

DISCOVERING SOURCES FOR RESEARCH TOPICS IN HEALTH AND MEDICINE

Bill TANG, Medical Librarian



LEARNING OUTCOMES

- After this thematic session, you will be able to find:
- In-depth information in books and multimedia resources;
- Latest information in journal articles and reports; and
- The most current statistics related to health and medicine.

BEFORE YOU BEGIN

• Understand the topic of research paper thoroughly

• E.g. argumentative paper; literature review; or annotated bibliography, etc.

EXPLORING YOUR TOPIC

- Information gathering stage
- Part of the learning and research process
- Help you to refine and strengthen your argument

COMING UP WITH KEYWORDS

• Imagine that you are writing a paper on this topic:

Are physical activities effective for smoking cessation?

- What are the keywords?
 - physical activities; smoking cessation

BREAK THE TOPIC DOWN

	Concept 1 physical activities	Concept 2 smoking cessation
Relevant terms	Physical activities Exercise Training 	Smoking cessation Quit smoking Stop smoking

COMBINE THE KEYWORDS FOR THE 2 CONCEPTS

Boolean	Search Statement	Finds	Purpose
OR	Physical activities OR exercise	Records with either term	Broaden a search: Use with similar concepts
AND	Physical activities AND smoking cessation	Records with both terms	Narrow down a search: Use with different concepts
NOT	Mouse NOT computer	Exclude the term from the search	Narrow down a search: Use to remove terms of irrelevant concept

FORMULATE THE SEARCH QUERY

	Concept 1 physical activities	Concept 2 smoking cessation
Relevant terms	Physical activities OR Exercise OR Training OR	OR AND Quit smoking OR Stop smoking OR

• (physical activities OR exercise OR training) AND (smoking cessation OR quit smoking OR stop smoking)

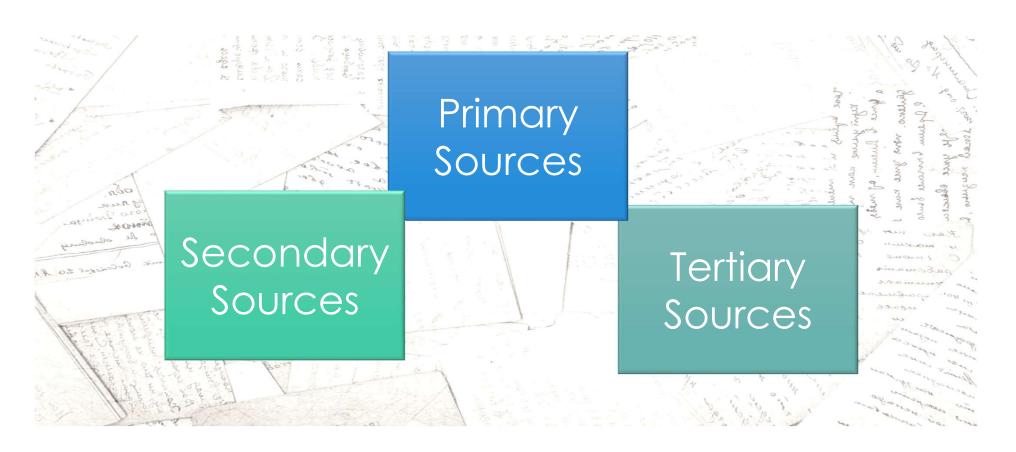
OTHER TIPS FOR SEARCHING SOURCES

- Put quotation marks around a phase e.g. "physical activities"
- An asterisk (*), or truncator, at the end of a word e.g. comput* will return all words starting with the letters such as computing, computer, compute, etc.
- Use a question mark (?) within a word e.g. wom?n will find both woman and women
- Consider using synonyms for words, e.g. society = culture, community, civilization, etc.
- Broaden your search if you don't find an article on you topic
- Look carefully at the search results. If there is a great article, look at the subject headings

SEARCHING FOR SOURCES FOR YOUR TOPIC



TYPES OF SOURCES



TYPE OF SOURCES

If you need	Use
Overview, background information	Encyclopaedias, Dictionaries, and other Reference Sources
Ideas, current information	Magazines, Newspapers
In-depth analysis	Scholarly, peer-reviewed journals
History, overview	Books
Demographics and Statistics	Government Publications and Government Websites, News, Magazines, Newspapers

HKU LIBRARIES COLLECTION

- HKU Libraries provides a variety of library resources to assist you to explore your research topic. They included:
- FIND@HKUL
- Databases
- BrowZine (Digital Magazines & Journals)
- HKU Scholars Hub







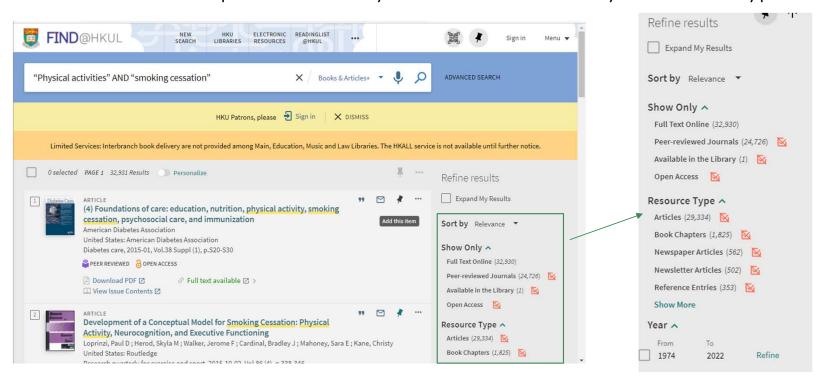
one-stop search to discover books, e-books, videos, articles, digital media, and more in HKU Libraries



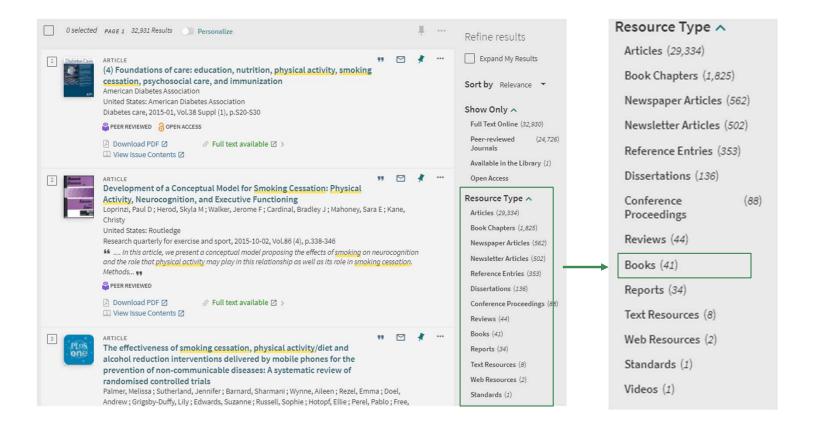
- HKU Libraries homepage: https://lib.hku.hk
- Search "Physical activities" AND "smoking cessation"



• Use the refinement panel to sort by Relevance or filter by Resources Type, etc.



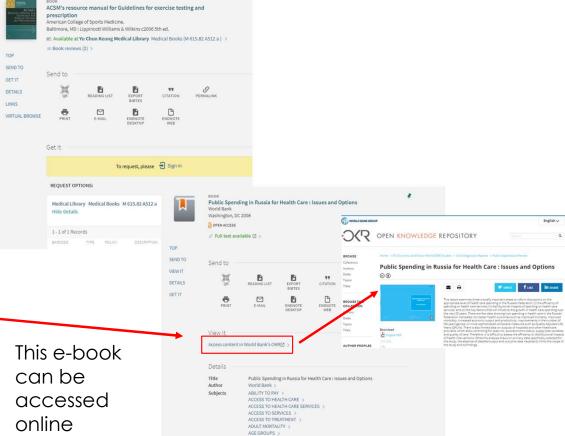
FIND@HKUL (BOOKS)

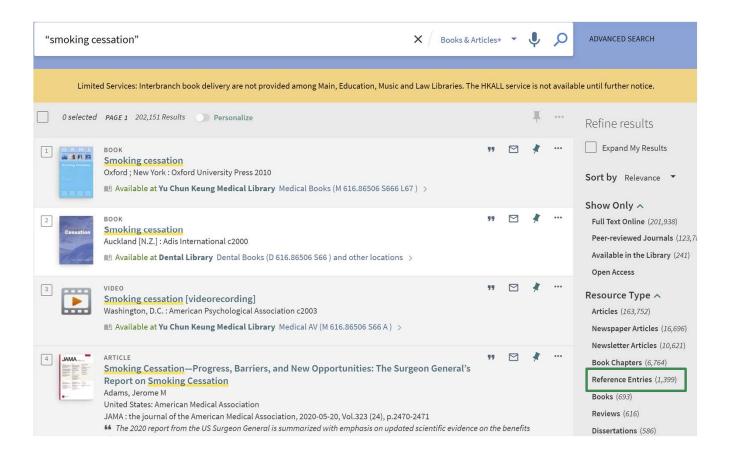


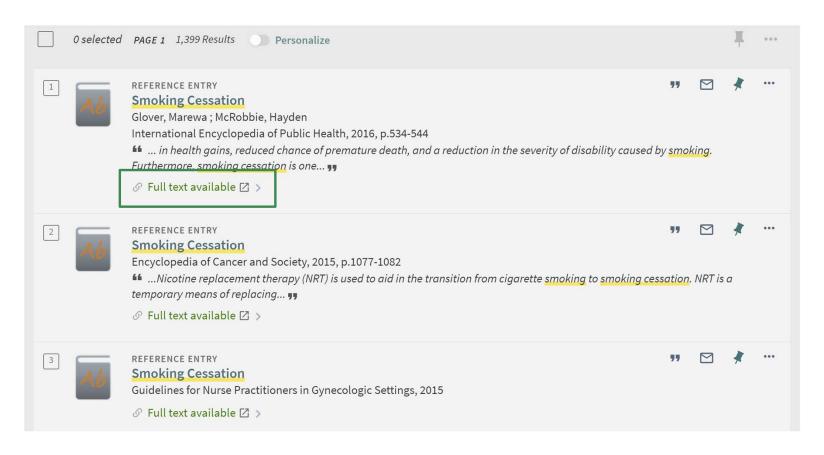
FIND@HKUL (BOOKS)



