

# Nepal - Medical Students (3<sup>rd</sup> Year Students Only) Global Health Professions Student Survey (GHPSS)

## **FACT SHEET . . . . .**

The Nepal Medical students GHPSS includes data on prevalence of cigarette smoking and use of other tobacco products, knowledge and attitudes about tobacco use, exposure to second-hand smoke, desire for smoking cessation, and training received during Medical school regarding patient counseling on smoking cessation techniques. This information could be very useful in monitoring and developing Nepal's comprehensive tobacco control program.

The Nepal Medical students GHPSS was a sample of 3<sup>rd</sup> year Medical students attending the 6 Medical schools in Nepal that was conducted in 2005. The school response rate was 83.3% and the student response rate was 74.9%. A total of 327 students participated in the Nepal Medical students GHPSS.

### **Prevalence**

- 64.5% ever smoked cigarettes (Males = 75.5%, Females = 43.5%)
- 23.5% currently smoke cigarettes (Males = 34.5%, Females = 4.0%)
- 50.7% ever used any form of tobacco other than cigarettes (Males = 56.4%, Females = 40.3%)
- 14.4% currently use any form of tobacco other than cigarettes (Males = 19.3%, Females = 5.4%)
- 32.8% of ever smokers smoked on school premises/property during the past year.
- 20.6% of ever smokers smoked in school buildings during the past year.

### **Factors Influencing Tobacco Use**

- 45.9% were exposed to second-hand smoke at home, during the past week.
- 69.3% were exposed to second-hand smoke in public places during the past week.
- 53.1% reported that their school had a ban on smoking in school buildings and clinics.
- 56.8% reported that their school enforced the ban on smoking in school buildings and clinics.
- 88.1% thought smoking should be banned in all enclosed public places.
- 86.9% thought tobacco sales to adolescents should be banned.
- 76.1% thought there should be a complete ban on advertising tobacco products.
- 65.3% of current smokers wanted to stop smoking.
- 44.9% of current smokers ever received help/advice to stop smoking cigarettes.
- 85.5% were taught about the dangers of smoking during medical school training.

### **Role Model and Cessation Training**

- 80.6% thought health professionals serve as role models for their patients.
- 97.0% thought health professionals have a role in giving advice about smoking cessation to patients.
- 21.9% received formal training in smoking cessation approaches during medical school.
- 93.0% thought health professionals should get specific training on cessation techniques.

### **Highlights**

**Almost one-quarter currently smoke cigarettes and 14.4% currently use other tobacco products**

**Two-thirds of the smokers indicated that they want to quit.**

**Seven in 10 were exposed to smoke in public places.**

**Close to 9 in 10 support a ban on smoking in all enclosed public places.**

**More than 1 in 5 received training to provide patients with cessation approaches.**

**Over 9 in 10 think health professionals should get specific training on cessation techniques to use with patients.**