Introduction

Tobacco smoking, along with hypertension and obesity, is considered the leading preventable cause of death in the world (1). As a result of smoking, more than 9,000 people—roughly one in five deaths die in Croatia every year. According to the latest data, 33% of the Croatian population are smokers, of which 37% are men and 30% women. One in two smokers in Croatia tried to quit smoking at least once, but only 16% of them succeeded (2).

The adverse effects of tobacco smoking on oral health are well documented. This includes common and rare conditions, from benign to life-threatening diseases such as discoloration of teeth and dental restorations, bad breath, taste and smell disorders, impaired wound healing, periodontal disease, short-term and long-term implant success, oral mucosal lesions such as smoker’s melanosis and smoker’s palate, potentially malignant lesions and oral cancer (3).
Zdravstvenim radnicima, uključujući i stomatologe i njihove timove, etička je, moralna i profesionalna obveza pomoći pacijentima u odvijanju od pušenja. Zbog prirode svojega posla i redovitog kontakta s pacijentima, stomatolog je u ideološkoj poziciji da savjetuje pacijente o štetnom djelovanju pušenja i prednostima prestanka (4). Aktivnost stomatologa u prevenciji pušenja imat će na pacijente dvostruki učinak – ne samo da će se prestankom pušenja poboljšati oralno zdravlje nego će to pridonijeti i prevenciji sistemskih bolesti povezanih s pušenjem (5). Smjernice za savjetovanje o prestanku pušenja uključujući i 5P protokol – kratak informativni razgovor kojim se u pet koraka nastoji doznati što više o pušačkim navikama pacijenta i o njegovoj volji za prestankom. Pritom treba imati na umu da veći dio pušača tijekom ovdijavanja posrne od tri do pet puta prije negoli konačno uspije prestati pušiti (3), a zadaća cijeloga dentalnog tima jest da mu u tomu pruži potporu i poticaj za daljnji nastavak apostincije.

Svrha ovog istraživanja bila je procijeniti pušačke navike, razinu znanja i stajališta u vezi s pušenjem i ulogom stomatologa u prevenciji pušenja, dolazak jedan studentima Stomatološkog fakulteta Sveučilišta u Zagrebu i hrvatskim stomatolozima.

Materijali i metode

U ovom istraživanju sudjelovalo je ukupno 159 ispitanika – 51 student prve godine i 53 studenta šeste godine, što čini oko 50 % studenata tih godina, te 55 stomatologa. Istraživanje je, na temelju priloženog anketnog upitnika, provedeno među studentima prve i šeste godine Stomatološkog fakulteta Sveučilišta u Zagrebu i stomatolozima zaposlenima u ordinacijama primarnih praksi diljem Hrvatske te na Stomatološkom fakultetu Sveučilišta u Zagrebu. Anketni upitnik u cijelosti je bio anonim i nije predviđao upisivanje osobnih podataka poput imena, prezimena, datuma rođenja, adrese i sl. Sastojao se od četiri dijela – u prvom dijelu unosili su se opći parametri poput spola i dobne skupine, te pripadnost jednoj od triju ispitnih skupina.

U drugom dijelu ispitivalo se sadašnje i dosadašnje iskustvo u pušenju duhane, dob u kojoj je stečeno prvo iskustvo s pušenjem, mjesečna količina popuštenih cigareta, te postoji li želja za prestankom. Također se ispitivala svakodnevna izloženost duhanskim dimu te eventualno postojanje zabrane pušenja u fakultetskim prostorijama, odnosno na radnom mjestu.

Za treći dio upitnika na temelju dostupne literature (1, 3, 5, 6 – 10) oblikovano je 15 tvrdnji o utjecaju pušenja na usnu šupljinu s ponuđena tri moguća odgovora: DA, NE i DO NOT KNOW.

Četvrti dio upitnika sadržava je 15 tvrdnji kojima se ispitivalo osobno stajalište ispitanika o pušenju te o ulozi stomatologa u prevenciji pušenja i savjetovanju pacijenata o prestanku pušenja. Stajališta ispitanika procjenjivala su se 5-stupanskom Likertovom ljestvicom kojom je izražavalo stupanj slabljanja s određenom tvrdnjom (od 1 – uopće se ne slažem, do 5 – u cijelosti se slažem).

Health professionals, including dentists and their teams, have ethical, moral and professional obligations to help patients quit smoking. Due to the nature of their work and regular contact with patients, the dentist is in an ideal position to advise their patients about smoking cessation. Dentists have the necessary skills, competence and expertise for the recognition and treatment of oral lesions associated with smoking and can advise patients about harmful effects of smoking, as well as benefits of smoking cessation (4). Dentists’ activity in the prevention of smoking will have a double effect for patients: not only quitting smoking will improve oral health, but will also contribute to prevention of systemic diseases associated with smoking (5). The Guideline on smoking cessation counselling includes “5P Protocol” - a short briefing which in five steps examines the patient’s smoking habits and his willingness to quit. A large number of smokers fails three to five times in the course of withdrawal before they finally manage to quit smoking (3), and the role of the entire dental team is to provide support and encouragement during this period.

