

Evaluation Of Processes Of Change Related To Trans Theoretical Model Of Enhancing Behaviors Of Healthcare Workers User Electronic Hookah

Ahmed K.Mohamed Taher¹ , Nasir Muwfaq Younis²

1:Nineveh Health Directorate

2: PhD.CHN. University of Mosul_College of Nursing_Iraq.

DOI: 10.47750/pnr.2023.14.03.399

Abstract

Objective: The aim of this study to evaluation of processes of change related to trans theoretical model of enhancing behaviors of healthcare workers User electronic Hookah.

Material: A simple random sample with probability of 56 males and 2 females health care workers(HCW) for the two group with different position . The sample was collected for the study group in Mosul General hospital that they was 58 Healthcare workers.

Results: This study show the relationship for third axis (process of change) between pre, post1, post2 Mean, Standard deviation and P-value that has been measured by paired T test for study. For the study there is statistically significance at confidence interval 95% between pre and post-test1 ,pre and post-test 2 because P-value.

Conclusions: This study concluded that the Sample chosen are in the younger age (25 years and more). Majority of them possess upper middle class of family income in study, however this increases the risk of smoking.

Keywords: Evaluation , processes of change, trans theoretical ,healthcare ,electronic Hookah.

Introduction:

An electronic hookah is a machine that uses electricity to simulate smoking tobacco; it has an atomizer, a battery for power, and a cartridge or tank for storage. Using an electronic hookah results in the user inhaling vapor rather than smoke, hence the term "vaping."⁽¹⁾Inhaling and exhaling vapor that contains nicotine and flavoring and is created by a device made for this purpose is known as vaping⁽²⁾.Nicotine is delivered through combustion when smoking, but it is delivered through evaporation when vaping. Another similarity between nicotine use and smoking is that nicotine strength in cigarettes is fixed⁽³⁾.Despite the fact that some cartridges have both nicotine and tobacco leaf, e-cigarettes don't actually contain tobacco. The first and most obvious distinction is this. Although it is a distinct variety of tobacco, hookah shisha is still tobacco. In contrast to a vaping device, it preserves tobacco combustion as a result⁽⁴⁾.There is worry that the availability of electronic nicotine delivery systems (ENDS), such as electronic cigarettes (e-cigarettes), vape pens, e-hookah, e-cigars, e-pipes, and others, may both encourage dual product use (i.e., using ENDS and cigarettes) and hinder cessation. The use of ENDS by non-smoking young adults and adolescents who might not have otherwise utilized nicotine-delivery products raises further concerns about potential dual use. Among those who have never used combustible tobacco products, their availability could result in the emergence of a completely new group of nicotine addicts⁽⁵⁾.The processes of change help to explain how changes in cognition, emotion, and behavior occur whereas the stages of change are useful in describing when these changes occur, to successfully move through the stages of change and achieve the required behavioral change, these 10 covert and overt procedures must be put into practice, these processes can be classified into two categories: behavioral processes and cognitive and affective

experiential processes ⁽⁶⁾.The aim of this study to evaluation of processes of change related to trans theoretical model of enhancing behaviors of healthcare workers User electronic Hookah.

Method and Materials:

A simple random sample with probability of 56 males and 2 females health care workers(HCW) for the two group with different position . The sample was collected for the study group in Mosul General hospital that they was 58 HCW.The study was carried out in Al-Mosul city, the capital of the Nineveh Governorate, which is located in northern Iraq. Al-Mosul is the second-largest city in Iraq. The information used in this study was acquired by a questionnaire that have two sections: section I, which describes the employees Socio-economic demographic characteristic and the section II, includes measuring with a scale enhancing behaviors of healthcare workers User electronic Hookah. The data were collected by interview technique and IBM SPSS Statistics for Windows version 24 was used for the statistical study.

Results:

Table 1: The process of change in study sample

Process of change		Mean	Std.	P-value
	Pre	2.8713	.48673	.000
	Post 1	3.6293	.53467	
	Pre	2.8713	.48673	.000
	Post 2	3.7043	.43995	
	Post 1	3.6293	.53467	.557
	Post 2	3.7043	.43995	

