

Zambia - Nursing Students (3rd Year Students Only) Global Health Professions Student Survey (GHPSS)

FACT SHEET

The Zambia Nursing students GHPSS includes data on prevalence of cigarette smoking and use of other tobacco products, knowledge and attitudes about tobacco use, exposure to second-hand smoke, desire for smoking cessation, and training received during Nursing school regarding patient counseling on smoking cessation techniques. This information could be very useful in monitoring and developing Zambia's comprehensive tobacco control program.

The Zambia Nursing students GHPSS was a census of 3rd year Nursing students attending the 12 Nursing schools in Zambia that was conducted in 2009. The school response rate was 100% and the student response rate was 90.0%. A total of 414 students participated in the Zambia Nursing students GHPSS.

Prevalence

- 33.1% ever smoked cigarettes (Males = 52.3%, Females = 25.3%)
- 5.5% currently smoke cigarettes (Males = 10.0%, Females = 3.8%)
- 30.6% ever used any form of tobacco other than cigarettes (Males = 36.7%, Females = 28.2%)
- 5.7% currently use any form of tobacco other than cigarettes (Males = 8.3%, Females = 4.7%)
- 4.5% of ever smokers smoked on school premises/property during the past year.
- 7.2% of ever smokers smoked in school buildings during the past year.

Factors Influencing Tobacco Use

- 26.3% were exposed to second-hand smoke at home, during the past week.
- 56.2% were exposed to second-hand smoke in public places during the past week.
- 55.9% reported that their school had a ban on smoking in school buildings and clinics.
- 84.3% reported that their school enforced the ban on smoking in school buildings and clinics.
- 94.4% thought smoking should be banned in all enclosed public places.
- 90.5% thought tobacco sales to adolescents should be banned.
- 83.5% thought there should be a complete ban on advertising tobacco products.
- 43.4% of current smokers ever received help/advice to stop smoking cigarettes.
- 84.8% were taught about the dangers of smoking during nursing school training.

Role Model and Cessation Training

- 56.6% thought health professionals serve as role models for their patients.
- 97.8% thought health professionals have a role in giving advice about smoking cessation to patients.
- 17.9% received formal training in smoking cessation approaches during nursing school.
- 97.6% thought health professionals should get specific training on cessation techniques.

Highlights

5.5% currently smoke cigarettes and 5.7% currently use other tobacco products.

Over half were exposed to smoke in public places.

More than 9 in 10 support a ban on smoking in all enclosed public places.

Almost 1 in 5 received training to provide patients with cessation approaches.

Nearly all think health professionals should get specific training on cessation techniques to use with patients.