



Building Science in Smoking Cessation Across the Life Span

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Dr Sophia Chan is currently the Head of the Department of Nursing Studies, and Assistant Dean of the Faculty of Medicine, The University of Hong Kong. Dr Chan obtained her PhD from The University of Hong Kong, her master degree from the University of Manchester, her basic nursing training in Hong Kong and United Kingdom.

Dr Chan is recognized for her research in the care and management of Chinese smokers, and has conducted randomized controlled trials (RCT) of tobacco dependency interventions to help patients quit smoking. She is also actively promoting nurses' roles in smoking cessation through her international collaboration in studying the integration of tobacco control education in nursing curriculum, and nurses' practice in smoking cessation in Hong Kong and Mainland China.

Dr Chan has developed the first Smoking Cessation Counseling Programme in Hong Kong and has educated nurses, pharmacists, and social workers in tobacco dependency treatment interventions. She has been actively involved in a multi-disciplinary initiative in setting up the first Smoking Cessation Health Centre in Hong Kong, which is now housed in the Centre for Health Promotion of the Department of Nursing Studies. Most recently, she has developed the first Youth Quitline in Hong Kong and has obtained funding to start two tobacco control projects in Mainland China.

Developing effective smoking cessation intervention requires the support of evidence. Smoking is the single most preventable cause of death and a proven health hazard in our society. Previous studies indicated the benefits and success of smoking cessation advice and counseling delivered by health care professionals to their patients, and empirical evidence supported the use of a combination of behavioural and pharmacological intervention to achieve best cessation rates. However, there is a dearth of evidence in the effectiveness of tobacco dependency treatment interventions in Chinese smokers in Hong Kong. This paper examines the key findings of a series of randomized controlled trials of smoking cessation interventions provided by nurses to different populations across the lifespan. The effectiveness of our smoking cessation interventions in achieving quit rate, smoking reduction, shift to a higher stage of readiness to change, and increase in the frequency of quit attempts, will be examined. The limitation of these interventions in changing individual health behaviour will be discussed, and the future development in smoking cessation research will be highlighted.