

## Smoking Habits among Oncology Health Care Professionals in the Middle East: A potential Impact on Patient Care

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### Abstract

**Background:** Smoking among healthcare professionals represents a challenging healthcare problem. Our study aims at identifying the prevalence of smoking among oncology Health Care Professionals (HCP) in the Middle East and associated perception and attitude.

**Methods:** A questionnaire about smoking habit, perception, views and behaviors was obtained from oncology health care professionals participating in a regional meeting.

**Results:** 103 participants completed the survey with 85% being physicians and 65% males. Smoking prevalence was 28% (29 participants), and males were likely to be smokers compared to females (37.31% vs 11.11%,  $p = 0.0048$ ).

Smoker professionals were less likely to counsel their patients about smoking cessation compared to non-smokers (90.5% vs. 72.4%,  $p = 0.02$ ).

**Conclusion:** Smoking prevalence among oncology health care professional is high and may present a barrier to provide proper counseling to patients about smoking cessation. Implementing special programs and interventions to eliminate smoking among health care professionals are needed.