

EMIRATES ONCOLOGY NURSING SOCIETY

Document Title: EONS Cancer Tobacco Control Position Statement

Date Drafted: 26th December 2018

Date Approved by Committee: 9th January 2019

Purpose:

To promote nursing activity in the area of tobacco control by cancer nurses in the United Arab Emirates.

Background:

Tobacco control activities are integral to health care. Tobacco use and exposure to tobacco smoke are known human carcinogens and have contributed to a global epidemic and public health emergency. Tobacco continues to be a leading cause of preventable death and illness in the world ⁽¹⁾. At least one dozen different types of cancers are causally related to tobacco use ⁽²⁾, in addition to other chronic and acute illnesses. Six million tobacco-related deaths occur every year. If trends continue, by 2030 more than 8 million people will die annually because of tobacco use; 80% in developing countries ⁽¹⁾. Prevention of tobacco-related disease, disability, and death could be achieved through the promoting of tobacco control: preventing uptake, helping smokers quit, and preventing exposure to second hand smoke.

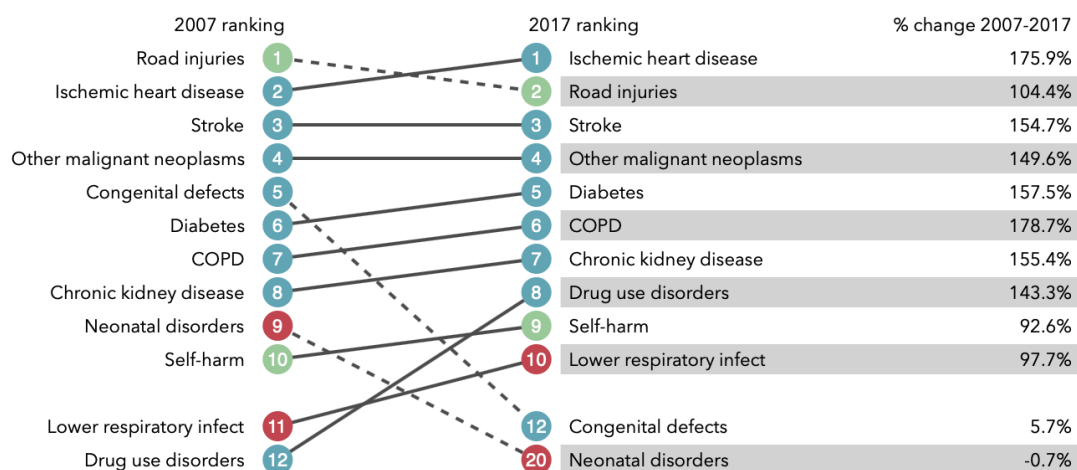
Nurses can effectively deliver evidence-based interventions for tobacco dependence that significantly reduce tobacco use ⁽³⁾, including to patients already diagnosed with cancer. Quitting smoking after a cancer diagnosis improves prognosis and treatment outcomes and decreases risk of a secondary cancer and death. At least one dozen different types of cancers are causally related to tobacco use ⁽²⁾.

Nursing involvement in community action, helping patients quit, promoting an environment free of tobacco smoke, denormalising tobacco use and supporting effective tobacco control policies is essential to solve this problem ⁽⁴⁾. Nurses must provide leadership in these efforts ⁽⁵⁾ along with other healthcare professionals.

Deaths in the United Arab Emirates is defined by the population and predominately behaviour. Much of this behaviour is modifiable and nurses can play a significant role in educating the community and modifying unhealthy lifestyle behaviours.

Tobacco use contributes to ischaemic heart disease, stroke, malignant neoplasms and COPD. These four diseases are among the top 10 causes of deaths in the UAE and in fact are in the top 6. Not only are they the cause of most deaths but they cause premature death and combined are the greatest cause of death and disability. More importantly has remained a risk factor since 2007 and continues to be one of the greatest risk factors that are completely modifiable.

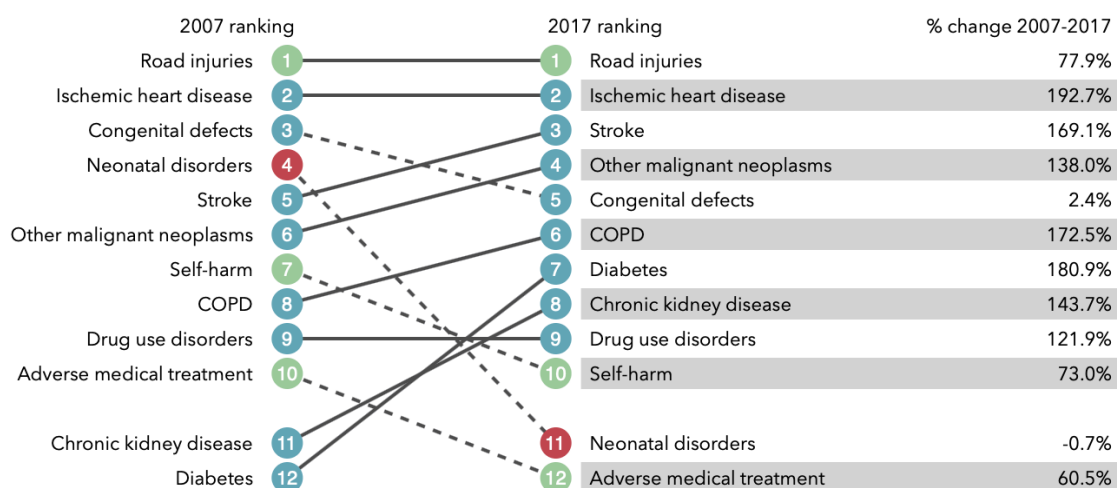
What causes the most deaths?



