



戒菸之指導(英文)

Guidance for Smoking Cessation

一、吸菸對健康的危害 (Hazards to health caused by smoking)

吸菸是許多疾病及死亡的危險因子，不單單只有肺部的疾病，含括心臟血管疾病、高血壓、中風到肝癌、子宮頸癌、膀胱癌等各種癌症，皆會使罹病機率提高。

Smoking is a risk factor for several diseases and death, in addition to pulmonary disease, involving cardiovascular diseases, hypertension, stroke and even various cancers such as liver cancer, cervical cancer, and bladder cancer, all with increased suffering probability.

吸菸會引起臉部的皺紋、白內障、骨質疏鬆、容易骨折、骨折後不易痊癒等提早老化的現象。從性功能來看，會造成男性陽痿、性功能衰退；女性懷孕會造成胎兒不良的影響。

Smoking may develop early aging conditions such as facial wrinkles, cataract, osteoporosis, likelihood of fracture, and difficulty in healing after fracture. In aspect of sexual capability, it may result in male impotence and declined sexual capability; adverse effects on fetus in pregnant women.

吸菸的危害不只影響個人，家人暴露於二手菸下，會增加兒童急性呼吸道感染、嬰兒猝死的風險，家人健康亦等同受到傷害。在台灣，每年約有 2 萬五千人死於吸菸及近 3,000 人死於二手菸害，平均不到 20 分鐘就有一人因菸害而失去生命。吸菸的結果，引領而來的是龐大的醫療負擔，影響家庭的經濟，而壽命的縮短更會讓整個家庭失去重心，帶給親人永久的痛苦。

Smoking develops not only personal hazards, increased risks in children's acute respiratory tract infection and sudden infant death are also found due to exposure to the environment of passive smoking, which accordingly endangers family's health. In Taiwan, there have been about annual deaths of 25,000 from smoking and nearly 3,000 deaths from passive smoking hazards, averagely one person lost his/her life just within 20 minutes. As a result, smoking leads to huge medical expenses, affecting family's economic status, while the shortened lifespan especially makes the family losing its life focus, bringing everlasting suffering to the family members.



二、戒菸的好處 (Advantages of smoking cessation)

戒菸時間 Time after smoking cessation	健康狀態 Health status
20 分鐘之內 Within 20 minutes	血壓降低，心跳減慢至正常的頻率；手部及腳部的溫度增加至正常水準。 Decreased blood pressure, lowered heart rate to achieve normality; increased temperature in hands and feet to achieve normal levels.
24 小時之內 Within 24 hours	呼吸、頭髮、及身體不再散發菸味；得到心臟病的機率也開始下降。 No more smells of cigarette smoke dispersed from breath, hair or the body; probability to suffer from heart disease started to reduce.
72 小時之內 Within 72 hours	身體擺脫尼古丁的控制；支氣管舒張，呼吸也變得順暢。 The body gets rid of nicotine control; dilated bronchus, breathing becoming smooth too.
2 週至 3 個月之內 Within 2 weeks to 3 months	肺部可以容納更多的空氣，運動起來更加輕鬆，血液循環功能也改善。 More air contented in the lungs, easier when doing exercises, improved function in blood circulation too.
1 年之內 Within a year	罹患冠狀動脈心臟病的機率降低至一半。 Reduced probability by 50 % of suffering from coronary heart disease.
5 年之內 Within 5 years	中風率降低至與非吸菸者相同。 Decreased stroke incidence identical to that in non-smokers.
10 年之內 Within 10 years	得到肺癌的風險減少至一半，罹患其他癌症的機率也有顯著的降低。 Reduced risk by 50% in suffering from lung cancer, significantly decreased probability in suffering from other cancers too.
15 年之內 Within 15 years	得到冠狀動脈心臟病的機率顯著降低，得病的機率降至與一般非吸菸者相同。 Significantly reduced probability of suffering from coronary heart disease, suffering probability decreased to the same level as that in non-smokers.