This print book is available in the









Journals & Books

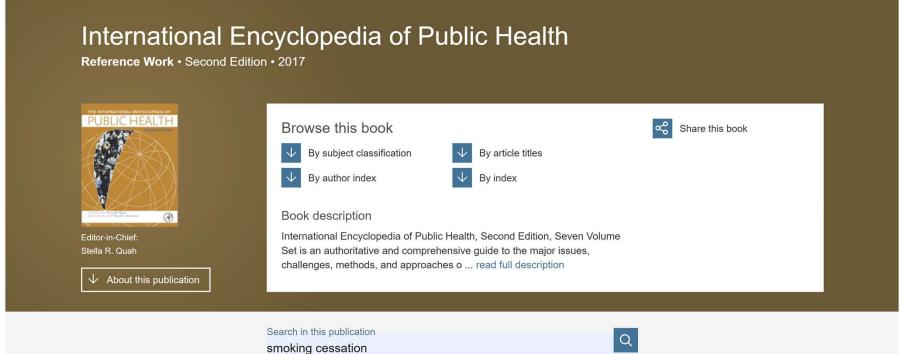


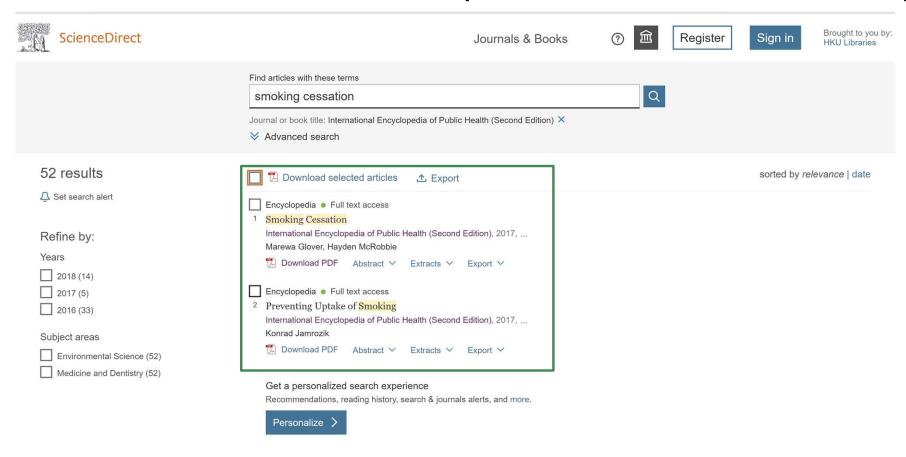




Sign in

Brought to you by: HKU Libraries







ELSEVIER

International Encyclopedia of Public Health (Second Edition)

2017, Pages 534-54

Smoking Cessation

Marewa Glover, Hayden McRobbie

Show more V

+ Add to Mendeley & Share 55 Cite

https://doi.org/10.1016/B978-0-12-803678-5.00412-4

Get rights and content

Refers to

M. Glover, H. McRobbie

Smoking Cessation

International Encyclopedia of Public Health, 2008, Pages 37-50



Abstract

Smoking prevalence is estimated to increase worldwide with the greatest increases in developing countries. This will equate to millions of smoking related deaths annually. Tobacco control is crucial if this rise in prevalence is to be halted. Smoking cessation makes up an important component of a comprehensive tobacco control program, and is a very cost-effective life-saving intervention. The field of

Smoking Cessation

Marewa Glover, Centre for Tobacco Control Research, Social & Community Health, School of Population Health, University of Auckland, Auckland, New Zealand

Hayden McRobbie, Wolfson Institute of Preventive Medicine, Barts and The London School of Medicine and Dentistry, Queen Mary University of London, London, UK

© 2017 Elsevier Inc. All rights reserved.

Introduction

Smoking is a global epidemic. Approximately half of all smokers will die of a smoking related disease and 50% of these will die in middle age losing, on average, 22 years of life. If people stop smoking before the onset of smoking related-illnesses they can regain a number of years lost to smoking, but stopping smoking at any time can result in health gains, reduced chance of premature death, and a reduction in the severity of disability caused by smoking. Furthermore, smoking cessation is one of the most cost-effective interventions available to health-care systems (Godfrey et al., 2005).

Most smokers want to quit and many try each year. However, most will attempt to quit on their own, and although overall many succeed, unaided quitting is associated with the lowest chance of long-term success. Not every smoker will require help in stopping, but all should be encouraged to quit and at least offered evidence-based treatments.

There is a plethora of smoking cessation treatments available to smokers, yet not all of these are efficacious. New effective treatments are being developed all the time. This means that it will become increasingly challenging for the health-care professional to stay up to date with what works best for whom. This article considers the various challenges facing the smoking cessation practitioner.

Harm from Tobacco Use

Smoking is one of the major public health issues of all time. By 2020 tobacco smoking would have killed off more people than the number that died during the First and Second World Wars added together, and will kill more people than HIV/AIDS, other chemical dependencies, and road traffic accidents added

responsible for the majority of deaths, disease, and disability associated with tobacco use. For example, smoking directly increases the risk of cardiovascular disease (CVD), a number of cancers (including cancer of the lung, esophagus, and cervix), chronic obstructive pulmonary disease (COPD), and age-related macular degeneration. Smoking while pregnant increases the risk of miscarriage, placental abnormalities (placental abruption and placenta previa) and early-for-term births. There is a greater chance of low-birth-weight babies and increased risk of sudden infant death syndrome. As well, children exposed in utero have a higher risk of later developing respiratory illnesses, middle ear infections, and are more likely to have learning and behavioral difficulties. Some evidence suggests that children of mothers who smoked during pregnancy are predisposed to take up smoking themselves.

Smoking exacerbates and worsens the prognosis of many other illnesses, such as asthma and diabetes. Exposure to the smoke from other people's cigarettes, i.e., second hand smoke (SHS) is also associated with an increased risk of illnesses such as lung cancer and CVD in nonsmokers.

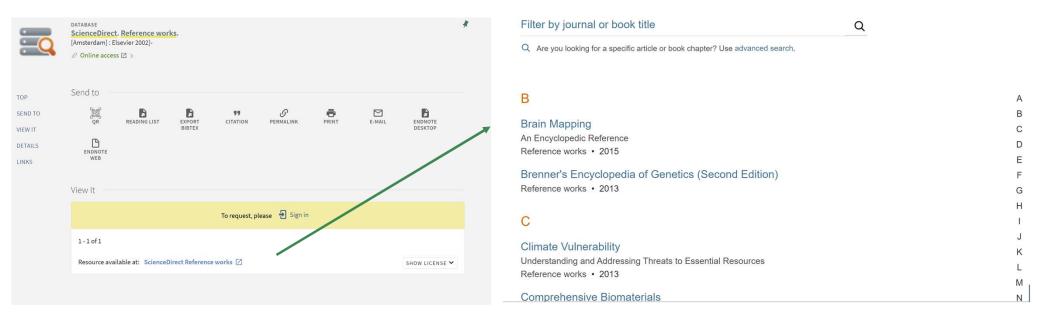
This article therefore focuses on how to help people stop smoking. Many of the principles presented in this article, while specifically directed at cigarette smokers, can be applied to assist users of other tobacco products (and other nicotine delivery mechanisms) as well, and end their dependency on those products.

Nicotine Dependence

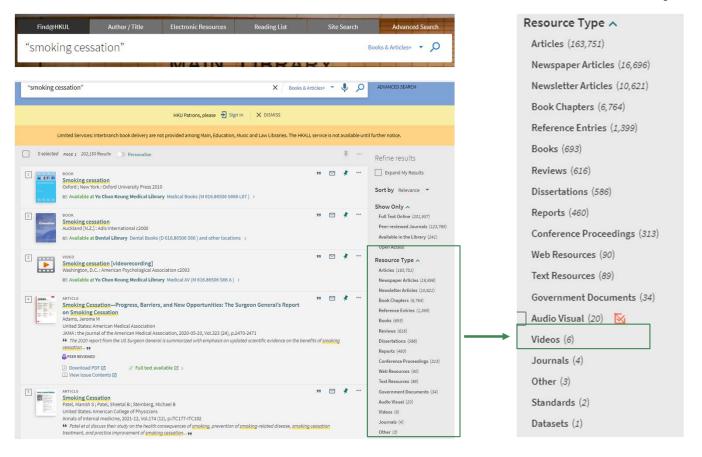
Despite knowing some of the many health risks of smoking, many people are unable to stop. This is primarily because of the addictive nature of nicotine in tobacco. However, it was not until the 1970s that there was support for the notion that

SCIENCEDIRECT REFERENCE WORKS

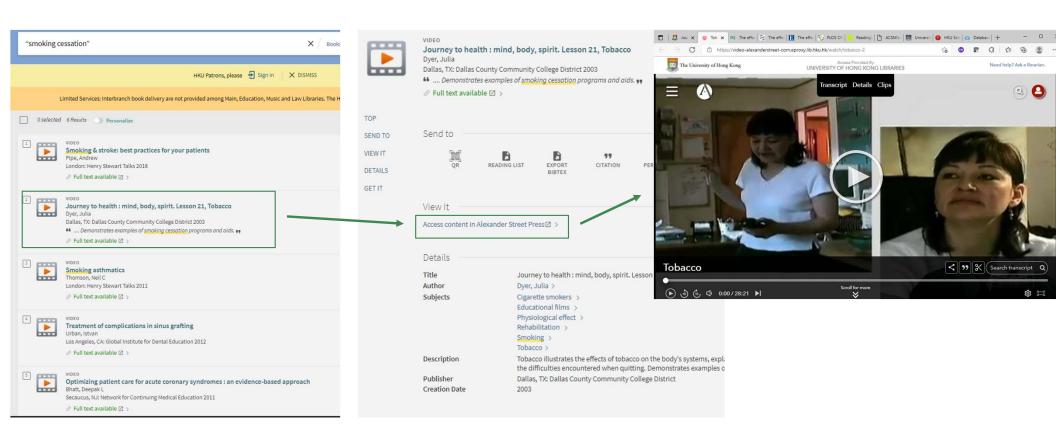
• Provides searchable full text reference books on a variety of scientific topics.



