



ORIGINAL ARTICLE

Factors Affecting Korean Registered Nurses' Intention to Implement Smoking Cessation Intervention

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Abstract

Objectives: Nurses have been identified as an instrumental partner in tobacco reduction. This study aimed to examine factors affecting Korean nurses' intention to implement smoking cessation intervention in Busan, Korea.

Methods: The participants were a total of 215 Korean registered nurses. A self-administered questionnaire evaluated predisposing factors, motivational factors (attitude, social influence, and self-efficacy) and intention to implement smoking cessation intervention. Data were analyzed by *t* tests, Pearson's correlation, and hierarchical multiple regression.

Results: The mean age of the participants was 28.12 ± 5.72 years. The majority of the participants were staff nurses (85.6%), and 64.2% of the sample had < 5 years of work experience. Significant predictors of intention to implement smoking cessation intervention included perceived barrier of smoking cessation intervention ($\beta = -0.128, p = 0.023$), willingness to receive smoking cessation training ($\beta = 0.123, p = 0.034$), more positive attitude ($\beta = 0.203, p = 0.002$), higher social influence ($\beta = 0.292, p < 0.001$), and higher self-efficacy toward smoking cessation intervention ($\beta = 0.151, p = 0.021$), which explained 45% of the total variance of intention to implement smoking cessation intervention.

Conclusion: Attitude, social influence, and self-efficacy towards smoking cessation intervention had a significant positive influence in determining the intention to implement smoking cessation intervention. These findings can be used to develop evidence-based smoking cessation training programs for nurses in Korea. The programs should aim for positive attitude, higher social influence, and higher self-efficacy in hospital settings.

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1. Introduction

Tobacco smoking is the most preventable cause of illness (e.g., cancer, cardiovascular disease, and other respiratory disease) and premature death worldwide [1]. In South Korea, smoking accounts for > 5,000 deaths (1 in 5 deaths), each year [2], and the rate of male smoking is the highest among other developed countries [3]. The South Korean government aims to reduce the adult male smoking rates from 42% in 2012 to 29% by the year 2020 [2], by implementing a nationwide comprehensive package of tobacco control strategies [4,5], such as promoting public access to smoking cessation treatment [2]. With increasing public demands on tobacco control, health care professionals, such as nurses, face increasing responsibilities on the optimal delivery of tobacco control interventions [6,7].

Registered nurses, the largest health care professional group, have been identified as an instrumental player in tobacco control, especially oncology nursing [8,9]. Receiving advice and support from nursing staff was effective for patients to change their smoking behavior (i.e., increasing the quit rate of smoking) in hospital settings [8]. However, it is alarming that only 5.8% out of 344 Korean nurses provided smoking cessation counseling [10] and half of Korean nurses reported lack of training as a major barrier to active engagement in smoking cessation intervention [11].

The Integrated Change (I-Change) Model [12] suggests that actual clinical behavior of nurses is influenced by the individual intention state, which is affected by cognitive and behavioral parameters (i.e., motivational, predisposing, awareness, and information factors). However, little is known about cognitive and behavioral determinants of Korean nurses' intention to implement smoking cessation intervention for their patients.

As the I-Change Model has been a great framework to understand influencing factors for nurses' intention to implement smoking cessation for their patients [13], we examined associations of motivational factors (i.e., attitude, social influence, and self-efficacy) and selected predisposing factors (i.e., demographic—professional factors and smoking cessation intervention factors) with Korean nurses' intention to implement smoking cessation intervention (Figure 1). Whether nurses have a positive attitude toward smoking cessation intervention depends on the extent to which they perceive advantages and disadvantages of smoking cessation intervention. With regard to social influence, the support experienced from important others in the work environment and behavior perceived in the work environment are expected to play a role in whether nurses perceive themselves as able to implement smoking cessation intervention. With respect to self-efficacy, the nurses who perceive themselves as able to implement smoking cessation intervention are more likely to have the

intention to implement smoking cessation intervention [14].

The results of this study may provide a basis for developing tailored smoking cessation training programs that ensures nurses' optimal implementation of smoking cessation intervention for patients as well as the public.

2. Materials and methods

2.1. Study design

A cross-sectional survey study design was used.

2.2. Participants

A convenience sample of 225 female registered nurses was recruited from a nursing bachelor degree program that was offered for registered nurses with associate's degrees in a college of nursing in Busan, South Korea. To be eligible for the study, a participant had to be a registered nurse who was currently responsible for direct patient care and working in ~15 hospitals with > 100 beds in a large metropolitan city of South Korea. Among eligible individuals, we had a > 98% response rate. This sample size was estimated based on a significance level of 0.05, a power of 0.80, effect size of 0.15 and 14 variables [15]. We excluded 10 incomplete surveys (i.e., over one-third of missing items), resulting in the final sample size of 215.

2.3. Data collection

Upon obtaining approval from the director of the nursing bachelor degree program for data collection, the investigator was able to introduce this survey research study to potential participants of registered nurses during their classes. After explaining the study fully, including the research purpose, participants' rights, and potential benefits and risks, individuals who were interested in participating gave signed informed consent and completed the survey questionnaires. The average time spent on completion of the survey was ~15 minutes. The investigator was available for participants who had any questions and concerns throughout the study. The data were collected from May 2015 to June 2015 and each participant received a small gift valued at US\$5 for their participation in the study.

2.4. Measurements

The I-Change Model consisted of intention as a dependent variable, and predisposing factors and motivational factors as independent variables.

2.4.1. Intention to implement smoking cessation intervention

The nurses' intention to implement smoking cessation intervention was measured by seven items

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