三、 戒菸治療 (Smoking cessation treatment)

戒菸藥物可以降低戒菸時戒斷症狀的不適，無需醫師處方的尼古丁替代藥物，如尼古丁口腔吸入劑、口含錠、咀嚼錠及貼片（克菸貼片，Nicotinell）可供選擇。本院設有戒菸門診，可提供處方非尼古丁戒菸藥物，如戒必適（Champix）等藥物，以幫助您提高戒菸成功率。

Smoking cessation medications are used to reduce the discomfort of withdrawal syndrome during smoking cessation, non-prescriptive nicotine substitutes such as nicotine inhalers, nicotine lozenges, chewable tablets and patches (e.g. NICOTINELL nicotine patches) are available for your choice. Smoking cessation clinic is available in our hospital, providing non-nicotine prescription medications such as CHAMPIX Film Coated Tablets for smoking cessation to help you enhance the success rate in smoking cessation.

除了戒菸的輔助藥物外，本院所不定期舉辦戒菸訓練班，共四堂課，每堂三個小時，開課時間由本院網站另行公布。戒菸班課程內容，包含衛生教育、放鬆技巧、身體律動、宣誓、健康飲食、戒菸日誌紀錄、耳穴按摩等課程。於訓練班結束後，戒菸助理會定期追蹤您戒菸的成效，以提高您戒菸的成功率。

Besides the supplementary medications for smoking cessation, our hospital irregularly organizes smoking cessation workshops with a total of hour lessons, three hours in each lesson, start dates of the course is to be announced accordingly on the hospital's website. Course content for the smoking cessation workshop include lessons such as health education, relaxation skill, body rhythm, quit smoking pledge, healthy diet, smoking cessation logbook records, and ear massage. After the workshop completed, smoking cessation assistants will regularly monitor the efficacy of your smoking cessation to enhance your success rate in smoking cessation.

四、 本院戒菸門診資訊及服務內容 (Information and services of smoking cessation clinic in our hospital)

本院由專業戒菸治療訓練之家庭醫學科、精神科等主治醫師，於門診時間提供專業的戒菸藥物治療，並由戒菸助理後續進行戒菸衛教及追蹤管理。戒菸門診適用於 18 歲(含)以上之全民健康保險被保險對象、其尼古丁依賴之程度達



4 分以上者或平均一天吸 10 支菸以上者，其服務內容包含：協助評估尼古丁依賴之程度，給予戒菸輔助藥品，教導戒菸步驟。

The professional smoking cessation medications treatment is provided during clinic visit time by qualified attending physicians received training in smoking cessation treatment from Departments such as Family medicine and Psychiatry of our hospital, smoking cessation education and follow-up management are further performed by smoking cessation assistants. Smoking cessation clinic is applicable to the insured aged 18 and more in National Health Insurance with score achieved 4 or above in the scoring of Fagerström Test for Nicotine Dependence or averagely smoking more than 10 cigarettes a day, services including: assist to evaluate the degree in nicotine dependence, providing supplementary medications for smoking cessation, and instructing in procedure of smoking cessation.

可由本院網站預約掛號系統，即可查詢到戒菸門診會診醫師相關資料，可選擇醫師掛號諮詢，協助您改善戒菸期間的生理不適及心理依賴。每次就醫僅需負擔掛號費及藥品部分負擔，醫療負擔費用最高上限為 300 元。另低收入戶者還可以免除部分負擔。

Relevant information of consultant physicians in smoking cessation clinic is available upon inquiry on registration system of our hospital's website, you may make an appointment with any physician for consultation to assist you in the improvement of physiological discomfort and psychological dependence during the period of smoking cessation. You need to pay only a basic outpatient co-payment and a medication co-payment for each visit, the maximum out-of-pocket cost for healthcare being NT\$ 300. Moreover, some co-payments are waived for low-income families.

若對戒菸資訊有任何疑問可洽本院戒菸專線：02-87923311#17684。

For any questions about information related to smoking cessation, please call the hospital's smoking cessation hotline at: 02-87923311 ext.17684

五、戒菸轉介個案管理方式 (Referral case management for smoking cessation)



- (一) 門診服務流程：戒菸門診掛號→測量血壓及體重→醫師評估與開立戒菸藥品→預約回診健康諮詢→填寫戒菸個案紀錄表→戒菸助理收案追蹤管理。

Service process for outpatient clinic: registration at smoking cessation clinic →measuring blood pressure and weight→physician's evaluation and prescribing medications for smoking cessation→reservation of revisit for health consultation →filling out Case record for smoking cessation→enrollment by smoking cessation assistants for follow-up management.