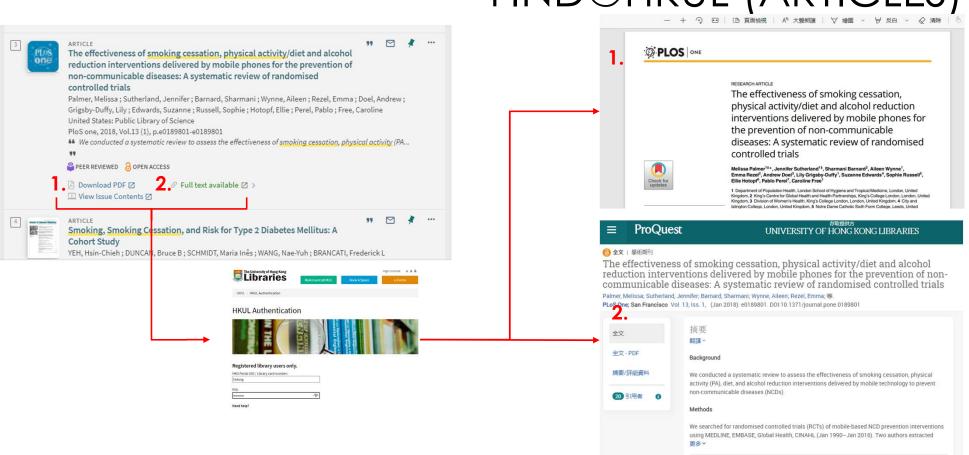
FIND@HKUL (VIDEOS)



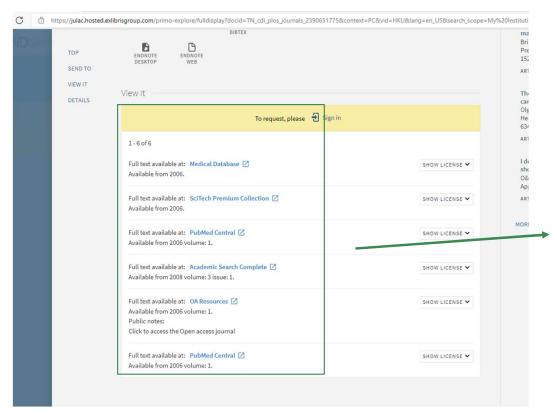
FIND@HKUL (VIDEOS)



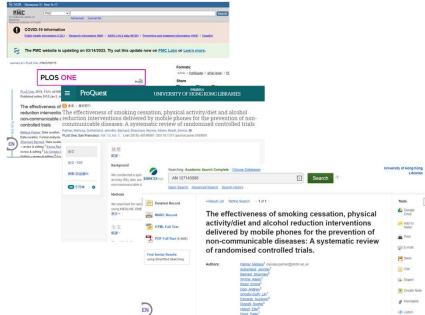
FIND@HKUL (ARTICLES)



FIND@HKUL (ARTICLES)

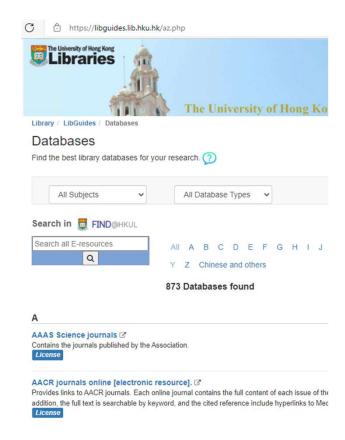


This article can be accessed via different aggregated databases.

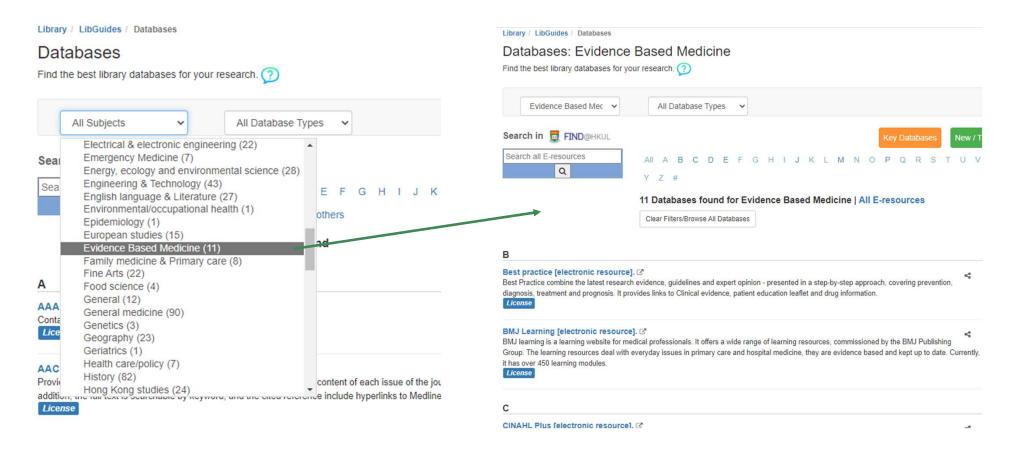


DATABASES

- Over 870 databases in the collection
- Useful to discover resources of specific subject / format
- E.g. newspaper articles, statistics, medical information, etc.
- Allows sophisticated search strategy
- The databases can be accessed via the LibGuides: Library homepage > Tools > Electronic Resources (https://libguides.lib.hku.hk/az.php)



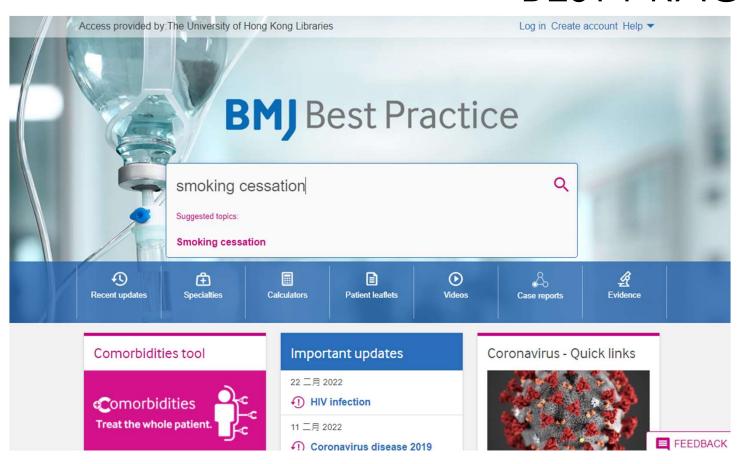
DATABASES



BMJ BEST PRACTICE



BEST PRACTICE



Search results for: smoking cessation English Português Español Русский ALL IMAGES AND VIDEOS CASE REPORTS Smoking cessation Summary · History and exam · Investigations · Differentials · Treatment algorithm Buerger's disease Summary · History and exam · Investigations · Differentials · Treatment algorithm Fissured, hairy, and geographic tongue Summary · History and exam · Investigations · Differentials · Treatment algorithm Oral leukoplakia

Search results for: smoking cessation

English Português Español Русский

ALL

IMAGES AND VIDEOS

CASE REPORTS

Images and videos

Images

Fissured, hairy, and geographic tongue



Fissured, hairy, and geographic tongue















Search results for: smoking cessation

English Português Español Русский

ALL

IMAGES AND VIDEOS

CASE REPORTS

Levetiracetam-induced eosinophilic pneumonia

Case report - 8 Mar 2017

... Case presentation A non-**smoking** woman aged 59 years presented with several weeks of exertional breathlessnessBCR2016219121F1 Figure 1 (A)...

Acute ischaemic stroke following cisplatin-based chemotherapy for testicular cancer

Case report - 20 May 2020

... even in the testicular cancer patient population with no or minimal vascular risk factors (such as **empking** avents associated with cisplatin, the majority of

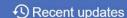
Case reports

Case reports are not necessarily evidence-based in the same way that the other content on BMJ Best Practice is. They should not be relied on to guide clinical practice. Please check the date of publication.

BMJ Best Practice

Search conditions, symptoms...

















Case report: Systemic inflammatory response in a liver transplant recipient: a potential side effect of mycophenolate mofetil

