univariate analysis (OR=4.18, 95% CI: 2.01-8.69, P<0.001) and multivariate analysis (AOR=2.61, 95% CI: 1.07-6.40, P=0.03). The adjusted confounders included demographic characteristics, parental baseline smoking condition, nicotine dependence level and the children’s disease severity.

Conclusions: In this preliminary analysis, our designed intervention was shown to be effective in smoking reduction for smoking parents.