

Prevalence of Tobacco Use and Practice among Patients Attending Dental Institution: A Cross-Sectional Study

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Abstract : Background: Patients who usually consume tobacco are unaware of its ill effects completely therefore it becomes necessary to educate and counselling them after obtaining their knowledge about tobacco. Aim: To measure prevalence of tobacco use among dental outpatients and to evaluation of tobacco user attending dental outpatients (OPD) prepared to quit. Methods: A cross-sectional survey, which was carried out on patients attending Outside Patient Department (OPD) of dental college of King Georges Medical University, Lucknow, India. All the patients who consumed tobacco attending the Dental College were asked to participate in the study. The questionnaire was written in English/ Hindi (local language). Participation in this study was voluntary and the questionnaire was anonymous and self-administered. The proposal of this survey had been approved by the ethical committee of institution. Informed consent was obtained from all the participants. Results: Prevalence of tobacco user attending the Dental OPD was 46.4%. Male tobacco user represented 85.9%. Smokeless tobacco (57%) user were more than smoking (1.4%) and 18.9% were using both smokeless and smoking tobacco. 40.7% start using tobacco since less than 5 years. 55.3% uses tobacco after get up in the morning. 87.1% tobacco user knows that it cause cancer. 54.8% respond that warning sign on packet/pouch effect on mind but due to addiction, it would not work out. 54.8% attempted for quitting but not successful. 90.0% willing to quit in future if facility provide. Conclusion: Higher prevalence of tobacco usage among study population and will to quit in future shows need of cessation clinic in every dental institution in India.

Keywords : tobacco, knowledge, practice, counselling

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