



Obstacles to Successful Smoking Cessation in Nepal



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Introduction

- The tobacco epidemic in Nepal has become a public health crisis, with 19.7% of Nepalese citizens smoking tobacco products daily.
- 2700 Nepalese Citizens die prematurely from tobacco-related disease annually.
- This cross-sectional study seeks to identify barriers to successful smoking cessation in Nepal as well as differences between participants who successfully quit smoking and those who continue to smoke.

Methodology

- Eligible participants were 18-89 years old and either current smokers or former smokers (used a tobacco product in the previous 15 years).
- Participants were recruited at the Tribhuvan University Teaching Hospital outpatient multispecialty clinics (respiratory, nephrology, gastroenterology, endocrinology, and neurology).
- Participants provides consent both verbally and in written form. Participation in the study was voluntary.
- A 46-question survey was administered verbally through interpreters.
- Data analysis was conducted using multivariable logistic regression through data analysis tool R.

References

Shrestha G, Phuyal P, Gautam R, Mulmi R, Pradhan PMS. Burden of tobacco in Nepal: a systematic analysis from the Global Burden of Disease Study 1990-2017. *BMJ Open*. 2021;11(8):e047847.

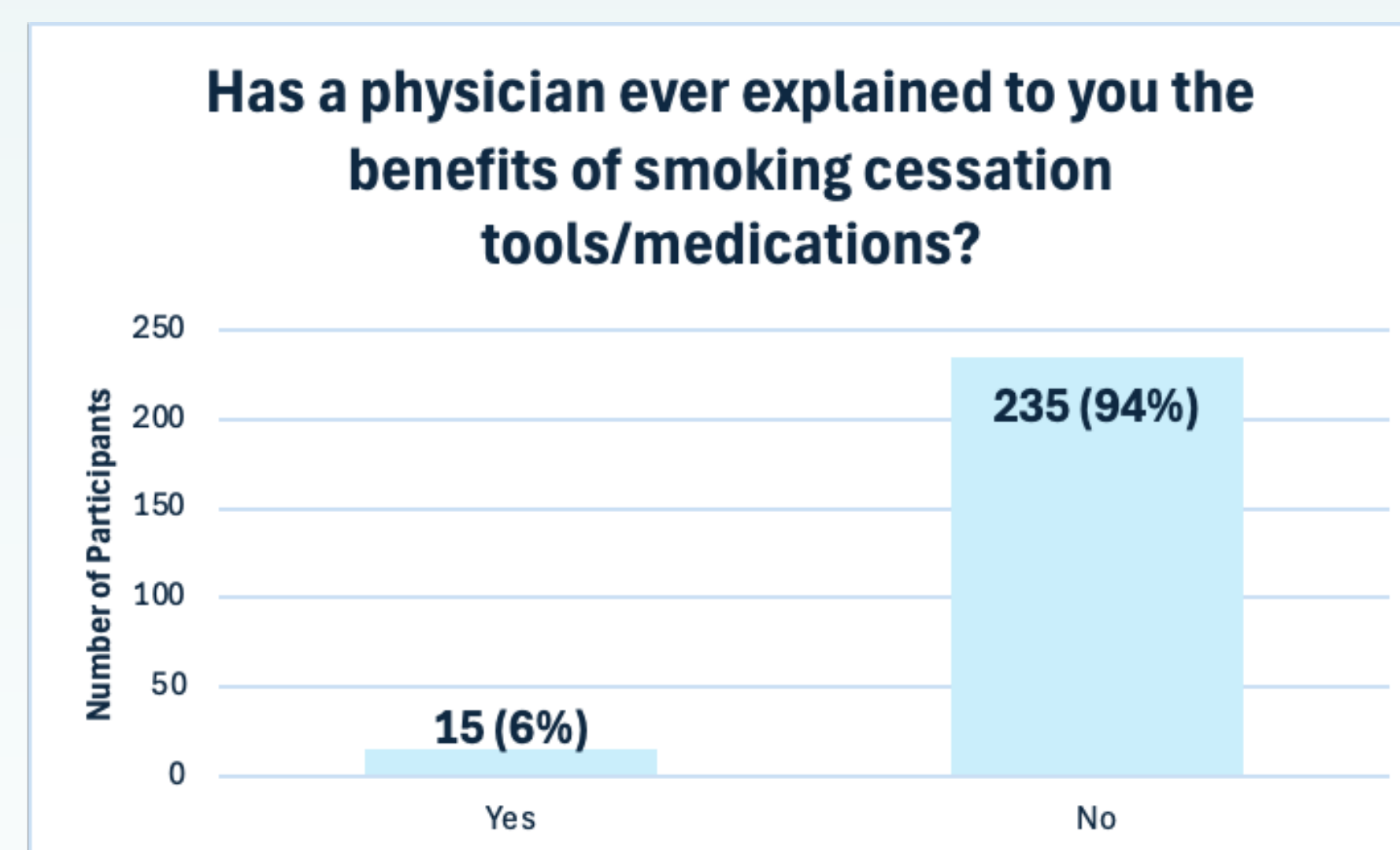
Khanal GN, Khatri RB. Burden, prevention and control of tobacco consumption in Nepal: a narrative review of existing evidence. *Int Health*. 2021;13(2):110-121.