➤ Rebecca Smith¹, Adam Testro^{1,2}

Correspondence to Dr Rebecca Smith, rebeccasmith212@gmail.com

Publication history

Accepted: 06 Mar 2018
First published: 28 Mar 2018

Online issue publication: 28 Mar 2018

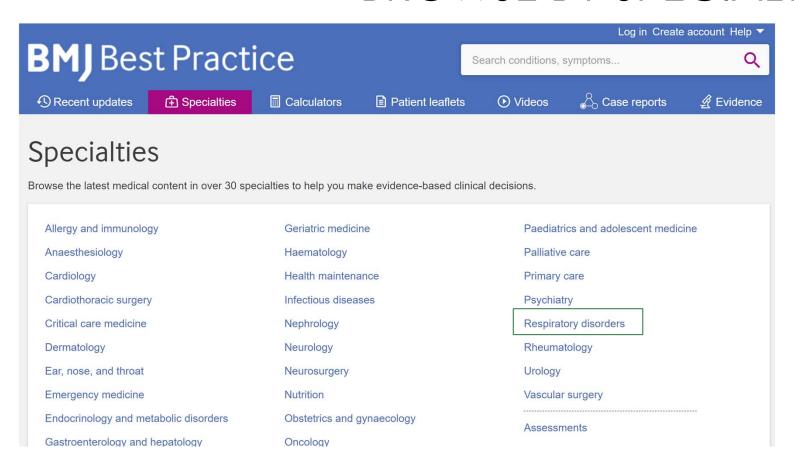
Case reports

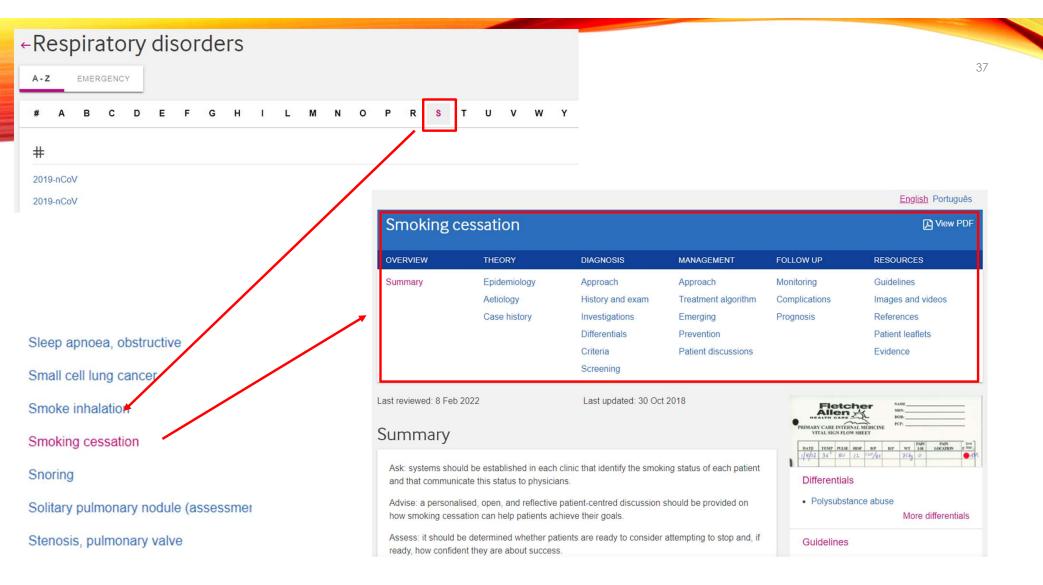
Case reports are not necessarily evidence-based in the same way that the other content on BMJ Best Practice is. They should not be relied on to guide clinical practice. Please check the date of publication.

Summary

Mycophenolate mofetil is a commonly used immunosuppressive medication in the postliver transplant setting where gastrointestinal side effects tend to predominate. However, in more recent times, emerging and rare side effects are being reported in the literature. We present a case of a patient who had a significant inflammatory response and associated marked weight loss with the uptitration in dose of mycophenolate mofetil. Extensive investigations were performed to exclude other infective, inflammatory or malignant aetiologies for these symptoms, however no other cause was identified. The patient had the medication ceased and subsequently had a dramatic

BROWSE BY SPECIALTIES





Smoking cessation



OVERVIEW	THEORY	DIAGNOSIS	MANAGEMENT	FOLLOW UP	RESOURCES
Summary	Epidemiology	Approach	Approach	Monitoring	Guidelines
	Aetiology	History and exam	Treatment algorithm	Complications	Images and videos
	Case history	Investigations	Emerging	Prognosis	References
		Differentials	Prevention		Patient leaflets
		Criteria	Patient discussions		Evidence
		Screening			

Last reviewed: 8 Feb 2022

Last updated: 30 Oct 2018

Summary

Ask: systems should be established in each clinic that identify the smoking status of each patient and that communicate this status to physicians.

Advise: a personalised, open, and reflective patient-centred discussion should be provided on how smoking cessation can help patients achieve their goals.

Assess: it should be determined whether patients are ready to consider attempting to stop and, if ready, how confident they are about success.

Assist: for those not yet ready to attempt stopping, communication lines should be kept open for motivational messages, to let them know help is available when they are ready. For those who are ready, a menu of available pharmacotherapy and counselling options should be provided. First-line pharmacotherapy doubles the success rate of a stopping attempt.

Differentials

· Polysubstance abuse

More differentials

Guidelines

Stop smoking interventions and services

NCCN clinical practice guidelines in oncology: smoking cessation

More guidelines

Patient leaflets

Ctanning amaking

OVERVIEW

Ask: systems should be established in each clinic that identify the smoking status of each patient and that communicate this status to physicians.

Advise: a personalised, open, and reflective patient-centred discussion should be provided on how smoking cessation can help patients achieve their goals.

Assess: it should be determined whether patients are ready to consider attempting to stop and, if ready, how confident they are about success.

Assist: for those not yet ready to attempt stopping, communication lines should be kept open for motivational messages, to let them know help is available when they are ready. For those who are ready, a menu of available pharmacotherapy and counselling options should be provided. First-line pharmacotherapy doubles the success rate of a stopping attempt.

Arrange follow-up: patients should be connected with a counselling follow-up within a week of their stopping date. This can be with a telephone counselling line, with face-to-face group or individual counselling, or with return clinic visits or telephone calls from the clinic.

Definition

Cigarette smoking is the most common cause of preventable death and disease.[1] Physicians and other healthcare professionals should play a central role in motivating and assisting patients who smoke to stop.[2] Physicians are a credible and trusted source of advice to stop, have opportunities to provide this message to most smokers, and can connect patients to cessation counselling and pharmacotherapy. These actions are economical and effective at increasing cessation rates.[3]

Log in Create account Help ▼

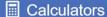


Search conditions, symptoms...

















Patient leaflets

Patient leaflets provide concise easy to read summaries to reassure patients and carers and help them make informed, shared decisions with healthcare professionals.

Stopping smoking

Stopping smoking

BMJ Best Practice

Search conditions, symptoms...

















←Patient leaflets

Patient information from BMJ





Stopping smoking

Last published: Feb 09, 2021

Smoking can damage your health in many ways, but it's hard to stop. That's because most people who smoke become addicted to nicotine, a chemical in tobacco. But there are treatments available that can help you stop smoking.

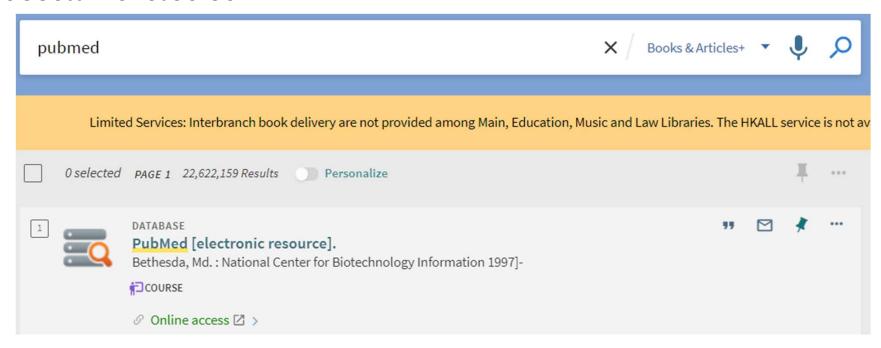
You can use our information to talk to your doctor or pharmacist and decide which treatments are best for you.

Why should I stop smoking?

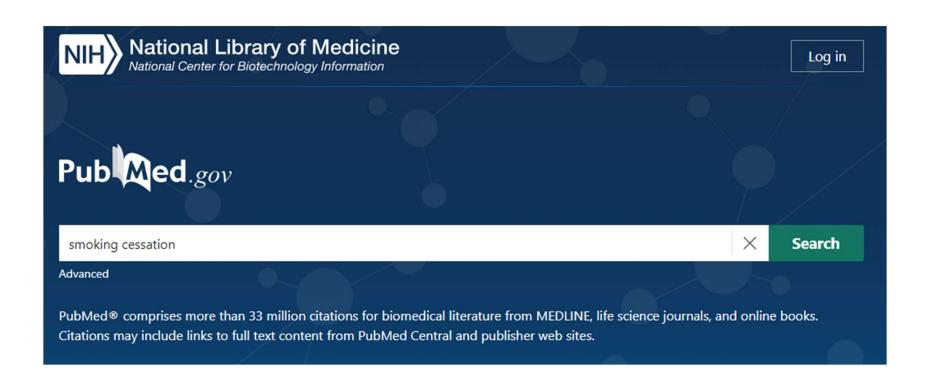


PUBMED

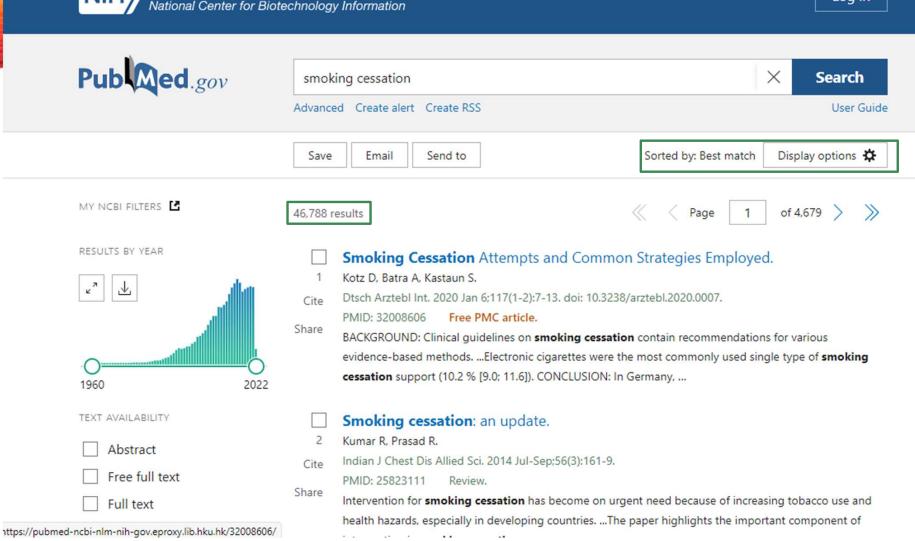
 Use FIND@HKUL to search "pubmed" to click on the online access link to access the resource



PUBMED







Page 1

×

 The search results can be filtered by: RESULTS BY YEAR

- Year
- Text Availability
- Article Type
- Publication Date
- Others



Smoking Cessation Attempts and Common Strategies Employed.

Kotz D, Batra A, Kastaun S.

Cite

Share

Dtsch Arztebl Int. 2020 Jan 6;117(1-2):7-13. doi: 10.3238/arztebl.2020.0007.

PMID: 32008606 Free PMC article.

