

Evaluating the work of nurses with alcohol and tobacco-related patient problems

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OBJECTIVES: Evaluate the work of nurses with patients who have problems with alcohol and tobacco.

METHODS: We conducted a cross-sectional study among 300 primary health care nurses in Nur-Sultan. We have developed a questionnaire consisting of 19 questions. The questionnaire was developed and approved at a meeting of the local ethics committee. After questioning a focus group of 10 people, some questions were corrected.

RESULTS: According to the results of the study, 61% of nurses conduct health education among their patients only once a month, or not at all. 72% of nurses do not use specialized questionnaires in their work to identify a patient's problems with tobacco and alcohol; in addition, 93% of them are not familiar with the AUDIT and CAGE questionnaires. 73% of nurses never discussed with patients the strategy of giving up cigarettes and alcohol and the planned date of refusal, 76% of nurses never conducted a motivational interview on changing the attitude of patients to bad habits. 83% of nurses have never had conversations with family members of smokers, alcohol-using patients about the implementation of motivation for quitting Smoking and alcohol consumption. However, 81% of nurses regularly provide patients with reference material containing information about the dangers of Smoking and alcohol (videos, audio recordings, brochures, bulletins, memos, etc.).

CONCLUSIONS: The intervention of nurses to stop patients from using alcohol and tobacco is ineffective and insufficient. Primary care nurses rarely use active methods of health education, much more often passive methods are used, which are less effective. Perhaps this is the reason for the widespread use of alcohol and Smoking in our country. Nurses should pay more attention to modification of patients' lifestyles.

Biography

Belyatko Alexandra completed his masters in Astana medical University, Kazakhstan. He has published many articles in reputed international journals.