Results

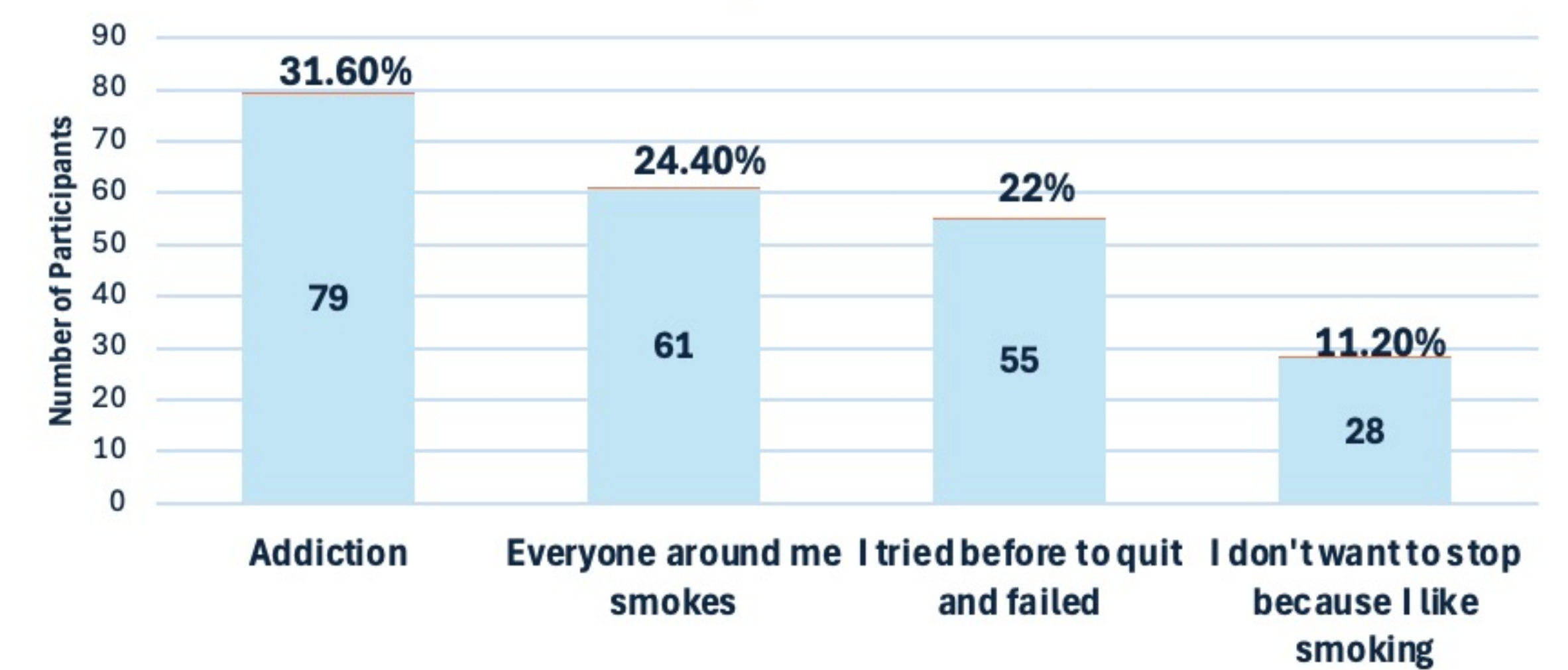
Out of 250 participants, 55.2% were current smokers, while 44.8% successfully quit smoking.