The aim of this study was to evaluate smoking habits, the level of knowledge and attitudes towards smoking, as well as the role of dental professionals in the prevention of smoking among students of the School of Dental Medicine, University of Zagreb and compare them to the attitudes of practicing Croatian dentists.

Materials and methods

This study included a total of 159 subjects: 51 1 st year dental students and 53 6 th year dental students, which amounts to nearly 50% of the students of the first and sixth year, and 55 practicing dentists. The study was conducted among students of the School of Dental Medicine, University of Zagreb and the dentists employed in primary practice throughout Croatia using an attached questionnaire. The questionnaire was completely anonymous. No personal information such as names, surnames, dates of birth, addresses etc. were registered. The questionnaire consisted of four parts: the first part of the questionnaire examined general parameters of subjects such as sex, age group, and belonging to one of three test groups.

The second part of the questionnaire examined the current and previous experience of smoking, age of first experience of tobacco smoking, the number of cigarettes smoked each month, and willingness to stop smoking. Also, it examined daily exposure to tobacco smoke, and the possible existence of smoking ban at college campus or workplace.

In the third part of the questionnaire, which is based on the available literature (1, 3, 5, 6, 7, 8, 9, 10), 15 statements were made on the impact of smoking on oral cavity with three possible answers: YES, NO and DO NOT KNOW.

The fourth part of the questionnaire contained 15 statements that assessed the respondent’s personal attitude towards tobacco smoking and the dentist’s role in the prevention of smoking and smoking cessation counselling for patients. The attitudes of respondents were assessed using a 5 point Likert scale which indicated the level of agreement with a particular statement (from 1 - strongly disagree, to 5 - completely agree).
Tablica 1. Demografski podatci

| Spol N (%) • Sex N (%) | Studenti 1. godine • 1st year students | Studenti 6. godine • 6th year students | Stomatolozi • Dentists |
|-----------------------|----------------------------------------|----------------------------------------|------------------------|
| Ženski • Female        | 44 (86.3)                              | 44 (83)                                | 34 (61.8)              |
| Muški • Male           | 7 (13.7)                               | 9 (17)                                 | 21 (38.2)              |

| Dobna skupina N (%) • Age group N (%) | Studenti 1. godine • 1st year students | Studenti 6. godine • 6th year students | Stomatolozi • Dentists |
|---------------------------------------|----------------------------------------|----------------------------------------|------------------------|
| 18 – 30                               | 50 (98)                                | 53 (100)                               | 9 (16.4)               |
| 31 – 40                               | 1 (2)                                  | 20 (36.4)                              |                        |
| 41 – 50                               |                                        | 13 (23.6)                              |                        |
| 51. i više • 51 and more              |                                        |                                        | 13 (23.6)              |

| Zaposlenje* N(%) • Employment* N(%)   | Studenti 1. godine • 1st year students | Studenti 6. godine • 6th year students | Stomatolozi • Dentists |
|---------------------------------------|----------------------------------------|----------------------------------------|------------------------|
| Dom zdravlja • Community health centre| 17 (30.9)                              |                                        |                        |
| Privatna ordinacija • Private practice| 14 (25.5)                              |                                        |                        |

Ugovorna ordinacija • Practice under contract with HZZO: 24 (43.6)

* samo za stomatologe / * dentists only

Tablica 2. Iskustvo s pušenjem duhana i izloženost duhanskom dimu

| Pušite li? N (%) • Do you smoke? N (%) | Studenti 1. godine • 1st year students | Studenti 6. godine • 6th year students | Stomatolozi • Dentists | p     |
|----------------------------------------|----------------------------------------|----------------------------------------|------------------------|-------|
| Da • Yes                               | 4 (7.8)                                | 21 (39.6)                              | 19 (34.5)              | 0.003*|
| Ne • No                                | 36 (70.6)                              | 27 (50.9)                              | 30 (54.5)              |       |
| Povremeno • Occasionally               | 11 (21.6)                              | 5 (9.5)                                | 6 (10.9)               |       |

| Jeste li ikada do sada zapalili cigaretu/pušili? N (%) • Have you ever smoked? N (%) | Studenti 1. godine • 1st year students | Studenti 6. godine • 6th year students | Stomatolozi • Dentists | p     |
|----------------------------------------------------------------------------------|----------------------------------------|----------------------------------------|------------------------|-------|
| Da • Yes                                                                          | 40 (78.4)                              | 44 (83)                                | 45 (81.8)              | 0.826 |
| Ne • No                                                                           | 11 (21.6)                              | 9 (17)                                 | 10 (18.2)              |       |

