

**KNOWLEDGE AND PRACTICE OF
TOBACCO USE AMONG HOUSE OFFICERS
IN UNIVERSITY OF MEDICINE (2), YANGON**

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Tobacco use is a major global public health problem. Health professions have an important role in the fight against tobacco use. Tobacco use in health professions becomes a main hindrance in counseling to patients against using tobacco. Cross sectional descriptive study was done in University of Medicine (2), Yangon from September to November 2012, to find out knowledge and practice of tobacco use among house officers. Total 150 respondents comprising 76 male house officers and 74 female were participated. Regarding the practice of tobacco use, current smokers (21.4%) were higher than current betel chewers (10.7%). Among male respondents, 42% currently smoked and 21.1% currently use betel chewing with tobacco but no female current tobacco users. Most of current smokers and betel chewers started to use between their ages of 18 to 21 years. The main initiations for tobacco use were found that for trial and peer pressure. Furthermore, most of current tobacco users were convinced that doctors should not use tobacco and should become role models for their patients. Only 39% received training for tobacco cessation approaches. In this study, 56.2% of current smoker bought cigarette in loose form, 21.9% bought from hospital canteen and 31.2% smoked in their duty room. It highlighted the weakness in rule and regulation of selling of tobacco product and use of tobacco in hospital compound. Most of respondents (53%) answered correctly 75% of questions regarding knowledge on tobacco use. Male respondents had higher knowledge on tobacco use than female but they didn't come into daily practice and still had become current tobacco users. Their smoking and betel chewing habit were affected by gender and friends' behaviours. Most of the respondents had a practice of giving health education and advice to quit tobacco use to the patients. But more respondents gave health education and advice to quit smoking than betel chewing. There was significantly association between their current tobacco use and practice of giving health education and advice to quit tobacco use. Based on the findings, it is needed to educate youth about hazards of tobacco as early as possible to prevent trial. Moreover close supervision and periodic monitoring of sale and use of tobacco in hospital should be undertaken by authority concern. Health professionals' practice of giving health education and advice to the patients for quit tobacco use should be promoted. By finding out of the main hindrance factors

and associated factors of tobacco use, effective tobacco control activities can be applied to the general population.