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Background and aim

Bispebjerg University Hospital offers systematic motivational counselling to all smokers in a standardised manner. In the department for acute internal medicine, such counselling is a challenge.

Introduction of the subject to the patients by a nurse trained in clinical health promotion could be a possible method of implementation in emergency departments.

Therefore, we have evaluated two different methods of organizational settings.

Methods

200 of 230 consecutive patients, who smoked every day were included in two groups:

- The first group was introduced to motivational counselling by the staff nurses at the department.
- The other group was introduced by a nurse from the Smoking Cessation Clinic, who was trained in health promotion

In both groups the trained nurse performed all the motivational counselling as well as the subsequent smoking cessation programmes.

Characteristics of 200 patients (108 men, 92 women) from department for acute internal medicine, average and SD

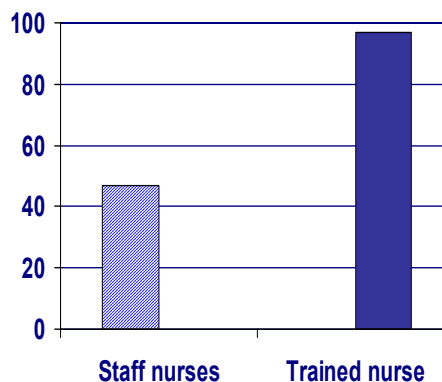
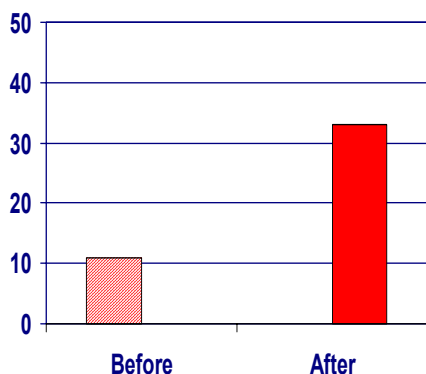
	Accept Motivational counselling	No accept	All patients
Age (years)	56 (18)	52 (19)	55 (18)
Packet-years	25 (20)	20 (27)	24 (19)
Years of smoking	37 (16)	33 (16)	36 (16)
Fagerstrom Score	5 (3)	6 (2)	5 (3)

Results

In total, 144 of 200 patients (72%) were willing to accept the introduction to motivational counselling.

The motivational counselling significantly improved the degree of motivation; 11% wanted direct referral to the Smoking Cessation Clinic before counselling, increasing to 33% after the counselling, $p < 0.05$.

Significantly more patients accepted the counselling when it was offered by the trained nurse compared to the staff nurses, $p < 0.01$.



Conclusion

Motivational counselling leading to behavioural change can be implemented in a department for acute internal medicine. The implementation rate increases by an experienced nurse trained in smoking cessation programmes.

