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## The economic impact of smoking on health care resources in patients with chronic diseases in Jordan

Qais Alefan, Eman Allsa and Karem Alzoubi

Jordan University of Science & Technology, Jordan

**Background:** Tobacco smoking is a widely spread phenomenon around the world. Jordan has a high prevalence of cigarette and waterpipe smoking among Middle Eastern countries and an increasing rate of smoking-related diseases. The burden of chronic diseases in terms of health care expenditures and death is increasing worldwide. Evaluating how smoking impacts health care utilization and expenditures among patients with chronic diseases in Jordan as a developing country with modest economy and resources will assist in conducting economic evaluations for supporting tobacco control in Jordan.

**Objective:** This study aimed to estimate and analyze the impact of smoking on the direct medical expenditures of chronic diseases' management in Jordan.

**Methods:** A retrospective analysis of a cohort of patients with chronic diseases conducted during August 2016 to November 2016 in KAUH. Demographic, clinical, smoking status economic and visits' data were collected. Statistical analysis was performed using SPSS™ for Windows and a p value of <0.05 is defined as statistically significant.

**Results:** Data were collected from 845 patients having at least one chronic disease (mean age of 61±10.7 years). Smokers formed 22% of total patients. The total expenditure for the sample was 1,895,197 JD. Total expenditure per patient of smokers, former smokers and non-smokers was 845 JD, 911 JD and 714 JD, respectively. Medications were the most expensive healthcare resource used, accounting for 43% of total expenditure, followed by inpatient and outpatient related services (19%). Smokers and former smokers were associated with the highest total expenditures, inpatient expenditures and inpatient and outpatient related services expenditures. However, smokers were associated with the lowest outpatient expenditures and drugs expenditures.

**Conclusion:** In summary, this study suggests that smoking has a notable economic impact associated with chronic diseases management. Smokers and former smokers were presented with the highest total annual direct medical expenditures. This study is a useful tool to promote tobacco control by increasing awareness of nonsmoking and smoking cessation before health issues occur. This develops a health conscious behavior throughout the society that eventually reduces the burden of health problems and their accompanied expenditures.

### Biography

Qais Alefan has completed his PhD from Universiti Sains Malaysia. He has published more than 20 papers in reputed journals and has been serving as an Editorial Board Member of repute.

qmefan@just.edu.jo

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