

Experience of an employee-focused program for tobacco addiction treatment among employees of a French healthcare institution

MT. Ceccato¹, J. Dubernet¹, S. François¹, JM. Alexandre^{1,2}, M. Auriacombe^{1,2}

¹ Charles Perrens Hospital, University hospital of Bordeaux, France

² Addiction Research, CNRS USR 3413 SANPsy, University of Bordeaux, France



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Background

- French Health centers should be tobacco free and non-smoking policies applied to employees obviously
- However access to tobacco addiction treatment remains rare among employees (<5% in Aquitaine¹)
- **Initiatives to improve access to tobacco addiction treatment for employees are needed**

Objective

To evaluate an on-site and free employee-focused program for tobacco addiction treatment, initiated in 2012 for employees of a French psychiatric hospital (CH Charles Perrens, Bordeaux, France)

Method

Study Design

- Cross-sectional survey among all employees
- Self-questionnaire send by health service in 2017, filled online / paper ; anonymous
- Registry of the employees-focused program for tobacco addiction treatment

Questionnaire

- Designed by SANPsy addiction research team
- Evaluate tobacco and other substance use
- Problematic use screened with an adaptation of CAGE questionnaire² (≥ 2 items /4 = positive)

Analyses: description of the collected variables - average (SD) & frequency (number) ; JMP[®] software

Results

Response rate **17.5%** (316/1803)
75% women ; 66% 25-45 years old

41.3% reported current tobacco use (n=129)

→ **65.9%** were daily users (n=85), average 12 cigarettes per day

→ Main motivations for use were hedonic, relaxation, relieve tension

→ **83.7%** were screened as problematic users (n=108)

→ **76.7%** wanted to reduce or quit smoking within 5 years

*Problematic use of psychoactive drugs, alcohol or cannabis was also screened for **21.2%** of subjects (n=67)*

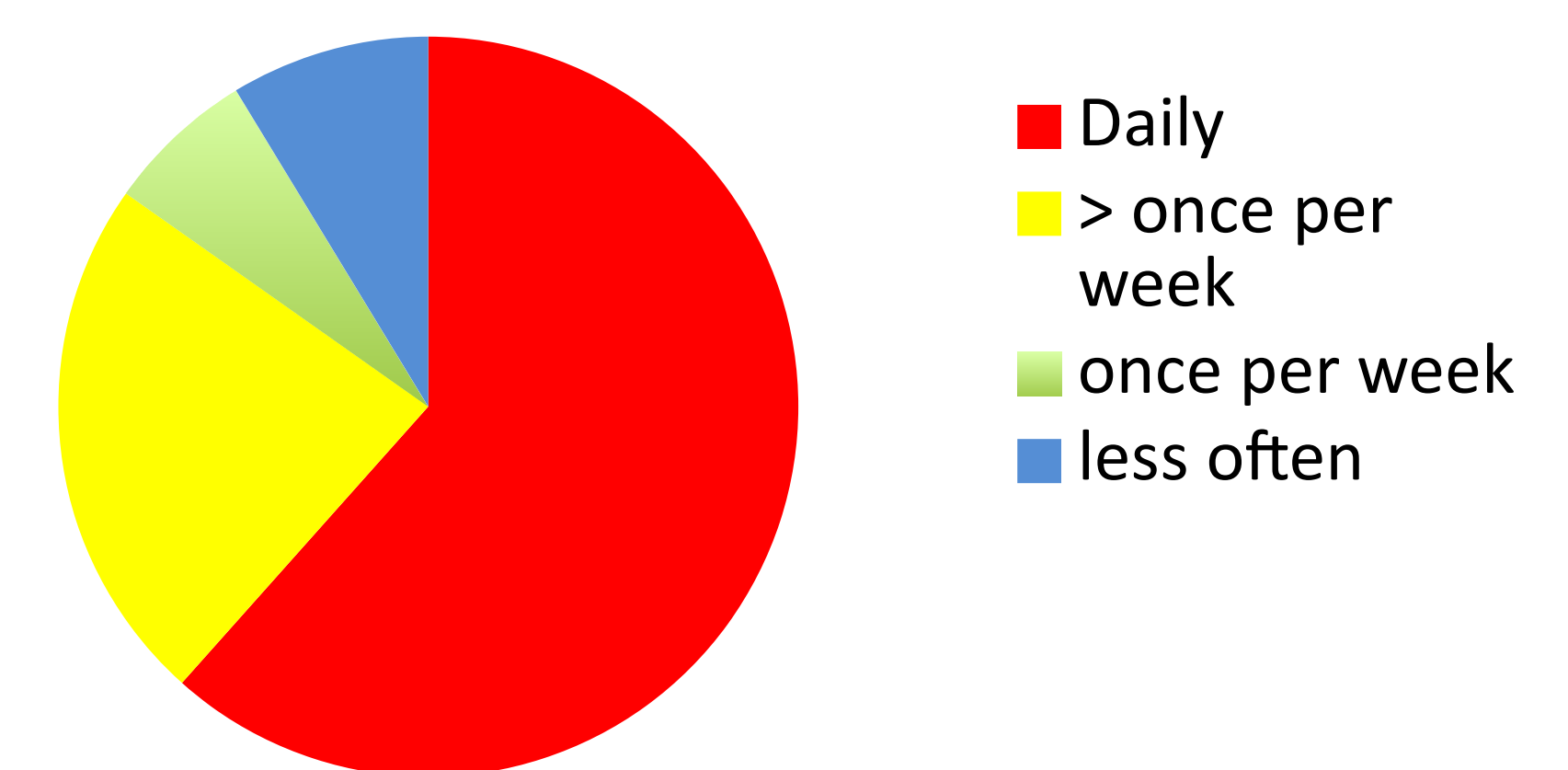
65.6% of subjects with problematic use never received tobacco cessation help

90.5% of subjects were aware of the on-site program for tobacco addiction treatment

27% (n=143) of employees with tobacco problematic use entered the employees-focused program since 2012

→ Majority of them (**69.2%** n=99) engaged in addiction treatment follow-up (>5 appointments)

Repartition of current tobacco users



Motivation for tobacco use	% tobacco users (n=129)
Relax	60.4%
Increase performance	6.2%
Hedonic use	61.2%
Relieve tension	54.3%
→ Work-related tension	→ 44.2%
Other reason	14.7%

Conclusion

- Tobacco problematic use was particularly frequent among hospital employees
- More than $\frac{3}{4}$ of employees with current tobacco use wanted to reduce or quit smoking
- Important proportion entered tobacco addiction treatment since program launch

Initiatives that improve employees' access to tobacco addiction treatment, such as on-site free consultations, are efficient and should be promoted

References

1: *Enquête sur la consommation de substances parmi les travailleurs se rendant à la médecine du travail en Aquitaine en 2009. Auriacombe et al. Université Bordeaux Segalen, 2011*

2: *The CAGE questionnaire, Mayfield et al., Am J Psychiatry 1974*

Contact

marc.auriacombe@u-bordeaux.fr
jean-marc.alexandre@u-bordeaux.fr

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