Preventing Hookah Smoking in Incoming College Freshmen

UNMC College of Nursing, NRSG 609 Health Promotion

Background

Hookah smoking is a social activity gaining popularity in the United States especially among college age students. It is also known as waterpipe, narghile, shisha, hubble-bubble, and goza. Specially flavored tobacco is smoked through a waterpipe with a mouthpiece which is passed from person to person (Maziak, Ward, & Eissenberg, 2007). There is a misconception that it is less harmful than cigarette smoking. An Advisory Note from the World Health Organization noted that one session of hookah smoking could be the equivalent of smoking 100 or more cigarettes (2005). CAR

Significance and Benefits

Small-scale studies in 2013 reported that 22% to 40% of university students had used hookahs (CDC). Tobacco use is the leading cause of preventable death in the United States. Each year, approximately 443,000 deaths are attributable to smoking. In addition, smoking costs the United States billions every year (USPSTF, 2013). The benefits of prevention would be an overall reduction in health associated illnesses and deaths related to tobacco use and lead to a healthier population. CAR

Clinical Guidelines

Scope

Disease/Condition: Hookah smoke contains many of the same toxins as cigarette smoke and has been associated with lung cancer, respiratory illness, low birth weight, and periodontal disease (CDC).

Guideline Category: Education & Prevention

Clinical Specialty: Nursing & Healthcare

Intended Users: Student Health, Primary Care Providers, Nursing

Guideline Objectives: To provide evidence-based education to prevent hookah use among college freshmen in order to decrease negative health outcomes. SSS, AMT, CAR

Clinical Guidelines Continued

Strategies

Based on the recommendation of the US Preventive Services Task Force (2013), behavioral counseling should be provided through face-to-face or phone interaction with a health care provider as a strategy to prevent smoking in adolescents. This intervention will be provided by nurses and will include the use of email, social media, face to face and phone interactions. PAC, RLK, SSS, AMT, CAR

Program Guidelines and Implementation

<table>
<thead>
<tr>
<th>Target Population</th>
<th>Incoming College Freshmen</th>
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</table>

**Model**

**Theory of Planned Behavior**

The Theory of Planned Behavior is one of the most predictive persuasion theories. It has been applied to studies of relations among many aspects including healthcare and advertising. The theory states that attitude toward behavior, subjective norms, and perceived behavioral control, together shape an individual’s behavioral intentions and behaviors.

It is the intention of this group that through guidelines and implementation we can influence an individual’s behavioral intention and thus their behaviors. PAC

Methods used to collect/select the evidence:

Search engines used included Cochrane Library, CINAHL, Joanna Briggs, MEDLINE via EBSCO, PsycINFO, and Google Scholar. Information was also sought from the Center for Disease Control and Prevention and the United States Preventive Services Task Force (USPSTF) Guide to Clinical Preventative Services.

Methods used to assess the quality and strength of the evidence:

Each article was graded using the Rating system for Level and Quality of Evidence from the Nebraska Medical Center (Adapted from Joanna Briggs Institute and AHRQ). The entire body of evidence was also rated overall using the same guidelines.

Methods used to formulate the recommendations:

The (USPSTF) Grading Scale was used to formulate the recommendations. See reference list.

PAC, RLK, SSS, AMT, CAR

Clinical Guidelines

<table>
<thead>
<tr>
<th>Chemicals Found in Hookah Smoke versus Cigarette Smoke</th>
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</thead>
<tbody>
<tr>
<td>Chemical</td>
</tr>
<tr>
<td>----------</td>
</tr>
<tr>
<td>Nicotine, mg</td>
</tr>
<tr>
<td>Carbon monoxide CO, mg</td>
</tr>
<tr>
<td>PAH, mg</td>
</tr>
<tr>
<td>Fluorenone, mg</td>
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<tr>
<td>Phenanthrene, mg</td>
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</tbody>
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**Intervention Steps/Methods**

Education will be provided through written information, video, social media, and counseling. The Theory of Planned Behavior will be incorporated into the education presentations and counseling. Baseline data will give a good indication of attitude toward the behavior of smoking hookah.

**Intervention Implementation/Education**

First Follow up: One month after taking the survey and attending the education seminar, follow up with the same survey to assess new knowledge base and Planned Behavior. Contact students through mail, email, and social media. Contact three times in order to ensure a fair chance to respond.

Second Follow up: After completion of first semester, survey again the same way as the first follow up.

Third Follow up: Right before completion of first year, survey again same as previous.

If original goal has been met, implement to a larger audience in year two.

**Evaluation**

PAC, RLK