| S koliko godina ste prvi put zapalili cigaretu? N (%) • Age of first experience of tobacco smoking? N (%) | Studenti 1. godine • 1st year students | Studenti 6. godine • 6th year students | Stomatolozi • Dentists | p     |
|--------------------------------------------------------------------------------------------------|----------------------------------------|----------------------------------------|------------------------|-------|
| Manje od 12 • Less than 12                                                                      | 2 (3.9)                                | 0                                      | 2 (3.7)                | 0.001*|
| 12 – 18                                                                                         | 37 (72.5)                              | 27 (50.9)                              | 22 (40.7)              |       |
| 19 – 25                                                                                         | 1 (2)                                  | 17 (32.1)                              | 17 (31.5)              |       |
| Nakon 25. • After 25                                                                           | 0                                      | 0                                      | 2 (3.7)                |       |
| Nikad nisam pušio/la • I have never smoked                                                     | 11 (21.6)                              | 9 (17)                                 | 11 (20.4)              |       |

U posljednjih mjesec dana koliko ste dana pušili? N (%) • In the past month, how many days have you smoked?

| Studenti 1. godine • 1st year students | Studenti 6. godine • 6th year students | Stomatolozi • Dentists | p     |
|----------------------------------------|----------------------------------------|------------------------|-------|
| 0                                      | 37 (72.5)                              | 27 (50.9)              | 31 (56.4) | 0.003*|
| 0 – 5                                  | 9 (17.6)                               | 3 (5.7)                | 3 (5.5)  |       |
| 5 – 10                                 | 2 (3.9)                                | 4 (7.5)                | 4 (7.3)  |       |
| 10 – 25                                | 1 (2)                                  | 7 (13.2)               | 2 (3.6)  |       |
| više od 25 dana • more than 25 days     | 2 (3.9)                                | 12 (22.6)              | 15 (27.3)|       |

| Želite li prestati pušiti? + (N %) • Do you have a desire to quit smoking? + (N %) | Studenti 1. godine • 1st year students | Studenti 6. godine • 6th year students | Stomatolozi • Dentists | p     |
|----------------------------------------------------------------------------------|----------------------------------------|----------------------------------------|------------------------|-------|
| Da • Yes                                                                          | 10 (66.7)                              | 19 (76)                                | 11 (45.8)              | 0.086 |
| Ne • No                                                                           | 5 (33.3)                               | 6 (24)                                 | 13 (54.2)              |       |

U posljednjih tjedan dana koliko ste puta u svojem domu bili izloženi duhanskom dimu? • In the past week, how many times have you been exposed to tobacco smoke in your home?

| Studenti 1. godine • 1st year students | Studenti 6. godine • 6th year students | Stomatolozi • Dentists | p     |
|----------------------------------------|----------------------------------------|------------------------|-------|
| 0                                      | 31 (60.8)                              | 31 (58.5)              | 37 (66.7) | 0.001*|
| 1 – 2 dana • 1 – 2 days                | 10 (19.6)                              | 4 (7.5)                | 2 (3.7)  |       |
| 2 – 6 dana • 2 – 6 days                | 6 (11.8)                               | 8 (15.1)               | 0        |       |
| svih 7 dana • all 7 days               | 4 (7.8)                                | 10 (18.9)              | 16 (29.6)|       |

U posljednjih tjedan dana koliko ste puta u javnim prostorima bili izloženi duhanskom dimu? • In the past week, how many times have you been exposed to tobacco smoke in public places?

| Studenti 1. godine • 1st year students | Studenti 6. godine • 6th year students | Stomatolozi • Dentists | p     |
|----------------------------------------|----------------------------------------|------------------------|-------|
| 0                                      | 6 (11.8)                               | 4 (7.5)                | 10 (18.2) | 0.670 |
| 1 – 2 dana • 1 – 2 days                | 24 (47.1)                              | 24 (45.3)              | 21 (38.2) |       |
| 2 – 6 dana • 2 – 6 days                | 16 (31.4)                              | 16 (30.2)              | 17 (30.9) |       |
| svih 7 dana • all 7 days               | 5 (9.8)                                | 9 (17)                 | 7 (12.7)  |       |

Je li na vašem fakultetu / radnom mjestu službeno zabrano pušenje? • Is there official smoking ban in your college / workplace?

| Studenti 1. godine • 1st year students | Studenti 6. godine • 6th year students | Stomatolozi • Dentists | p     |
|----------------------------------------|----------------------------------------|------------------------|-------|
| Da • Yes                               | 33 (64.7)                              | 51 (96.2)              | 49 (89.1) | <0.001|
| Ne • No                                | 1 (2)                                  | 0                      | 6 (10.9)  |       |