- (二) 住院服務流程：本院住院病人→有戒菸意願，告知醫護人員→填寫戒菸住院轉介單→戒菸助理收案追蹤管理。

Service process for hospitalization: admitted patient of the hospital→desire for smoking cessation, informing medical staff→filling out Referral form for smoking cessation in hospitalization→enrollment by smoking cessation assistants for follow-up management.

參考資料 (Reference)

衛生福利部國民健康署 (2019).戒菸教戰手冊。 https://www.hpa.gov.tw/File/Attach/6652/File_6239.pdf

Faro, J. M., Nagawa, C. S., Orvek, E. A., Smith, B. M., Blok, A. C., Houston, T. K., Kamberi, A., Allison, J. J., Person, S. D. & Sadasivam, R. S. (2021). Comparing recruitment strategies for a digital smoking cessation intervention: technology-assisted peer recruitment, social media, Research Match, and smokefree. gov. *Contemporary Clinical Trials*, 103(4), 106314. <https://doi.org/10.1016/j.cct.2021.106314>

護理指導評值 (Nursing guidance evaluation)

◎是非題 (True or false)

1. () 吸菸的危害只會影響個人，家人暴露於二手菸下，其健康不會受到傷害。

Smoking develops only personal hazards, family's health will not be endangered accordingly resulted from exposure in the



environment of passive smoking.

2. () 本院戒菸專線是否為：02-87923311#17684。

Is smoking cessation hotline of the hospital as: 02-87923311 ext. 17684?

◎選擇題 (Multiple choice)

3. () 下列選項何者正確?(1)一年之內罹患冠狀動脈心臟病的機率降低至一半；(2)五年之內中風率降低至與非吸菸者相同；(3)十年之內得到肺癌的風險減少至一半；(4)以上皆是。

Which of the follows is true? (A) Reduced probability by 50 % of suffering from coronary heart disease within one year. (B) Decreased stroke incidence identical to that in non-smokers within five years. (C) Reduced risk by 50% in suffering from lung cancer within ten years. (D) All of the above are true.

4. () 戒菸治療的方式以下何者為是?(1)使用尼古丁替代藥物；(2)參加本院之戒菸訓練班；(3)至戒菸門診就診；(4)以上皆是。

Which of the follows is true for measures of smoking cessation treatment? (A) Use of nicotine substitutes. (B) Participate in smoking cessation workshop in our hospital. (C) Seek for medical attention at smoking cessation clinic. (D) All of the above are true.

5. () 下列選項何者錯誤?(1)吸菸會提升罹患心臟血管疾病、高血壓、中風等疾病的機率；(2)吸菸會造成提早老化的現象；(3)吸菸不會造成龐大醫療負擔；(4)吸菸會導致男性陽痿、性功能衰退；女性懷孕會造成胎兒不良的影響。

Which of the follows is false? (A) Smoking may increase the probability in suffering from cardiovascular disease, hypertension and stroke. (B) Smoking leads to early aging conditions. (C) Smoking may not cause huge medical expenses. (D) Smoking may result in male impotence and declined sexual capability; adverse effects on fetus in pregnant women.



6. () 以下何者是全民健保之戒菸門診適用對象?(1)18歲以上之全民健康保險被保險對象；(2)尼古丁依賴之程度達4分以上；(3)平均一天吸10支菸以上者；(4)以上皆是。

Which of the follows is an applicable insured in National Health Insurance for smoking cessation clinic? (A) The insured aged 18 and more in National Health Insurance (B) The score achieved 4 or above in the scoring of Fagerström Test for Nicotine Dependence (C) Averagely smokes more than 10 cigarettes a day. (D) All of the above are true.

(答對5-6題⇒完全了解；答對3-4題⇒部分了解；答對1-2題⇒完全不瞭解)

(Correct in 5 or 6 questions ⇒ completely understood; correct in 3 or 4 questions ⇒ partially understood; correct in 1 or 2 questions ⇒ not understood at all)

1.(X) 2.(O) 3.(4) 4.(4) 5.(3) 6.(4)