BACKGROUND: Clinical guidelines on **smoking cessation** contain recommendations for various evidence-based methods. ...Electronic cigarettes were the most commonly used single type of **smoking cessation** support (10.2 % [9.0; 11.6]). CONCLUSION: In Germany, ...

> Dtsch Arztebl Int. 2020 Jan 6;117(1-2):7-13. doi: 10.3238/arztebl.2020.0007.

Smoking Cessation Attempts and Common Strategies Employed

Daniel Kotz 1, Anil Batra, Sabrina Kastaun

Affiliations + expand

PMID: 32008606 PMCID: PMC7008148 DOI: 10.3238/arztebl.2020.0007

Free PMC article

Abstract

Background: Clinical guidelines on smoking cessation contain recommendations for various evidence-based methods. The goal of this study was to provide a representative analysis for Germany of the percentage of smokers who try to quit smoking at least once per year, the use of swideness based methods and other methods of smoking assessing and petential associations of the



ACTIONS





SHARE









Journal List > Dtsch Arztebl Int > v.117(1-2); 2020 Jan > PMC7008148

Deutsches Ärzteblatt

International

<u>Dtsch Arztebl Int.</u> 2020 Jan; 117(1-2): 7–13.

Published online 2020 Jan 6. doi: 10.3238/arztebl.2020.0007

Original Article

Smoking Cessation Attempts and Common Strategies Employed

A Germany-Wide Representative Survey Conducted in 19 Waves From 2016 to 2019 (The DEBRA Study) and Analyzed by Socioeconomic Status

Daniel Kotz, Prof. Dr. PhD MSc MPH, 1,2,* Anil Batra, Prof. Dr. med., 3 and Sabrina Kastaun, Dr. rer. nat. 1

▶ Author information ▶ Article notes ▶ Copyright and License information <u>Disclaimer</u>

See letter "Correspondence (letter to the editor): Not a Smoking Cessation Aid" in volume 117 on page 298.

See letter "Correspondence (reply): In Reply" in volume 117 on page 299.



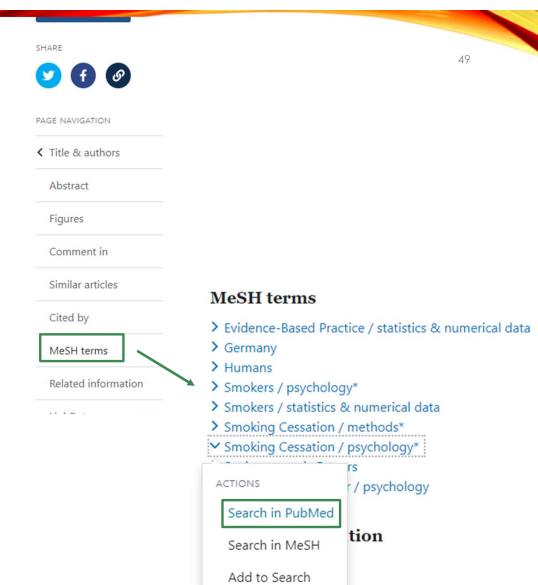
Abstract

Background: Clinical guidelines on smoking cessation contain recommendations for various evidence-based methods. The goal of this study was to provide a representative analysis for Germany of the percentage of smokers who try to quit smoking at least once per year, the use of evidence-based methods and other methods of smoking cessation, and potential associations of the use of such methods with the degree of tobacco dependence and with socioeconomic features.

Methods: Data from 19 waves of the German Smoking Behavior Questionnaire (Deutsche Befragung zum Rauchverhalten, DEBRA), from the time period June/July 2016 to June/July 2019, were analyzed. Current smokers and recent ex-smokers (<12 months without smoking) were asked about their smoking cessation attempts in the past year and the methods they used during the last attempt (naming more than one method was permitted). The degree of tobacco dependence in current smokers was assessed with the Heaviness of Smoking Index.

Results: Out of 11 109 current smokers and 407 recent ex-smokers, 19.9% (95% confidence interval: [19.1; 20.6]) had tried to quit smoking at least once in the preceding year. 13.0% of them [11.6; 14.5] had used at least one evidence-based method during their last attempt. The stronger the tobacco dependence, the more likely the use of an evidence-based method (odds ratio [OR] = 1.27 [1.16; 1.40]). Pharmacotherapy (nicotine replacement therapy, medication) was used more com-monly by persons with higher incomes (OR = 1.44 per 1000 euro/month [1.28; 1.62]). Electronic cigarettes were the most commonly used single type of smoking cessation support (10.2 % [9.0; 11.6]).

Conclusion: In Germany, only one in five smokers tries to quit smoking at least once per year. Such attempts are only rarely supported by evidence-based methods and are thus likely to fail. The high cost of treatment must be borne by the individual and thus fall disproportionately on poorer smokers.





Pub Med.gov "Smoking Cessation/psychology"[MAJR] X Search Advanced Create alert Create RSS User Guide Display options 🌣 Sorted by: Best match Email Send to Save MY NCBI FILTERS L of 415 4,150 results Page RESULTS BY YEAR Editorial: Smoking cessation. Margolis SA. Aust J Gen Pract. 2020 Aug;49(8):461. doi: 10.31128/AJGP-08-20-1234e. PMID: 32738854 Free article. No abstract available. Share In the Clinic. Smoking Cessation. 1988 2022 Patel MS, Steinberg MB. 2 Ann Intern Med. 2016 Mar 1;164(5):ITC33-ITC48. doi: 10.7326/AITC201603010. Cite TEXT AVAILABILITY PMID: 26926702 Review. Share **Abstract** Free full text Patient Perspectives on Smoking Cessation and Interventions in Rheumatology Full text 3 Clinics. Wattiaux A, Bettendorf B, Block L, Gilmore-Bykovskyi A, Ramly E, Piper ME, Rosenthal A, Sadusky J, Cox E, Cite ADTICLE ATTRIBUTE

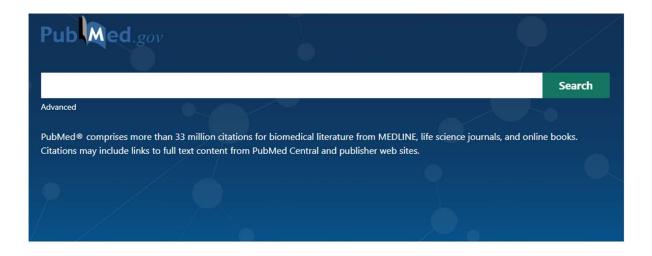
MESH (MEDICAL SUBJECT HEADINGS)



MeSH

MeSH (Medical Subject Headings) is the NLM controlled vocabulary thesaurus used for indexing articles for PubMed.

Click the "MeSH Database" link





Learn

About PubMed FAQs & User Guide Finding Full Text



Find

Advanced Search Clinical Queries Single Citation Matcher



Download

E-utilities API FTP Batch Citation Matcher



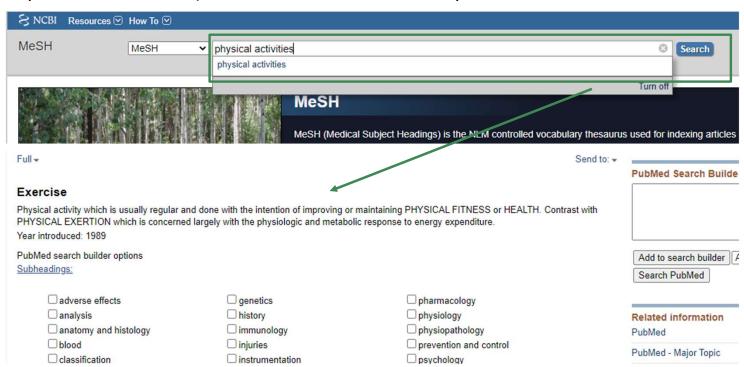
Explore

MeSH Database

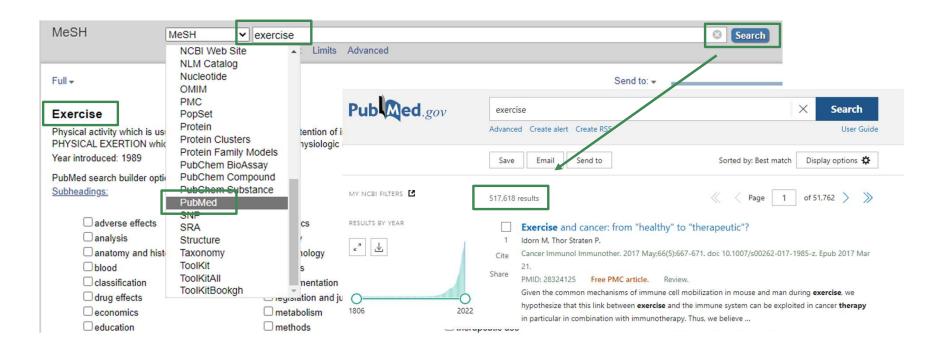
Journals

Search the MeSH one by one

(Note: not all keywords come with MeSH)

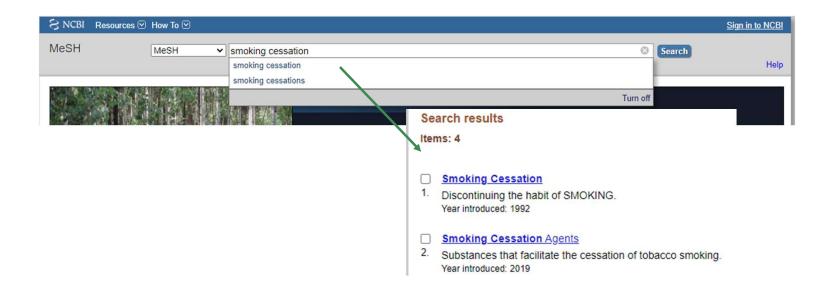


Use the relevant MeSH term as keyword to search in PubMed



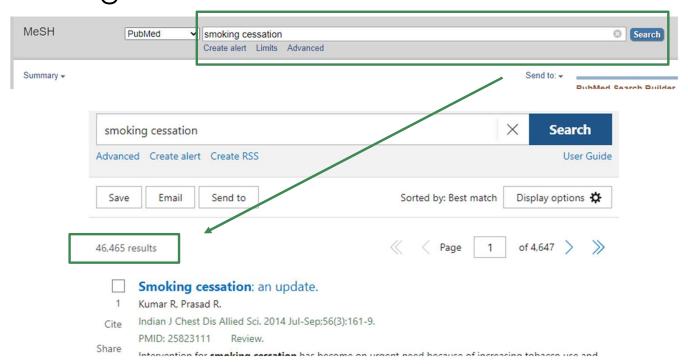
Click the PubMed logo to go back to search MeSH for Publimed.gov another concept "smoking cessation"





