



MEETING ABSTRACT

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Comparing smoking habits and tobacco-related education between Canadian and Greek medical students

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Background

According to a survey on Canadian medical students' smoking habits and beliefs, the key results show that the prevalence of smoking among the future healthcare professionals is high and they lack of tobacco-related education [1]. Last year a similar survey was conducted at Democritus University of Thrace [2]. Its findings show that there is difference in smoking habits between the two students' groups, but their tobacco-related education is equally poor.

Materials and methods

In both researches participated undergraduate students who completed a questionnaire about their smoking habits, attitudes and education level towards tobacco cessation interventions.

Results

The prevalence of cigarette smoking among Greek medical students is higher than the Canadians (24% vs. 3.3%). Although Canadian students smoke, also, other tobacco products (cigars, water pipe), the total prevalence is 15.3%. 65.5% of the Greek medical students report that they had ever tried cigarettes, but only 29.9% of the Canadian students make a same statement. Both students groups reported that they have moderate levels of education concerning tobacco-related subjects and cessation techniques. Only 8.1% of Greek and 10% of Canadian medical students report that they had ever received trainings in smoking cessation methods. Finally

only a small percentage seems to be familiar with the cessation guidelines and only a few students are aware of the fact that they lack knowledge to help their patients cease smoking.

Conclusions

The prevalence of cigarettes smoking among Greek medical students is significantly higher. Also the tobacco-related education in both countries is equally poor. It is desperately necessary to enhance the medical schools' curricula with courses regarding smoking issues, since future physicians have a key-role in tobacco cessation and prevention.

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