

EVALUATION OF SMOKING CESSATION SERVICE IN MERSING: OUTCOMES AND CHALLENGES

Aisyah Syahira Abdul Hamid
Pejabat Kesihatan Daerah Mersing

Muhamad Firdaus Rahim
Klinik Kesihatan Tenglu

Norzaher Ismail
Pejabat Kesihatan Daerah Mersing

ABSTRACT

INTRODUCTION: Strategies are being implemented to lower smoking rates targeting smoking as the single most preventable risk factor for cardiovascular disease and premature death. Smoking cessation service that is introduced by the health authority is a part of the initiative for lowering smoking prevalence to 15% by 2025 in Malaysia. OBJECTIVE: The study aims to measure the prevalence and factors associated with the successful rate of smoking cessation service provided at all 6 primary healthcare clinics in Mersing. METHODOLOGY: A retrospective analysis of health registry and clients' records from Cohort 1 2024 (January 2024 till June 2024) in Klinik Kesihatan Mersing Kanan, Klinik Kesihatan Endau, Klinik Kesihatan Tenggaraoh 02, Klinik Kesihatan Tenglu, Klinik Kesihatan Nitar 1 and Klinik Kesihatan Jemaluang was conducted. The evaluation focuses on key outcomes such as the proportion of smokers that enrolled in smoking cessation service who remained abstinent at six months of follow-up. Logistic regression was done to determine the predictors for successful smoking cessation in the study. RESULTS: The quantitative analysis revealed approximately 20.8% clients remaining smoke-free after six months out of 29 clients who have quit dates. Factors influencing cessation include adherence to follow up schedule ($p < 0.001$), presence of comorbidities ($p = 0.029$), and the use of nicotine replacement therapies ($p = 0.005$). CONCLUSION: The study concludes that smoking cessation service in Mersing has achieved moderate achievement and plays a crucial role in supporting the community's health by helping reduce smoking rates which directly contributes to achieving the national target of lowering tobacco use. Identified predictors can be used to tailor interventions and enhance the effectiveness of smoking cessation programs in the future.

Keywords: Smoking cessation, Smoking quit rates, Nicotine replacement therapy, Factors associated