USE MESH TO CONDUCT A SEARCH

Use the relevant MeSH term as keyword to search in PubMed again



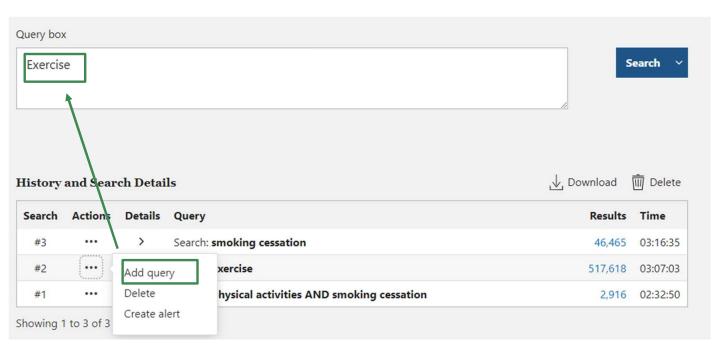
ADVANCED SEARCH BUILDER

On the PubMed search page, click "Advanced" under the search box to combine the two search results with Boolean operators



ADVANCED SEARCH BUILDER

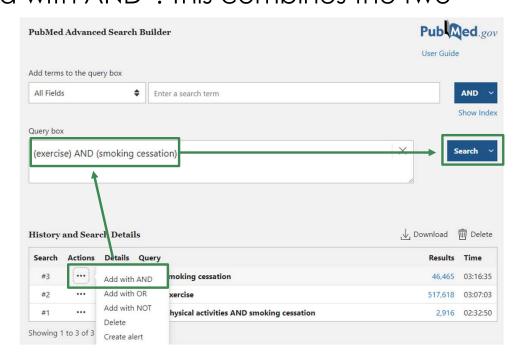
Click " ... " and select "Add query", you will see the keyword "Exercise" is added at the Query Box



ADVANCED SEARCH BUILDER

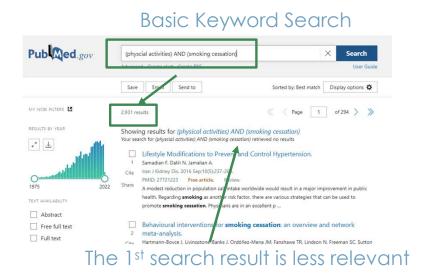
Click "..." to add the second keyword "Smoking Cessation" to the Query Box by selecting "Add with AND". This combines the two

keywords. Click "Search".

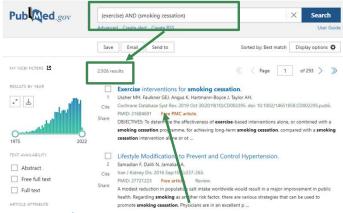


PUBMED USING MESH

There are less search results retrieved using MeSH term than basic keyword search, but results are more **focused**.



Advanced Search with MeSH



The 2nd search result is more relevant

IF FULL-TEXT IS NOT AVAILABLE...

In case the full text is not available for access via PubMed or other librarysubscribed resources ...

> Nat Metab. 2022 Feb;4(2):203-212. doi: 10.1038/s42255-022-00529-5. Epub 2022 Feb 17.

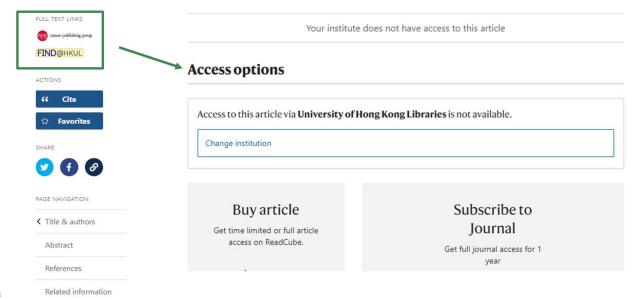
Body weight regulation via MT1-MMP-mediated cleavage of GFRAL

Chi Fung Willis Chow * 1 ², Xuanming Guo * 1, Pallavi Asthana * 1, Shuo Zhang ³, Sheung Kin Ken Wong ³, Samane Fallah ¹, Sijia Che ¹, Susma Gurung ¹, Zening Wang ⁴, Ki Baek Lee ⁴, Xin Ge ⁴, Shiyang Yuan ⁵, Haoyu Xu ⁵, Jacque Pak Kan Ip ⁵, Zhixin Jiang ³, Lixiang Zhai ¹, Jiayan Wu ¹, Yijing Zhang ¹, Arun Kumar Mahato ⁶, Mart Saarma ⁶, Cheng Yuan Lin ¹ ², Hiu Yee Kwan ¹, Tao Huang ¹, Aiping Lyu ¹, Zhongjun Zhou ³, Zhao-Xiang Bian 8 °, Hoi Leong Xavier Wong ¹0

Affiliations + expand
PMID: 35177851 DOI: 10.1038/s42255-022-00529-5

Abstract

GDNF-family receptor a-like (GFRAL) has been identified as the cognate receptor of growth/differentiation factor 15 (GDF15/MIC-1), considered a key signaling axis in energy homeostasis and body weight regulation. Currently, little is known about the physiological regulation of the GDF15-GFRAL signaling pathway. Here we show that membrane-bound matrix metalloproteinase 14 (MT1-MMP/MMP14) is an endogenous negative regulator of GFRAL in the context of obesity. Overnutrition-induced obesity increased MT1-MMP activation, which proteolytically inactivated GFRAL to suppress GDF15-GFRAL signaling, thus modulating the anorectic effects of the GDF15-GFRAL axis in vivo. Genetic ablation of MT1-MMP specifically in GFRAL* neurons restored GFRAL expression, resulting in reduced weight gain, along with decreased food intake in



REQUEST IT VIA THE ILL SERVICE

Request it using Inter-library loan service:

(HKUL Homepage > Services for: Students > HKU Undergraduates > Requesting > Interlibrary Loan (ILL) and Article Delivery Services (https://lib.hku.hk/mainlib/ill.html)

Interlibrary Loan and Article Delivery Services



Interlibrary Loan (ILL)

Collection Guide

This service allows you to request books, book chapters, journal articles and other reading resources from local and overseas partner institutes.

Facilities & Services

Login for Interlibrary Loan (HKU Users)

Floor Plan

Login for Interlibrary Loan (Borrowers from other institutions)



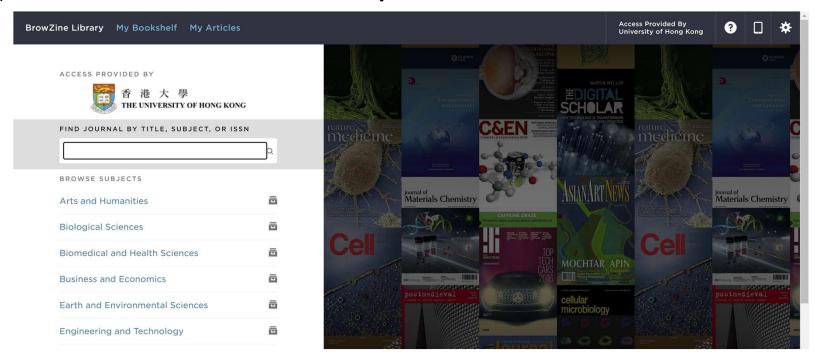
BROWZINE

Digital Magazines & Journals

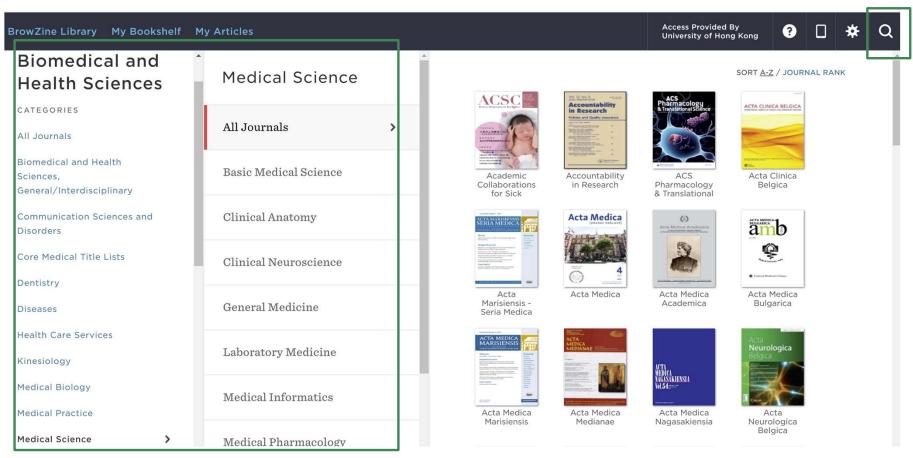


BROWZINE

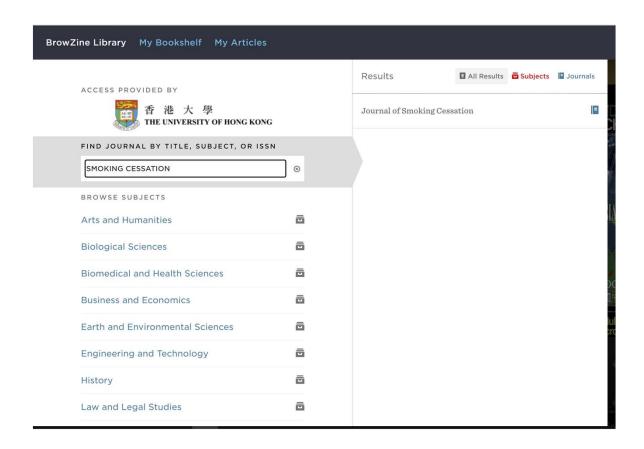
 HKU Libraries homepage > Tools > BrowZine or https://browzine.com/libraries/371/subjects