Nisam siguran/a • I’m not sure

| Studenti 1. godine • 1st year students | Studenti 6. godine • 6th year students | Stomatolozi • Dentists | p     |
|----------------------------------------|----------------------------------------|------------------------|-------|
| + samo za pušače • * smokers only      | 17 (33.3)                              | 2 (3.8)                | 0        |       |

* statistički značajni razlika (p < 0.05) • * statistically significant result (p < 0.05)
Podatci su organizirani u tablične datoteke (Microsoft Excel, Microsoft Inc., SAD) i statistički obradeni programom SPSS (IBM Inc., SAD). Normalnost distribucije podataka testirana je Kolmogoroff-Smirnovljevim testom te je utvrđeno da su normalno distribuirani. Za opisivanje podataka korištene su mjere centralne tendencije (minimum, maksimum, srednja vrijednost, standardna devijacija). Za ispitivanje razlika među skupinama korištene su hi-kvadrat test za nominalne i Studentov t-test za ordinalne varijable. Vrijednosti manje od 0,05 (p < 0,05) smatrane su se statistički značajnima.

Rezultati

Prema demografskim podacima prikupljenim u prvom dijelu upitnika (tablica 1.) ustanovljena je statistički značajno viša zastupljenost žena u odnosu na muškarce među studentima i prve i šeste godine u usporedbi sa stomatolozima.

U drugom dijelu upitnika ispitivalo se iskustvo i navi- ke pušenja cigareta (tablica 2.). Prevalencija pušenja bila je najveća među studentima šeste godine (39,6 %), nešto manja zabilježena je među stomatolozima (34,5 %) kod kojih su zabilježena značajno viša zastupljenost žena u odnosu na muškarce među studentima (tablica 1.) ustanovljena je statistički značajno viša zastupljenost žena u odnosu na muškarce među studentima i prve i šeste godine u usporedbi sa stomatolozima.

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The data were organized in spreadsheet files (Microsoft Excel, Microsoft Inc., USA) and statistically analyzed using the SPSS (IBM Inc., USA). The normality of data distribution was tested by the Kolmogoroff-Smirnov test and it was found that data were normally distributed. Measures of central tendency were used (minimum, maximum, mean, standard deviation) for data presentation. To test differences between groups, the chi-square test for nominal and Student's t-test for ordinal variables were used. P-values lower than 0.05 (p < 0.05) were considered statistically significant.

### Results

According to demographic data collected in the first part of the questionnaire (Table 1), a significantly higher proportion of women comparing to men was found among first and sixth year students, compared to dentists.

The second part of the questionnaire examined previous experience of tobacco smoking and the current smoking habits (Table 2). The prevalence of smoking was highest among 6th year dental students (39,6 %). It slightly decreased among

