

精神疾患患者の喫煙行動の特徴と禁煙指導による意識の変化

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Characteristics of smoking behaviors of psychiatric patients and changes in their attitude by lectures based on smoking cessation guidance

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要旨

A 病院 B 病棟では健康問題があったり、経済的に困っていても禁煙できない患者がいる。それは「幻覚や妄想に影響された問題もあるのでは」と考えていた。そこで、アンケートを用いて喫煙行動の特徴を抽出し、禁煙指導を行い分析した。同意のあった喫煙者は全員ニコチン依存症であることがわかった。健康問題に対しての意識はあるが、全員禁煙教育を受けた経験はなく、たばこの影響についてほとんど知識がない状態であった。「たばこについて勉強したい」と希望のあった3名に対し、厚生労働省の禁煙支援マニュアルを使い禁煙指導を行った。しかし3名とも、「勉強になった」と話すが、禁煙には至っていない。禁煙したいという明確な意識がないと、教育、指導を行っても禁煙は困難であるといえる。今後、禁煙への意識づけができるような禁煙指導、教育を考えていく必要がある。鳥取臨床科学 5(1), 32-44, 2013

Abstract

Some psychiatric patients cannot cease smoking in Ward B in Hospital A, even if they have trouble in their health or are in financial difficulties. We thought that the hallucinations and delusions manifested due to their psychiatric disorders possibly made them unable to cease smoking. To verify this, we conducted a questionnaire survey of 23 inpatients admitted to Ward B and characterized their smoking behaviors. In addition, we analyzed changes in their attitude to smoking behaviors by smoking cessation guidance. In this questionnaire was based on the Tobacco Dependence Screener developed by Kawakami, which evaluates nicotine dependence. Among the 23 inpatients tested with informed consent, 9 smokers were found to be nicotine-dependent. The result indicated that they were interested in health problems related to smoking; however, they had not been given smoking cessation guidance and had no precise and concrete medical knowledge on smoking effects on their health. Three of the 9 smokers hoped to receive smoking cessation guidance and attended a series of lectures regarding the relationship between smoking and health according to the Manual of Smoking Cessation Support issued by the Ministry of Health, Welfare and Labor in Japan; however, they have not yet ceased smoking, although they mentioned that these lectures gave useful information on health influenced by smoking. Unless they have a strong and concrete intention to cease smoking, it will be difficult for them to stop smoking despite