

European Respiratory Society Annual Congress 2013

Abstract Number: 3521

Publication Number: P1032

Abstract Group: 6.3. Tobacco, Smoking Control and Health Education

Keyword 1: Adolescents **Keyword 2:** Smoking **Keyword 3:** Education

Title: Tobacco control and smoking pattern among medical students in Kathmandu University Teaching Hospital

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Body: Background As of 2002, about 20% of young teens (13–15years) smoke worldwide. Everyday 80-100 thousand children start smoking. Half of those who begin smoking in their adolescence are predicted to continue it for 15 to 20 years. In this context, to have adequate knowledge of smoking related diseases and skills in smoking cessation is very important for medical students, the future medical practitioners. This study assessed the knowledge about tobacco related diseases and their own behavior among 153 medical students of Kathmandu University Teaching Hospital. Methods Qualitative and quantitative approaches were used for data collection from 153 medical students from December 2011 to May 2012. Questionnaires were handed out to the participants, and discussions were carried out in five groups of these students. Results The majority of the students had good knowledge of tobacco/smoking and its consequences. About 24% of the total students were current or ex-smokers. Only 10% had heard of Framework Convention on Tobacco Control in Nepal. Eighty-nine students had over 80% knowledge of the warning signs from tobacco use, among them 83% knew the nine risk factors for lung cancer. Approximately 95% of all participants confirmed passive exposure to smoking, where majority (75%) was in friends circle. Forty percent of them knew someone who had ever suffered from cancer. Conclusion All medical students who know about any cancers may not necessarily have knowledge about lung cancers. Their perception about the cause of lung cancer may be influenced by their smoking behavior. Awareness about national policies needs to be increased.