#### Table 3. Znanje ispitanika o utjecaju pušenja na oralno zdravlje

| Tvrđnja • Statement | Ne (%) • No (%) | Da (%) • Yes (%) | Ne znam (%) • I don’t know (%) | p |
|---------------------|----------------|-----------------|--------------------------|---|
| 1. Pušenje je povezano s nastankom raka usne šupljine. • Smoking is associated with development of oral cavity cancer | 0 | 155 (97.5) | 4 (2.5) | 0.013* |
| 2. Prestankom pušenja smanjuje se rizik od razvoja oralnog koracina • Quitting smoking reduces the risk of developing oral cancer | 4 (2.5) | 147 (92.5) | 8 (5) | 0.006* |
| 3. Pušenje ugrožava zdravlje pasivnih pušača u okolini pušača • Smoking endangers passive smokers health | 0 | 158 (99.4) | 1 (0.6) | 0.345 |
| 4. Brzim pregledom oralne služnice pacijenta može se otkriti razlo de mentoring, akutnog ulceroznog nekrotizirajućeg gingivitisa. • Smoking is a risk factor for the development of acute ulcerative necrotizing gingivitis | 16 (10.1) | 105 (66) | 38 (23.9) | <0.0001* |
| 5. Kakve suspektno oralnu prekanceroznu leziju nužno je pošaliti na biopsiju. • Any suspicious oral precancerous lesion should be sent to biopsy | 4 (2.5) | 131 (82.4) | 24 (15.1) | <0.0001* |
| 6. Rak usne šupljine najčešće je otkriven u najranijem stadiju. • Oral cancer is most commonly discovered in advanced stage. | 18 (11.3) | 99 (62.3) | 42 (26.4) | <0.0001* |
| 7. Pušenje izaziva psihičku, ali i fizičku ovisnost. • Smoking causes psychic but not physical dependence. | 81 (50.9) | 57 (35.8) | 21 (13.2) | 0.244 |
| 8. Alkohol u kombinaciji s pušenjem povećava mogućnost od razvoja raka usne šupljine. • Alcohol combined with smoking increases possibility of developing oral cancer. | 5 (3.1) | 123 (77.4) | 31 (19.5) | <0.0001* |
| 9. Rak usne šupljine u ranim fazama je asimptomatski. • Oral cancer is asymptomatic in the early stages. | 7 (4.4) | 107 (67.8) | 45 (28.3) | <0.0001* |
| 10. Prekancerozne lezije u manjem broju slučajeva maligno alteriraju. • Pre-cancerous lesions in a small number of cases malignantly alter | 19 (11.9) | 84 (52.8) | 56 (35.2) | <0.0001* |
| 11. Pušenje je rizični čimbenik za razvoj akutnog ulceroznog nekrotizirajućeg gingivitisa. • Smoking is a risk factor for the development of acute ulcerative necrotizing gingivitis. | 11 (6.9) | 111 (69.8) | 37 (23.3) | <0.0001* |
| 12. Pušačka melanoma ubrjava se u prekanceroznu stanja. • Smokers melanosis is a precancerous condition | 45 (28.3) | 42 (26.4) | 72 (45.3) | <0.0001* |
| 13. Da bi se postavila dijagnoza crnoga dlaka usne šupljine, nužna je biopsija. • Biopsy is required for black hairy tongue diagnosis. | 114 (71.7) | 6 (3.8) | 39 (24.5) | <0.0001* |
| 14. Pušenje je rizični čimbenik kad je riječ o zubnom karijesu. • Smoking is a risk factor for dental caries. | 70 (44) | 62 (39) | 27 (17) | <0.0001* |
| 15. Pacijenti s leukoplakijom uputno je jedan put na godinu poslati na biopsiju. • Leukoplakia patients are advised to have biopsy once a year | 17 (10.7) | 80 (50.3) | 62 (39) | <0.0001* |
su rezultati u skladu s državnim prosjekom (33 % hrvatskoga stanovništva su pušači) (2), a među studentima prve godine bile je najmanje pušača (7,8 %). Iako je statistički značajno više nepušača bilo među studentima prve godine prema studentima šeste godine i stomatolozima, više studenata prve godine počelo je pušiti u ranijoj dobi u odnosu na studente šeste godine i stomatologe.

Za razliku od studenata, kod kojih većina pušača želi prestat pušiti (66,7 % studenta pušača 1. godine i 76 % studenta pušača 6. godine), to želi manje od polovine stomatologa koji puše – samo njih 45,8 %.

**Tablica 4. Stajališta ispitanika o pušenju duhana te o ulozi stomatologa u prevenciji pušenja i u savjetovanju o prestanka pušenja**

