

**DETERMINANTS OF SMOKING CESSATION IN
PATIENTS WITH CHRONIC OBSTRUCTIVE
PULMONARY DISEASE (COPD)**

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A research report submitted to the Faculty of Health Sciences,
University of the Witwatersrand, Johannesburg, in partial
fulfilment for the degree of Master of Medicine in the division
of Internal Medicine

Johannesburg, 2020

DECLARATION

I, Lindokuhle Goqwana, declare that this research report is my own work. It is being submitted for the degree Master of Medicine (in the submissible format and extended literature review) in the branch of Internal Medicine at the University of the Witwatersrand, Johannesburg. It has not been submitted before for any degree or examination at this or any other University.

.....day of2020

ACKNOWLEDGEMENTS

I gratefully acknowledge the staff of Helen Joseph Hospital, Mr Tshegofatso Magano and Dr Kapila Hari on their assistance with this project.

ABSTRACT

Chronic Obstructive Pulmonary Disease (COPD) is a preventable burden on international health with unavoidable risk factor in the form of smoking. Smoking cessation plays a major role in the morbidity and mortality of COPD. Determining factors that influence smoking cessation thus plays a huge role in establishing successful smoking cessation and reducing morbidity and mortality associated with COPD.

Objectives

Cross sectional survey of patients with COPD at the Helen Joseph Hospital, conducted between June and August 2018. Questionnaires were given to the patients in a confidential manner, where details like whether they were still smoking or not and the number of years they had been smoking for were interrogated. Determinants such socio-economic standing, highest level of education and symptomatology were amongst the few determinants that were included in the questionnaire.

Results

Of the 50 respondents, 33 had successfully stopped smoking and 17 were still smoking at the time they took the questionnaire. We found that 74% of patients (82.3% of smokers and 69.7% of ex-smokers) who took part in the study had severe disease according to their Global Initiative for Obstructive Lung Disease (GOLD) score. In our study the most significant finding was the relationship between the socio-economic status and COPD. The majority (75.8% and 76.6% of current and ex-smokers respectively) were unemployed. We were unable to demonstrate statistical significance between other well recognized factors that have been shown to influence smoking cessation (age; level of education and severity of disease) in our cohort. This may be due to the limited number of patients in our study. We did demonstrate the benefit of counselling by a doctor, even though this was not significant.

Conclusion

Smoking cessation is an important aspect in the management of COPD and by understanding these determinants we can reduce the morbidity and mortality associated with COPD. The significance of a low socio-economic status as highlighted by our study needs to be considered as a broader public health initiative but counselling by health professionals is an easier intervention and should be emphasized.

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ABBREVIATIONS

Acetylcholine Receptors

AchR

COPD

Chronic Obstructive Pulmonary Disease

Forced Expiratory Volume

FEV

GOLD

Global Initiative for Chronic Obstructive Lung
Disease

Modified Medical Research Council

mMRC

Nicotine Replacement Therapy

NRT

Ventral Tegmental Area

VTA