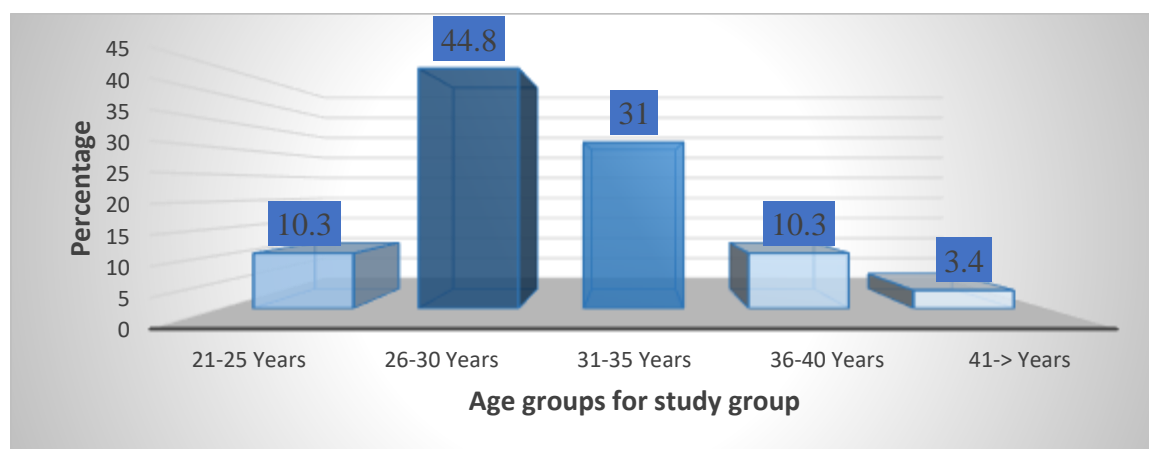


Figure (1): Age group distribution for the study group.

Discussion:

Smoking electronic hookahs has negative health effects that contribute significantly to cardiovascular morbidity and mortality. The toxicological components of hookah smoke, including nicotine, carbon monoxide, particulates, oxidants, heavy metals, phenols and flavorings, indicate the potential to cause adverse cardiovascular events. Other

conditions linked to the toxins and chemicals include heart disease, respiratory diseases like emphysema, which causes difficulty breathing, and other conditions like bronchitis⁽⁷⁾. Smoking increases a woman's risk of never getting pregnant and makes getting pregnant more difficult. Smoking during pregnant can harm the developing fetus' tissues, especially the lungs and brain, and some studies have found a connection between mother smoking and cleft lip. Additionally, studies point to a link between smoking and miscarriage. Smoking's carbon monoxide content can prevent an unborn child from getting enough oxygen. Additional compounds included in tobacco smoke can be harmful to developing human embryos⁽⁸⁾. Table 1: show that the relationship for third axis (process of change) between pre, post1, post2 Mean, Standard deviation and P-value that has been measured by paired T test for study. For the study there is statistically significance at confidence interval 95% between pre and post-test1 ,pre and post-test 2 because P-value .000 < .05 ,but between post1and post-test2 there wasn't statistically significance because P-value .557 > .05 .This study agree with others study in Iraq⁽⁹⁻³⁰⁾who found same results .

Conclusions:

This study concluded that the Sample chosen are in the younger age (25 years and more). Majority of them possess upper middle class of family income in study, however this increases the risk of smoking.

References:

- 1.Son Y. Estimating the human health risks associated with exposures to harmful constituents emitted from electronic cigarettes (Doctoral dissertation, Rutgers University-School of Graduate Studies),2018.
- 2.Oh AY, Kacker A. Do electronic cigarettes impart a lower potential disease burden than conventional tobacco cigarettes?: Review on e-cigarette vapor versus tobacco smoke. *The Laryngoscope*. 2014 Dec;124(12):2702-6.
- 3.Dusautoir R, Zarcone G, Verrielle M, Garçon G, Fronval I, Beauval N, Allorge D, Riffault V, Locoge N, Lo-Guidice JM, Anthérieu S. Comparison of the chemical composition of aerosols from heated tobacco products, electronic cigarettes and tobacco cigarettes and their toxic impacts on the human bronchial epithelial BEAS-2B cells. *Journal of hazardous materials*. 2021 Jan 5;401:123417.
- 4.Miller CR, Xu SS, Smith DM, Sutanto E, Goniewicz ML, Quah AC, Fong GT. Assessing use of inhalable nicotine products within complex markets: the dilemma of heated tobacco products.
- 5.Barrington-Trimis JL, Samet JM, McConnell R. Flavorings in electronic cigarettes: an unrecognized respiratory health hazard?. *Jama*. 2014 Dec 17;312(23):2493-4.
- 6.Hudson NW, Fraley RC. Volitional personality trait change: Can people choose to change their personality traits?. *Journal of personality and social psychology*. 2015 Sep;109(3):490.
- 7.Milne E. Putting the Fetus First-Legal Regulation, Motherhood, and Pregnancy. *Mich. J. Gender & L.*. 2020;27:149.
- 8.Mohammed AS, Neamah MA. Students Knowledge about E-cigarettes Smoking at Middle School in Baghdad City, Iraq. *Annals of the Romanian Society for Cell Biology*. 2021 Apr 25:10109-16.
9. Muwfaq Younis N. Efficacy of Health Beliefs Model-Based Intervention in Changing Substance Use Beliefs among Mosul University Students: A Randomized Controlled Trial. *Revis Bionatura* 2022; 7 (2) 35.
10. Al-Ghurairi SA, Younis NM, Ahmed MM. Prevalence of weight gain among students of Mosul University, Iraq during quarantine 2020. *Rawal Medical Journal*. 2022 Jul;47(3).
11. Abbas AS, Younis NM. Efficacy of Pender's Health Promotion-based Model on Intervention for Enhancing University of Mosul Hypertensive Employees' Eating Behaviors: A randomized Controlled Trial. *Revis Bionatura*. 2022;7(3):35.
12. Ahmed MM, Younis NM, Abdulsalam RR. Assessment of changes in sleep habits in elementary students during covid_19 lockdown. *International Journal of Medical Toxicology & Legal Medicine*. 2022;25(1and2):76-80.
13. Mukhlif HH, Younis NM. Evaluation of the association between internet addiction and fatigue among undergraduate students at universities in Mosul city, Iraq: A cross-sectional study. *Rawal Medical Journal*. 2022 Dec 11;47(4):829-.
14. Adea MK, Lefta RM, Younis NM. Impact of psychosocial aspect parameters on psoriasis patients' quality of life at outpatient clinic in Al-Dewania City, Iraq. *Rawal Medical Journal*. 2022 Dec 11;47(4):892-.