| Tvrdnja • Statement | Stupanj slaganja s tvrdnjom* % • Stage of agreement with statement % | p |
|----------------------|----------------------------------------------------------|---|
| Smatram da je pušenje cigareta iznimno šteti zdravlju. • I find smoking cigarettes extremely harmful to health. | 1 | 1.9 | 3.1 | 20.8 | 74.2 | 0.341 |
| Dužnost je stomatologa da pacijenta educira o štetnosti duhanskoga dima te mu sugerira prestanak pušenja. • The dentist’s duty is to educate the patient about the dangers of tobacco smoke and suggest smoking cessation. | 2.5 | 3.8 | 9.4 | 15.7 | 68.6 | 0.044* |
| Stomatolog svojim nepušenjem treba biti uzor pacijentima. • Dentist should serve as a role-model for patients by his non-smoking behaviour. | 10.1 | 4.4 | 11.9 | 10.7 | 62.9 | 0.276 |
| Velika je mogućnost da će stomatologova sugestija o prestanuku pušenja utjecati na pacijentovu odluku o prestanku pušenja. • There is a great chance that the dentist’s suggestion of smoking cessation will affect the patient’s decision to stop smoking. | 21.5 | 24.1 | 34.2 | 12 | 8 | 0.031* |
| Pušenje je osobni izbor pojedinca i stomatolog nema pravo upletati. • Smoking is a matter of personal choice and the dentist has no right to interfere. | 24.1 | 22.2 | 29.7 | 13.3 | 10.8 | 0.001* |
| Dužnost je stomatologa da trudnici koja puši sugerira prestanak te joj treba objasniti moguće štetne posljedice na plod ako to ne učini. • The dentist’s duty is to suggests smoking cessation to pregnant woman who smokes and to explain possible damaging consequences of smoking for fetus. | 3.8 | 1.9 | 3.8 | 12 | 78.5 | 0.051 |
| Dužnost je stomatologa da roditelje pušača informira o opasnostima od pasivnog pušenja kad je riječ o njihovoj djeci i ostalim ukućanima. • Dentist’s duty is to inform the parents about the risks of passive smoking for their children and other households members. | 1.9 | 5.1 | 19.6 | 16.5 | 57 | 0.163 |
| Stomatolog treba biti dostatno edukiran o utjecaju pušenja na zdravlje. • The dentist should be adequately educated about the impact of smoking on health. | 1.9 | 2.6 | 4.5 | 14.7 | 76.3 | 0.013* |
| Moje trenutačno stanje dovoljno je da mogu savjetovati pacijenta u vezi s prestankom pušenja. • My current knowledge is sufficient for patients counseling on smoking cessation. | 11.4 | 11.4 | 23.4 | 24.1 | 29.7 | <0.0001* |
| Studentima • stomatolozima potrebna je bolja edukacija o savjetovanju pacijenata u vezi s prestankom pušenja. • Students • dentists need better education on patients counseling about smoking cessation. | 3.8 | 7 | 28.7 | 34.4 | 26.1 | 0.225 |
| Kad bi postojao, pohađao • la bih specifični kolegij • tečaj o štetnim učincima pušenja te o savjetovanju pacijenata o prestanku pušenja. • If there was a specific course about harmful effects of smoking and the patients counseling for smoking cessation, I would have attended it. | 10.8 | 6.3 | 25.9 | 25.9 | 31 | 0.010* |
| Zabrana pušenja u svim prostorijama zdravstvenih ustanova vrlo je važna u promociji zdravog okružja bez duhanskoga dima. • Smoking ban in all areas of health care institutions has a major role in promoting a healthy environment without tobacco smoke. | 2.5 | 6.3 | 8.2 | 12.7 | 70.3 | 0.510 |
| Zabrana pušenja u javnim prostorima pridonijela bi osvještavanju javnosti o štetnosti duhanskoga dima. • Smoking ban in public spaces would have contributed to public awareness of dangers of tobacco smoke. | 3.2 | 7 | 20.4 | 19.7 | 49.7 | 0.169 |
| Zabrana pušenja u javnim prostorima kršenje je prava pušača. • Smoking ban in the public spaces is violation of smokers rights. | 56.3 | 9.5 | 17.7 | 7 | 9.5 | 0.054 |
| Davanjem savjeta o pušenju mogla • mogao bih izgubiti pacijenta. • By giving advice on smoking I could lose my patient. | 27.4 | 16.6 | 35 | 16.6 | 4.5 | 0.018* |

* 1 – Uopće se ne slažem; 2 – Ne slažem se; 3 – Niti se slažem niti se ne slažem; 4 – Slažem se; 5 – U cijelosti se slažem / + 1 – I completely disagree; 2 – I disagree; 3 – I do not agree nor disagree; 4 – I agree; 5 – I completely agree
* statistički značajna razlika (p < 0.05) / * statistically significant result (p < 0.05)
U trećem dijelu upitnika, koji se odnosio na razinu po-
stojećeg znanja o utjecaju pušenja na usnu šupljinu, utvrđene
su statistički značajne razlike u znanju ispitanika (tablica 3.).
Studenti prve godine imali su statistički značajno manje toč-
nih odgovora na gotovo sva pitanja u usporedbi s kolegama sa šeste godine i stomatolozima.

Podatci dobiveni u četvrtom dijelu upitnika, u kojem su
se ispitivala stajališta o pušenju duhana te o ulozi stomatologa
u prevenciji pušenja, nalaze se u tablici 4. (tablica 4.). Stoma-
toloci su u statistički značajno većoj mjeri iskazali neslaganje
s tvrdnjom prema kojoj je njihova dužnost da pacijenta edu-
ciraju o štetnosti duhanskoga dima te mu predlože prestanak
pušenja. Stomatoloci također češće od studenata vjeruju kako
je gotovo nemoguće da njihova sugestija o prestanku pušenja
utječe na pacijenta te su izrazili veći stupanj slaganja s tvrd-
njom prema kojoj je pušenje osobni izbor pojedinca te da se
oni nemaju pravo upletati.

Studenti i prve i šeste godine studija u odnosu prema sto-
matolozima pokazali su statistički značajno višu mjeru
želje za edukacijom o temi štetnih učinaka pušenja te za savjetova-
nje pacijenata o prestanku pušenja. Studenti također u većoj
mjeri u odnosu na stomatologe smatraju da stomatolog treba
biti dostatno educiran o utjecaju pušenja na zdravlje.

Rasprava

Provedeno istraživanje daje nam uvid u navike, znanja i
stajališta ispitanika o problematični pušenju i o ulozi stomato-
loga u prevenciji pušenja.

Utvrđen je veći postotak pušača među studentima šeste
godine studija i stomatologima u odnosu na studente prve
godine. Istodobno, studenti prve godine počeli su pušiti u ra-
nijoj dobi od studenata šeste godine i stomatologa. Navedeno
upozorava na trend sve ranijeg prvog kontakta mladih s pu-
šenjem duhana, te na nužnost javnozdravstvene protu-pušač-
ke kampanje, posebno na organizirane edukacije u osnovnim
i srednjim školama kako bi se preveniralo sve ranije eksperi-
mentiranje mladih s cigaretama.