Age	Number of Participants	Percent of Total Sample
18-24	36	14.4
25-39	82	32.8
40-54	64	25.6
55-89	68	27.2

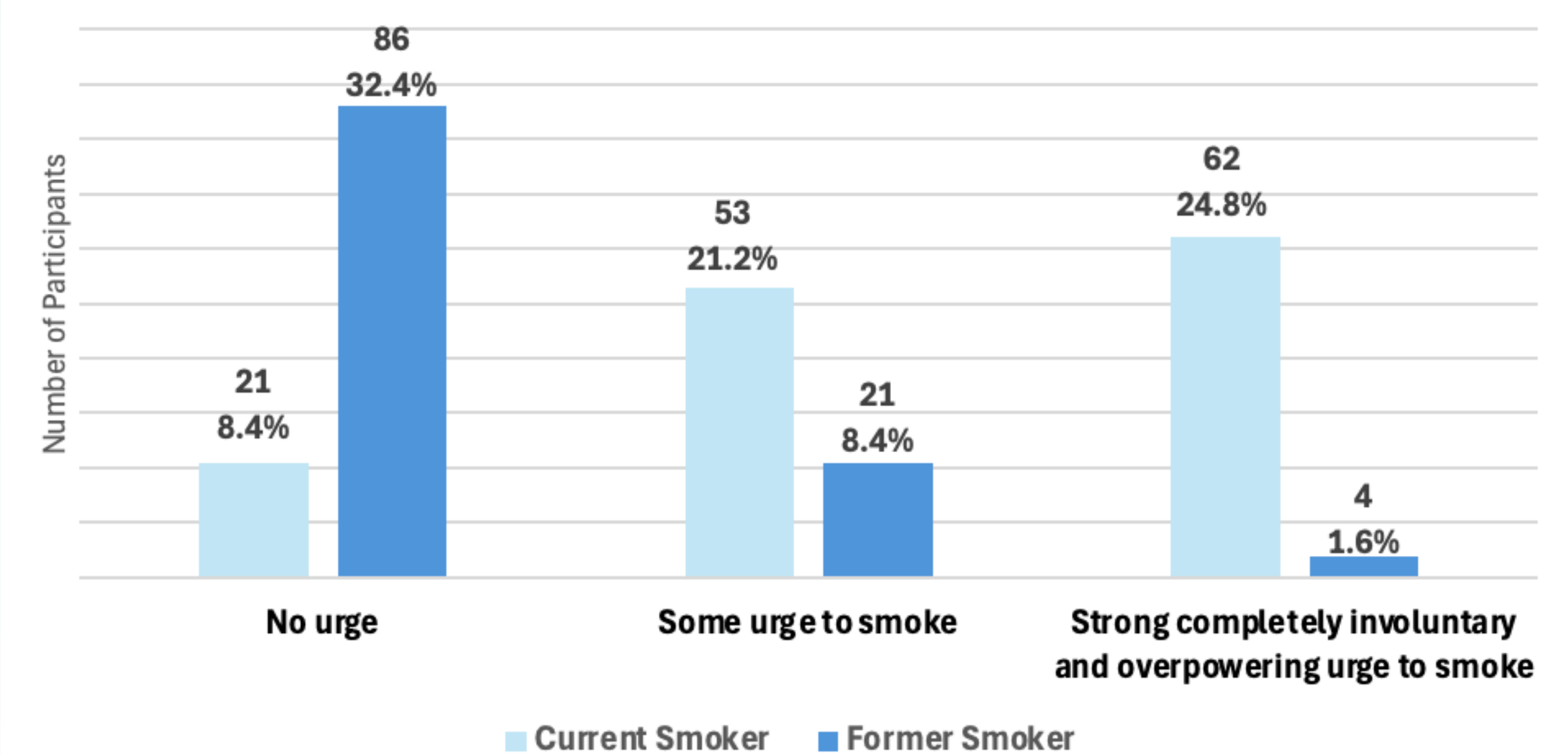
Education Level	Number of Participants	Percent of Total Sample
No School Education	44	17.6
Completed grade 5	35	14
Completed grade 8	26	10.4
Completed grade 12	88	35.2
Undergraduate school	43	17.2
Graduate school	14	5.6



What are the barriers that have prevented you from smoking cessation?



How Strong is your urge to smoke?



Discussion

- Participants that had a completely involuntary/overpowering urge to smoke had a 132 times higher odds of being a current smoker compared to those who had no urge to smoke (OR 132, 95% CI:25.7->200).
- The main barriers that participants listed as preventing them from successful smoking cessation were addiction (31%), everyone surrounding them smoking (24.4%), previous trial quitting that failed (22%), and not wanting to quit smoking due to enjoyment (11.2%).
- A majority (94%) of participants had never been educated about the benefits of smoking cessation by a healthcare provider.

Conclusion and Key Message

- Addiction, relapse, and the urge to smoke are strongly correlated to the inability to quit smoking in Nepal.
- Public health interventions focusing on further advancement of addiction centers and nicotine replacement therapies is one avenue to successfully combat the smoking epidemic in Nepal.