

# KNOWLEDGE, ATTITUDE AND PRACTICE ON SMOKING CESSATION GUIDELINE AMONG MEDICAL DOCTORS AT FAMILY MEDICINE SCIENTIFIC CONFERENCE 2016

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## INTRODUCTION

- ◆ Prevalence of active smokers in Malaysia is remaining high despite the availability of stop-smoking services [1].
- ◆ Rather than look at the patient demotivation factors alone, the possible poor performance from the providers should be revised.
- ◆ Thus, knowledge, attitude and practice of the healthcare professional on smoking cessation intervention needs to be assessed, especially among the primary care doctors.
- ◆ Primary care doctors are among the front liners in screening walk in patients and referring them to tertiary centers in our country's health system. They are among the most suitable health care providers to counsel patients on stop smoking.

## OBJECTIVES

- ◆ To measure the knowledge, attitude and practice (KAP) score of primary care doctors attending 19<sup>th</sup> Family Medicine Scientific Conference 2016 on smoking cessation guidelines.

## METHODS

- ◆ A cross-sectional study was conducted among the primary care medical doctors attending 19<sup>th</sup> Family Medicine Scientific Conference 2016 at Grand Dorsett, Subang on 10<sup>th</sup> till 13<sup>th</sup> August 2016.
- ◆ The sample size is determined by using formula of Open Epi Version 3 with 90% confidence level; based on the prevalence of correct KAP score of smoking cessation measures of primary care doctors in a study done by Kathleen & et al in 2011. After considering 10% drop out, the final sample size is 139.
- ◆ This study used newly validated questionnaire of Knowledge, Attitude and Practice of Medical Doctors on Smoking Cessation Guidelines which consists of 17 questions to determine the KAP score [2].
- ◆ The difference between the median KAP scores between age, gender, ethnicity, religion, profession, location of clinic, availability of specialist at clinic, numbers of smokers seen and presence of smoking cessation training were assessed using Mann-Whitney U Test and Kruskal Wallis H Test.

## RESULTS

- ◆ A total of 145 primary care doctors involved in the study. Majority were female (84.1%), Malay (73.1%), non-smoker (96.6%), family medicine trainee (40.0%), managing suburban clinic (53.8%) and haven't undergone any kind of formal smoking cessation training either form ministry of health or local seminar (47.6%).
- ◆ Only 40.7% managed to have minimum acceptable KAP score.
- ◆ The KAP score were statistically associated with presence of specialist in the clinic, type of profession, in charge in stop smoking clinic, history of attending training program, ethnicity and religion ( $p < 0.05$ ) as shown in Table 1.

Variables	KAP score Median Rank	Mann-Whitney Test (P value)	Kruskal Wallis Test (P value)
Ethnicity: Malay	79.16		0.033
Chinese	53.84		
Indian	60.46		
Others	54.08		
Religion: Muslim	79.86	0.001	
Non-Muslim	52.97		
Presence of specialist : Yes	76.50	0.032	
No	56.98		
In charge in stop smoking clinic: Yes	100.59	<0.001	
No	63.20		
Profession: Medical officer	53.77		< 0.001
Doctor in training	67.40		
Family Medicine Specialist	102.55		
Others	61.58		
Attending Training: Nil	60.57		0.003
By Ministry of Health	84.47		
Other workshop	83.18		

Table 1: Total KAP score and its associated significant variables.

## DISCUSSION

- ◆ Family Medicine Scientific Conference is chosen for this cross sectional study in view of its role as the biggest event in country that gathered all representative doctors from all health clinics and private clinic in Malaysia. It is the best event to represent the various population of the primary care doctors and will give a representative result if a study is conducted here.
- ◆ Our study proved that being family medicine specialist and expert in the medical fields, dealing with smoking clinic everyday and attending any kind of smoking cessation training program did contribute to the higher KAP score.
- ◆ In fact the single homogenous factor determine the score is revolving around the presence of training program involvement. This is actually a similar findings in previous study worldwide [3].

## CONCLUSIONS

Most primary care doctors had low KAP score on smoking cessation guidelines. Being a family medicine specialist, in charge in stop smoking clinic and have attended smoking cessation training program were significantly associated with high KAP score. Therefore, more structured and practical smoking cessation training program should be provided for doctors in future.

## REFERENCES

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