Veći dio studenata pušača izrazio je želju za prestankom
pušenja, a druge strane isto je izjavilo tek nešto manje od
polovine stomatologa pušača. Takvi rezultati mogli bi se obja-
sniti već stvorenom ovisnošću te dugogodišnjom navikom od
daje uvjete za predoznavanje i činjenicu da vrlo
malo pušača uspije prestati pušiti nakon prvog pokušaja (3).

Studenti prve godine studija pokazali su manju razinu
znanja o ispitivanjoj temi u odnosu na kolege sa šeste godi-
ne i stomatologe, što je očekivano u vezijte vjerojatnije teoretič-
og i praktič-
og znanja o toj temi. Zabrinjava podatak da gotovo trećina
ispitanika nije znala da se pregledom oralne sluznice može ot-
prostraniti u mnogo većem standardu, ali se suh strane rezultate
trudno da se često iskazuju u mnogo većem standardu, ali se suh strane rezultate
ot-

Discussion

This study gives us insights into habits, knowledge and
attitudes of respondents towards the problem of smoking and
the dentist’s role in the prevention of smoking.

Higher percentages of smokers were found among 6th
group of dental students and dentists, compared to 1st year dental
students. On the other hand, 1st year dental students began
smoking at an earlier age than 6th year dental students and
dentists. This indicates that young people nowadays experi-
ment with tobacco smoking at an earlier age, and that there
is a need for anti-smoking campaigns, in particular the need
for organized forms of education in primary and secondary
schools, in order to prevent even earlier experimentation with
cigarette smoking among young people.

A higher proportion of dental student smokers expressed
a desire to stop smoking compared to less than half of den-
tsist smokers. Such results could be explained by already estab-
lished addiction, as well as long-standing habits that are very
difficult to stop, as evidenced by the fact that very few smok-
ers manage to quit after the first attempt (3).

First year dental students showed a lower level of knowl-
edge on smoking cessation compared to the 6th year dental
students and dentists, which is expected given that they are
at the beginning of their dental education and still lack spe-
cific theoretical and practical knowledge. It is worrisome that
almost a third of respondents did not know that oral cancer
could be detected at the earliest stage just by examination of
the oral mucosa, and that, in practice, oral cancer is usually
discovered in an advanced stage. Because of the availabil-

year dental student smokers and 76% 6th year dental student
smokers), less than half of dentists-smokers had the desire to
stop - only 45.8% of them.

The third part of the questionnaire was related to the lev-
el of existing knowledge about impact of smoking on the oral
cavity, and results showed statistically significant differences
in subjects’ knowledge (Table 3). First year dental students
had statistically significant less correct answers to almost all
questions compared to 6th year dental students and dentists.

The fourth part of the questionnaire examined attitudes
about tobacco smoking and the dentists’ role in the preven-
tion of smoking (Table 4). Dentists had significantly higher
disagreement with the statement that the dentist’s duty is to
educate the patient about the dangers of tobacco smoke and
suggest smoking cessation. In addition, dentists more often
than students believed that there was a small possibility that
their suggestion to stop smoking would affect the patient,
and they expressed a greater degree of agreement with the
statement that smoking is a matter of personal choice and
private risk and that they have no right to interfere.

Dental students of the 1st and 6th year compared to den-
tsists showed a significantly higher level of desire for educa-
tion about harmful smoking effects and patients counselling
to quit smoking compared to dentists. Also, a larger number
of students believed that dentist should be sufficiently edu-
cated about harmful effects of smoking on health compared
to dentists.
cine o važnosti pregleda oralnih služnica tijekom rutinskoga stomatološkog pregleda (11, 12).