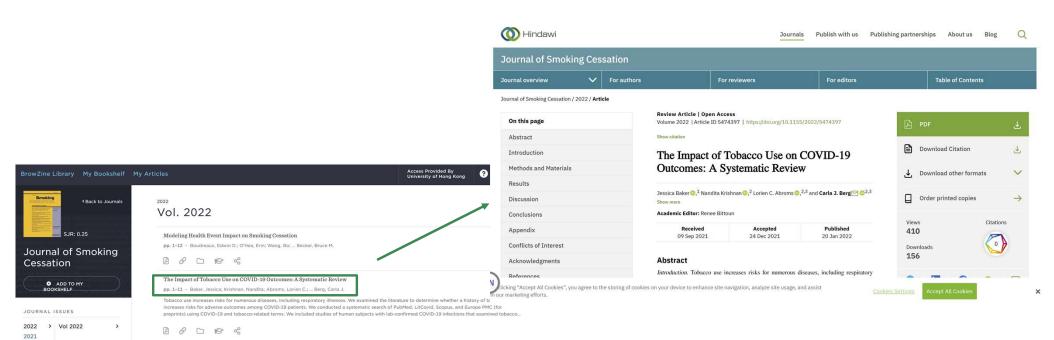
BROWSE BY SUBJECT



SEARCH BY JOURNAL TITLE



SEARCH BY JOURNAL TITLE



BROWZINE

- For more information about how to use BrowZine, you may refer to the relevant LibGuides at:
- https://libguides.lib.hku.hk/c.php?g=766314&p=5499853
- BrowZine Journal Title List:
- https://libguides.lib.hku.hk/ld.php?content_id=38288027

HKU SCHOLARS HUB



HKU SCHOLARS HUB

 HKU Libraries homepage > Learning & Research > HKU Scholars Hub or http://hub.hku.hk/



2 13

Issue

Date

2020

2011

2002

Views

31

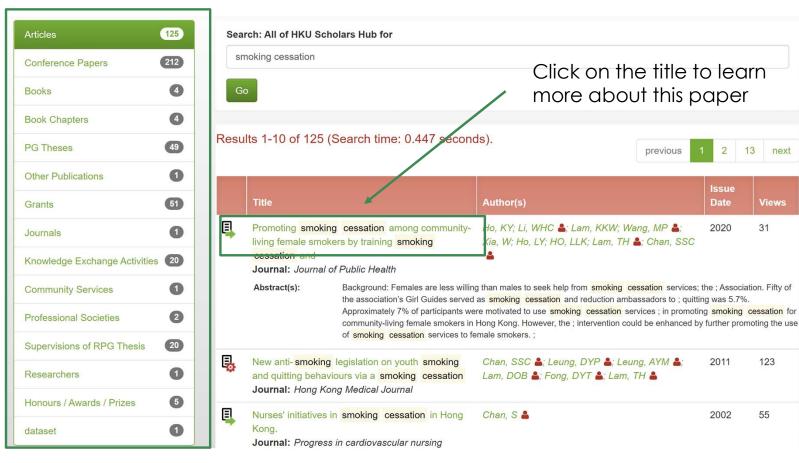
123

55

previous

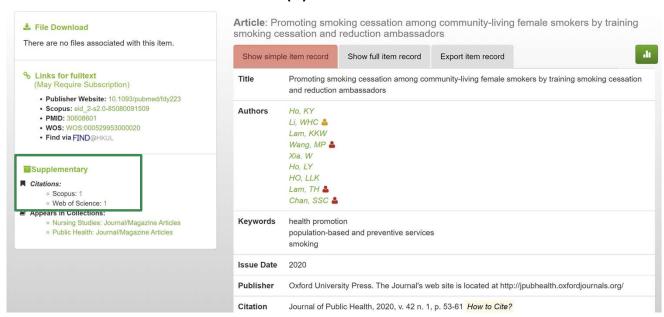
SEARCH THE HKU SCHOLARS HUB

Refine the search results by type (e.g. PG Theses, Journals, or Knowledge Exchange Activities, etc.)



AN ITEM RECORD

- Provides basis information about the paper such as title, authors, issue date, etc.
- Links to access citation database(s) for additional information of the paper



DOCUMENT DETAILS FROM SCOPUS



Author search Sources

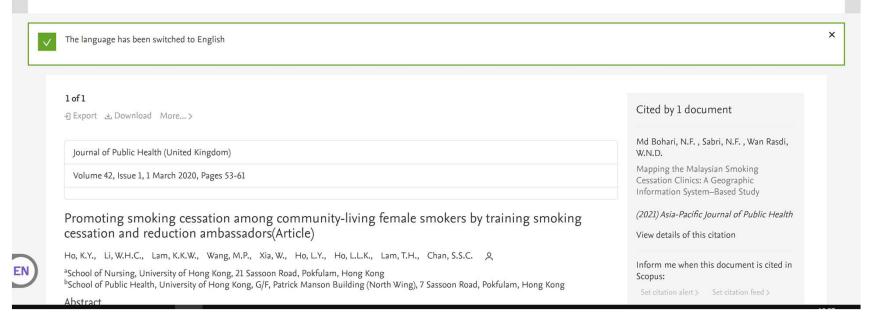




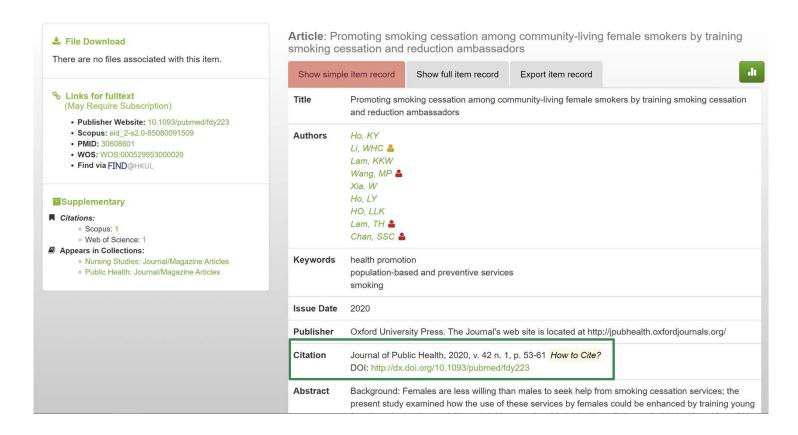
Create account

Sign in

Document details - Promoting smoking cessation among community-living female smokers by training smoking cessation and reduction ambassadors



ACCESS TO FULL TEXT





Volume 42, Issue 1 March 2020

Article Contents

ABSTRACT

Introduction

Methods

Phase I: recruitment and training young SCRAs

Phase II: evaluating effectiveness of AWARD model in quitting smoking

Results

Promoting smoking cessation among communityliving female smokers by training smoking cessation and reduction ambassadors

Ka Yan Ho, William Ho Cheung Li, Katherine Ka Wai Lam, Man Ping Wang, Wei Xia, Lok Yin Ho, Laurie Long Kwan Ho, Tai Hing Lam, Sophia Siu Chee Chan

✓

Journal of Public Health, Volume 42, Issue 1, March 2020, Pages 53–61, https://doi.org/10.1093/pubmed/fdy223

Published: 04 January 2019 Article history ▼







Permissions

Share ▼

ABSTRACT

Background

Females are less willing than males to seek help from smoking cessation services; the present study examined how the use of these services by females could be enhanced by training young female ambassadors to deliver a brief intervention.

Methods



Volume 42, Issue 1 March 2020

Article Contents

ABSTRACT

Introduction

Methods

Phase I: recruitment and training young SCRAs

Phase II: evaluating effectiveness of AWARD model in quitting smoking

Results

Discussion

Conclusions

Acknowledgments

Ethical approval

Informed consent

References

References

1 World Health Organization. Report on the Global Tobacco Epidemic, 2013: Enforcing Bans on Tobacco Advertising, Promotion and Sponsorship. Geneva: World Health Organization, 2013. Google Scholar

2 Pathania VS. Women and the smoking epidemic: turning the tide. Bull World Health Organ 2011:89:162.

Google Scholar Crossref PubMed

3 Zhang J, Ou JX, Bai CX. Tobacco smoking in China: prevalence, disease burden, challenges and future strategies. Respirology 2011;16:1165–72.

Google Scholar Crossref PubMed

4 Suzanne M. Affluence prompts more women in China to light up. CMAJ 2010;182:E557-8.

Google Scholar Crossref PubMed

5 Jamrozik K, McLaughlin D, McCaul K et al. Women who smoke like men die like men who smoke: findings from two Australian cohort studies. *Tob Control* 2011;20:258–65.

Google Scholar Crossref PubMed

- 6 U.S. Department of Health and Human Services. The Health Consequences of Smoking—50 Years of Progress: A Report of the Surgeon General. Atlanta: U.S. Department of Health and Human Services, Centers for Disease Prevention and Health Promotion, Office on Smoking and Health, 2014.
- 7 U.S. Department of Health and Human Services. How Tobacco Smoke Causes Disease: The Biology and Behavioral Basis for Smoking-attributable Disease—A Report of the Surgeon General. Atlanta: U.S. Department of Health and Human Services, Centers for Disease Prevention and Health Promotion, Office on Smoking and Health, 2010.
- 8 Census and Statistics Department. Thematic Household Survey, Report No. 59: Pattern of Smoking. Hong Kong: Hong Kong SAR Government, 2016. Google Scholar
- 9 Census and Statistics Department. Thematic Household Survey, Report No. 53: Pattern of Smoking. Hong Kong: Hong Kong SAR Government, 2013.

CURRENT STATISTICS

Related to health and medicine



WHERE CAN I FIND CURRENT STATISTICS RELATED TO HEALTH AND MEDICINE?

- National Center for Health Statistics
- Census and Statistics Department (Health)
- Centre for Health Protection
- Others ...