Top 10 causes of death in 2017 and percent change, 2007-2017, all ages, number

What causes the most premature death?

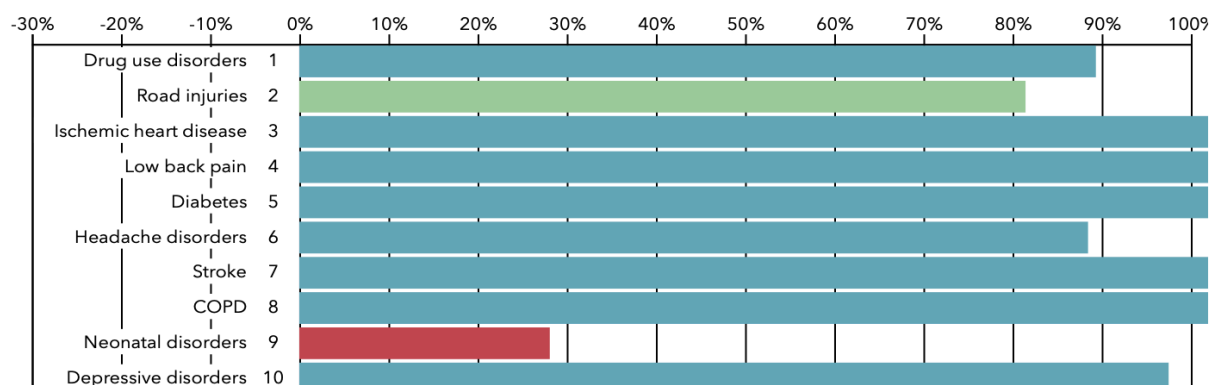
- Communicable, maternal, neonatal, and nutritional diseases
- Non-communicable diseases
- Injuries



Top 10 causes of years of life lost (YLLs) in 2017 and percent change, 2007-2017, all ages, number

What causes the most death and disability combined?

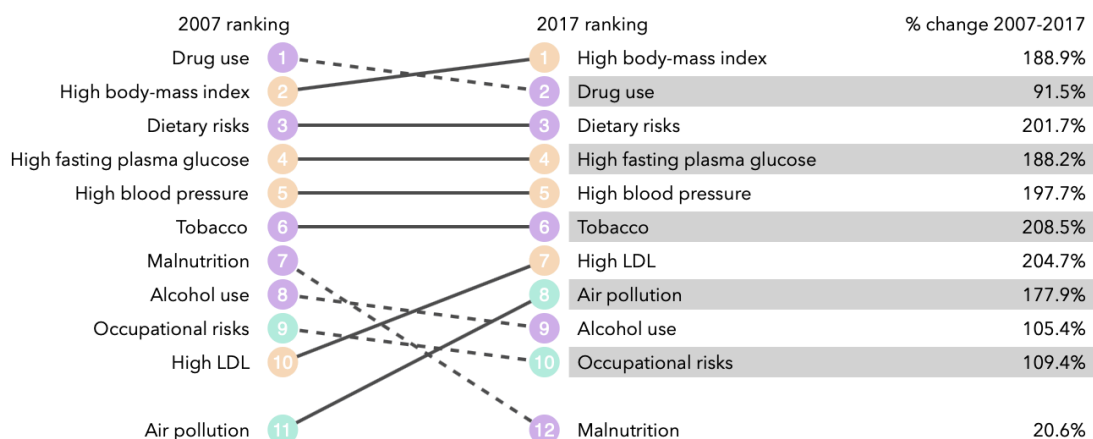
- Communicable, maternal, neonatal, and nutritional diseases
- Non-communicable diseases
- Injuries



Top 10 causes of disability-adjusted life years (DALYs) in 2017 and percent change, 2007-2017, all ages, number

What risk factors drive the most death and disability combined?

- Metabolic risks
- Environmental/occupational risks
- Behavioral risks



Top 10 risks contributing to DALYs in 2017 and percent change, 2007-2017, all ages, number

Data obtained from <http://www.healthdata.org/united-arab-emirates> on the 16th November 2018

Position Statement

The Emirates Oncology Nursing Society (EONS) is committed to supporting strategies that will improve the reduction of deaths and health disabilities related to tobacco. The Society is committed to providing ongoing support, networking, interdisciplinary collaboration and educational opportunities to access and advance the knowledge and skills of cancer nurses in improving the control and cessation of tobacco including waterpipes (shisha) and electronic cigarettes and vapouring.

Strategy

We aim to:

- Tobacco Cessation will be an education priority for all members of EONS
- Include tobacco risks and cessation education at all EONS events
- Develop and disseminate evidence based educational materials for nurses
- Tobacco screening, assessment and management will be an ongoing priority
- Collaborate with the interdisciplinary team to develop and implement or review policies and guidelines for the effective management of cancer pain
- Support and undertake independent and collaborative nursing research in tobacco control
- Undertake surveys throughout the project to measure effectiveness of the project
- Aim for tobacco free venues and events for all EONS activities

Acknowledgments

ISNCC Board of Directors

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Suzanne Oakley, RN, Master in Advanced Practice

References

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