15. Ibrahim RM, Idrees NH, Younis NM. Epidemiology of leukemia among children in Nineveh Province, Iraq. *Rawal Medical Journal*: 2023 Jan. Vol. 48, (1):137-.
16. Taher AK, Younis NM. Assessment the Effect of a Trans theoretical Model in Improving Behaviors Health Care workers related Electronic Hookah in Mosul City /Iraq. *Rawal Medical Journal*: 2023 Jan. Vol. 48, (1):228-.
17. Mohammad FH, Noori LK, Younis NM. Assessment of Nutritional habits among Mosul University Students regarding breakfast. 2023 Jan. Vol. 48, (1):96-.
18. Younis NM, Ibrahim RM, Idrees NH. Prevalence of snake bite among children in Nineveh Governorate/Iraq: A retrospective study. *International Journal of Medical Toxicology & Legal Medicine*. 2022;25(3and4):169-172.
19. Younis NM, Ahmed MM, Abdulsalam RR. Assessing quality of life in palliative care. *International Journal of Medical Toxicology & Legal Medicine*. 2021;24(3and4):115-8.
20. Ahmed MM, Younis NM, Hussein AA. Prevalence of tobacco use among health care workers at primary health care centers in Mosul City. *Pakistan Journal of Medical and Health Sciences*. 2021;15(1):421-4.
21. Younis NM, Ahmed MM, Dhahir NM. Prevalence of coronavirus among healthcare workers. *International Journal of Medical Toxicology & Legal Medicine*. 2021;24(1and2):267-70.
22. Ahmed MM, Younis NM, Hussein AA. Violence towards nurses staff at teaching hospitals in Mosul City. *Indian Journal of Forensic Medicine & Toxicology*. 2020 Jul 30;14(3):2598-603.
23. Younis NM, Ahmed MM, Hussein AA. Nurses' knowledge, attitude and practice towards preparedness of disaster management in emergency of mosul teaching hospitals. *Medico-Legal Update*. 2020 Jul;20(3):775-9.
24. Naji AB, Ahmed MM, Younis NM. Adherence the preventive measure against for covid-19 among teachers at university of mosul. *International Journal of Medical Toxicology & Legal Medicine*. 2021;24(3and4):273-7.
25. Younis NM, Mahmoud M, Ahmed A. University Students' Attitude Towards E-Learning. *Bahrain Medical Bulletin*. 2021;43(2):460-2.
26. Muwfaq YN, Ahmed MM, Abdulsalam RR. Assessing Quality of Life in Palliative Care. *Bahrain Medical Bulletin* 2021;43(3):594-6.
27. Ahmed MM, Younis NM, Dhahir NM, Hussain KN. Acceptance of Covid-19 vaccine among nursing students of Mosul University, Iraq. *Rawal Medical Journal*. 2022 Apr;47(2):254-.
28. Abbas AS, Younis NM. Assessing the effect Pender's Model in changing employees' Eating Behaviors suffer hypertension at Mosul University Iraq. *Pakistan Journal of Medical & Health Sciences*. 2022 Jul 29;16(06):476-.
29. Nasir Muwfaq Younis , Mahmoud Mohammed Ahmed, Nawaf Mohammed Dhahir. Knowledge and Attitude toward older adults among Nursing Students .2021. *P J M H S* Vol. 15, NO. 3, pp:683_685.
30. Zou Z, Wang H, d'Oleire Uquillas F, Wang X, Ding J, Chen H. Definition of substance and non-substance addiction. *substance and non-substance addiction*. 2017:21-41.