NATIONAL CENTER FOR HEALTH STATISTICS

- Information about America's health.
- https://www.cdc.gov/





Search Q Q

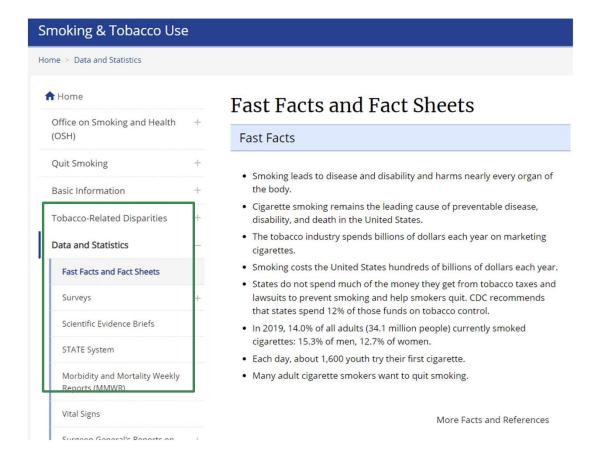


Data & Stats by Topic

- Alcohol Use
- Arthritis
- Asthma
- Autism Spectrum Disorder (ASD)
- Birth Defects
- Births & Natality
- Breastfeeding
- Cancer
- Chronic Diseases
- Chronic Kidney Disease
- Deaths & Mortality
- Diabetes
- Environmental Health
- Foodborne Illness
- Genomics

- Heart Disease
- Healthy Aging
- Immunizations
- Injuries & Violence (WISQARS)
- <u>Life Expectancy</u>
- Lyme Disease
- National Notifiable Diseases
- Oral Health
- Overweight & Obesity
- Physical Activity
- Reproductive Health
- Smoking & Tobacco
- STDs
- Tuberculosis (TB)
- Viral Hepatitis

DATA AND STATISTICS







Results returned for Smoking cessation

Smoking Cessation—The Role of Healthcare Professionals and Health Systems

https://www.cdc.gov/tobacco/data_statistics/sgr/2020-smoking-cessation/fact-sheets/healthcare-professionals-health-systems/

Smoking cessation medications approved by the FDA and behavioral counseling are cost-effective cessation strategies.









1	Home	
	Office on Smoking and Health (OSH)	+
	Quit Smoking	+
	Basic Information	+
	Tobacco-Related Disparities	+
	Data and Statistics	_
	Fast Facts and Fact Sheets	
	Surveys	+
	Scientific Evidence Briefs	
	STATE System	
	Morbidity and Mortality Weekly Reports (MMWR)	
	Vital Signs	
	Surgeon General's Reports on Smoking and Tobacco Use	-

Smoking Cessation—The Role of Healthcare Professionals and Health Systems

Key Findings from the 2020 Surgeon General's Report

- Smoking cessation reduces risk for many adverse health effects, including poor reproductive health outcomes, cardiovascular diseases, chronic obstructive pulmonary disease (COPD), and cancer. Quitting smoking is also beneficial to those who have been diagnosed with heart disease and COPD.
- More than three out of five U.S. adults who have ever smoked cigarettes have quit. Although a majority of cigarette smokers make a quit attempt each year, less than one-third use cessation medications approved by the U.S. Food and Drug Administration (FDA) or behavioral counseling to support quit attempts.
- Considerable disparities exist in the prevalence of smoking across the U.S. population, with higher prevalence in some subgroups. Similarly, the prevalence of key indicators of smoking cessation quit attempts, receiving advice to quit from a health

Smoking in the U.S.

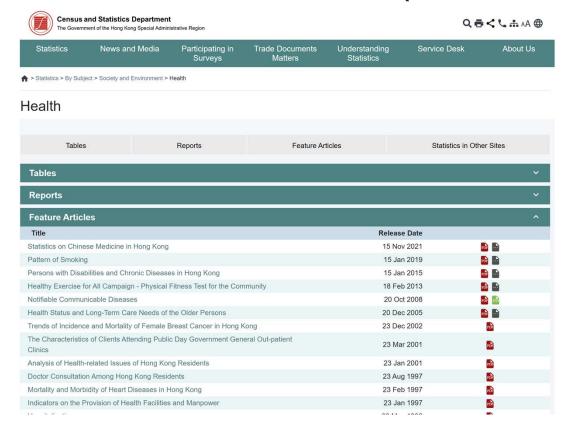
Since the first Surgeon General's report on smoking and health was released in 1964, cigarette smoking among U.S. adults has declined from nearly 43% to a low of nearly 14% in 2018. Despite this progress, smoking remains the leading preventable cause of death and disease in the United States. Additionally, smoking-related illnesses continue to cost the nation more than \$300 billion every year.



Smoking Cessation Saves Lives and Money

CENSUS AND STATISTICS DEPARTMENT (HEALTH)

- Statistics provided by the Census and Statistics Department
- https://www.censtatd.go v.hk/en/scode380.html#s ection7



Pattern of Smoking



The Census and Statistics Department conducted a Thematic Household Survey on the pattern of smoking of the Hong Kong population aged 15 and over during June to September 2017 to collect information on the number of smokers and their smoking pattern. This article briefly describes the major findings of the survey.

Title	Release Date	Download	Accompanying Files
Pattern of Smoking	15 Jan 2019	rail	File Listing ▼
Pattern of Smoking	20 Oct 2011	Part I	Tables 🔛
Pattern of Smoking	22 Jun 2009	Page 1	File Listing ▼
Pattern of Smoking	20 Dec 2006	eù e	File Listing ▼
Pattern of Smoking	20 Feb 2004	roi e	
Pattern of Cigarette Smoking	23 Feb 2002	6	

4.5 進一步按性別分析習慣每日吸食香煙的人士的比率,顯示男性的比率由 2002/03 年的 26.1% 下跌至 2017年的 18.1%;而女性的有關比率在這期間則大概維持在 3% 至 4%。 (表1)

4.5 Further analysing the rate of daily cigarette smokers by sex, it was noted that the rate for males decreased from 26.1% in 2002/03 to 18.1% in 2017; while the corresponding rate of the female counterpart maintained at around 3% to 4% during the period. (Table 1)

表 1 按性別劃分的習慣每日吸食香煙的 15 歲及以上人士數目 Table 1 Daily cigarette smokers aged 15 and over by sex

_	男性 Male		女性 Female		合計 Overall	
統計期間 Survey period	人數 No. of persons ('000)	比率 ⁽¹⁾ Rate ⁽¹⁾	人數 No. of persons ('000)	比率 ⁽¹⁾ Rate ⁽¹⁾	人數 No. of persons ('000)	比率 ⁽¹⁾ Rate ⁽¹⁾
2002年11月至2003年2月 Nov 2002 - Feb 2003	710.5	26.1	107.8	3.6	818.2	14.4
2005年2月至5月 Feb - May 2005	678.9	24.5	114.3	4.0	793.2	14.0
2007年12月至2008年3月 Dec 2007 - Mar 2008	571.0	20.5	105.9	3.6	676.9	11.8
2010年 10月至 12月 Oct - Dec 2010	565.3	19.9	91.6	3.0	657.0	11.1
2012年9月至11月 Sep - Nov 2012	548.2	19.1	96.8	3.1	645.0	10.7
2015年5月至8月 May - Aug 2015	538.3	18.6	103.0	3.2	641.3	10.5
2017年6月至9月 Jun - Sep 2017	527.0	18.1	88.1	2.7	615.0	10.0

註釋:由於四捨五入關係,個別數字加起來可能與總數不 符。

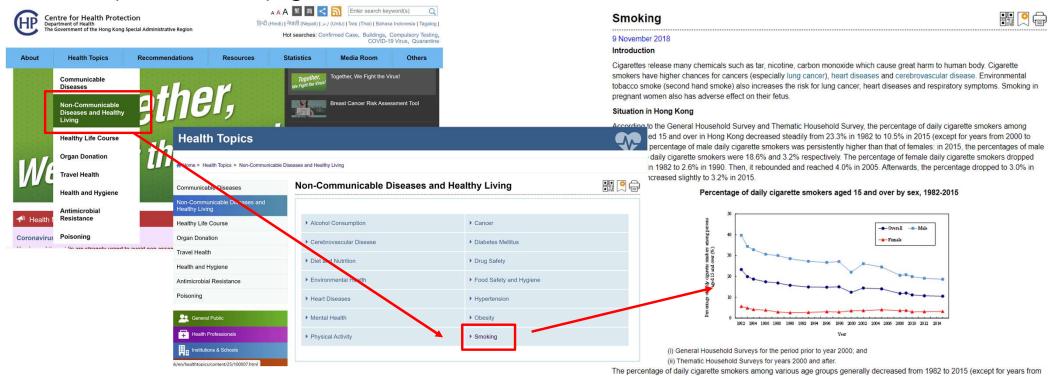
> (1) 在個別性別及統計期間中佔所有 15 歲及以上 人士的百分比。例如,在 2002 年 11 月至

 As a percentage of all persons aged 15 and over in the respective sex and survey periods. For example, among all males aged 15 and over from Nov 2002 to Feb 2003, 26.1%

Notes: Figures may not add up to total due to rounding.

CENTRE FOR HEALTH PROTECTION

https://www.chp.gov.hk/en/statistics/submenu/index.html



OTHERS...

- Agency for Healthcare Research and Quality (https://www.ahrq.gov/)
- Centers for Disease Control and Prevention (https://www.cdc.gov/DataStatistics/)
- Robert Wood Johnson Foundation County Health Rankings & Roadmaps (https://www.countyhealthrankings.org/)
- World Health Statistics (https://www.who.int/data/gho/publications/world-health-statistics)
- Centers for Medicare and Medicaid Services (https://www.cms.gov/)
- Kaiser Family Foundation (https://www.kff.org/)

CONCLUSION

- After this session, you should be able to retrieve:
 - In-depth information in books and multimedia resources;
 - · Latest information in journal articles and reports; and
 - The most current statistics related to health and medicine.
 - To support your research activities.

FOR ASSISTANCE



•3917-9215



medlib@hku.hk





• In person at Information Counter



THANK YOU!