Podaci dobiveni u četvrtom dijelu upitnika, u kojem su se ispitivala stajališta o pušenju duhana te o zadaćama stomatologa u prevenciji i suzbijanju pušenja u populaciji, nedovoljno razvijenom svi- jeću o štetnim učinima duhanskoga dima i njegovim dugoročnim posljedicama, te nedostatkom konkretnih mjera kad je riječ o edukaciji zdravstvenih radnika o tehnikama savjeto- vanja pacijenata za prestanak pušenja, ali i nedostatkom osiguravateljeve finansijske stimulacije takvog djelovanja, što potvrđuju studije u literaturi (13). Uz to, više od polovine stomatologa pušača nije željelo pretasti s tom navikom, pa se može očekivati da i njihova motivacija za savjetovanje pacijenata neće biti velika. Mišljenja o ulozi stomatologa u borbi protiv pušenja variraju od studije do studije. U istraživa- nju Dablea i suradnika (14) studenti stomatologije također su imali pozitivno stajalište o ulozi stomatologa u savjeto- vanju za prevenciju i prestanak pušenja, a autori su dokazali i da provedba edukacijskih programa te programa odvikava- nja među studentima tijekom studija može znatno utjecati na njihovu motivaciju za buduće protupušačko djelovanje. Slič- ne rezultate dobili su i Yip i suradnici (15) te Alrsheedi i su- radnici (16). S druge strane, rezultati istraživanja utijela su na stajališta Uti i suradnika (13) pokazuju da su nigerijski stomatolozi i studenti stomatologije negativno raspoloženi prema ulozi stomatologa kao zdravstvenih radnika u globalnoj akciji suzbijanja puše- nja te aktivnostima kojima bi poticali prestanak pušenja me- đu pacijentima. Uz to, stomatolozi i studenti stomatologije najčešće ne vjeruju da njihov savjet može utjecati na odluku pacijenta o prestanku pušenja. Uti i suradnici (13) smatraju da ovakvo negativno stajalište može biti posljedica nedostat- ne edukacije te izostanka općega znanja o prevenciji pušenja. Osim toga, u zemljama u kojima je zbog loše organizacije e- dukacije te izostanka općeg znanja o prevenciji pušenja. Od- seću o štetnim učincima duhanskoga dima i njegovim dugo- ročnim posljedicama, te nedostatkom konkretnih mjera kad je riječ o edukaciji zdravstvenih radnika o tehnikama savjeto- vanja pacijenata za prestanak pušenja, ali i nedostatkom osi- guravateljeve finansijske stimulacije takvog djelovanja, što potvrđuju studije u literaturi (13). Uz to, više od polovine stomatologa pušača nije željelo pretasti s tom navikom, pa se može očekivati da i njihova motivacija za savjetovanje pacijenata neće biti velika. Mišljenja o ulozi stomatologa u borbi protiv pušenja variraju od studije do studije. U istraživa- nju Dablea i suradnika (14) studenti stomatologije također su imali pozitivno stajalište o ulozi stomatologa u savjeto- vanju za prevenciju i prestanak pušenja, a autori su dokazali i da provedba edukacijskih programa te programa odvikuva- nja među studentima tijekom studija može znatno utjecati na njihovu motivaciju za buduće protupušačko djelovanje. Slič- ne rezultate dobili su i Yip i suradnici (15) te Alrsheedi i sur- radnici (16). S druge strane, rezultati istraživanja utijela su na stajališta Uti i suradnika (13) pokazuju da su nigerijski stomatolozi i studenti stomatologije negativno raspoloženi prema ulozi stomatologa kao zdravstvenih radnika u globalnoj akciji suzbijanja pušenja te aktivnostima kojima bi poticali prestanak pušenja među pacijentima. Uz to, stomatolozi i studenti stomatologije najčešće ne vjeruju da njihov savjet može utjecati na odluku pacijenta o prestanku pušenja. Uti i suradnici (13) smatraju da ovakvo negativno stajalište može biti posljedica nedostatne edukacije te izostanka općega znanja o prevenciji pušenja. Osim toga, u zemljama u kojima je zbog loše organizacije edukacije te izostanka općeg znanja o prevenciji pušenja.
mogu biti ključan pomak u mijenjanju svijesti i pušačkih navika društva.

Sukob interesa

Nije bilo sukoba interesa.

Conflict of Interest

None declared

Abstract

Objective: The aim of this study was to evaluate smoking habits, the level of knowledge and attitudes towards smoking, as well as the role of dental professionals in prevention of smoking among students of the School of Dental Medicine, University of Zagreb and compare them to attitudes of practicing Croatian dentists. Materials and methods: The study was carried out among 1st and 6th year dental students at the School of Dental Medicine, University of Zagreb and dentists employed in primary practice throughout Croatia. A total of 159 subjects (51 1st and 53 6th year dental students and 55 dentists) participated in the study. Results: The prevalence of smoking was highest among 6th year dental students (39, 6%). It slightly decreased among dentists (34, 5%), while less smokers were found among first year dental students (7, 8%). The majority of dental student smokers expressed a desire to stop smoking (66, 7% of 1st year dental student smokers and 76% of 6th year dental student smokers), while less than half of dentist smokers had the desire to stop - only 45, 8% of them. Dental students of the 1st and 6th year of the study showed a statistically significantly higher level of desire for education about harmful smoking effects and patients counselling to quit smoking compared to dentists. The data gathered in this study indicate that it is necessary to increase awareness among dental professionals about harmful effects of smoking on oral and general health. Also, their awareness about the central role of healthcare workers as promoters of a healthy lifestyle among patients should be raised.

Conflict of Interest

None declared

Key words

Tobacco Smoking; Oral Health; Dental Students; Dentists

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