

# Nepal - Medical Students 2011 (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 census of 3<sup>rd</sup> year Medical students attending 11 Medical schools in Nepal conducted in 2011. A total of 751 students participated in the Nepal Medical students GHPSS out of which 671 were 3<sup>rd</sup> year students. The overall response rate of all Medical students surveyed was 60.9%.

### Prevalence of Tobacco Use

42.2% ever smoked cigarettes (Males = 56.0%, Females = 22.3%)  
18.1% currently smoke cigarettes (Males = 28.4%, Females = 3.0%)  
33.6% ever used any form of tobacco other than cigarettes (Males = 42.7%, Females = 19.8%)  
15.2% currently use any form of tobacco other than cigarettes (Males = 21.8%, Females = 5.1%)  
27.6% of ever smokers smoked on school premises/property during the past year  
20.0% of ever smokers smoked in school buildings during the past year

### Highlights

**18.1% currently smoke cigarettes and 15.2% currently use any form of tobacco other than cigarettes**

**Three-quarters of the smokers indicated that they want to quit**

**Over three in five were exposed to smoke in enclosed public places**

**Nine in 10 support a ban on smoking in all enclosed public places**

**Almost one-quarter received training to provide patients with cessation approaches and 94.8% think health professionals should get specific training on cessation techniques to use with patients**

### Factors Influencing Tobacco Use

47.8% were exposed to second-hand smoke at home, during the past week  
62.7% were exposed to second-hand smoke in enclosed public places during the past week  
76.1% were exposed to second-hand smoke in outdoor public places during the past week  
31.5% reported that their school had a ban on smoking in school buildings and clinics  
65.6% reported that their school enforced the ban on smoking in the whole perimeter of the school buildings and clinics  
88.5% thought smoking should be banned in all enclosed public places  
87.0% thought tobacco sales to adolescents should be banned  
81.2% thought there should be a complete ban on advertising tobacco products  
74.3% of current smokers wanted to stop smoking  
51.7% of current smokers ever received help/advice to stop smoking cigarettes  
94.0% were taught about the dangers of smoking during medical school training

### Role Model and Cessation Training

80.8% thought health professionals serve as role models for their patients  
97.3% thought health professionals have a role in giving advice about smoking cessation to patients  
23.3% received formal training in smoking cessation approaches during medical school  
94.8% thought health professionals should get specific training on cessation techniques