

Clinical Nurses' Contributions and the Effectiveness of Hospital-Based Smoking Cessation Programs: A Descriptive-Correlational Study in Selected Hospitals of Sultan Kudarat

Charlene May F. Fecundo¹, Mary Ann E. Lopez²

<https://orcid.org/0009-0007-9943-7227>¹, <https://orcid.org/0000-0001-7566-5152>²

St. Bernadette of Lourdes College ^{1,2}

cmfecundo@sblc.edu.ph¹ malopez@sblc.edu.ph²

ABSTRACT

This quantitative research analyzed the impact of hospital-based smoking cessation programs and the vital role clinical nurses play in selected hospitals across Sultan Kudarat. The study sets out to evaluate nurses' knowledge, attitudes, and practices, measure patient outcomes from structured interventions, and uncover the barriers and facilitators to successful implementation. To achieve this, the study gathered insights from 100 registered nurses with at least three years of direct experience in patient education, behavioral support, and counseling. Utilizing a descriptive-correlational design, data from structured questionnaires were analyzed using frequencies, percentages, weighted means, and Pearson r correlation. The findings reveal that nurses make a profound difference when they actively engage patients through tailored education, counseling, and motivational support. This dedicated approach significantly boosts patient awareness of smoking risks, inspires a genuine desire to quit, and helps prevent relapse. Ultimately, this research underscores how formal smoking cessation programs create a powerful, dual benefit: they empower patients on their journey toward better health, while simultaneously elevating nurses and equipping them with the knowledge and autonomy needed to make confident clinical judgments and drive collaborative healthcare decisions.

Keywords: *Hospital-based smoking cessation programs, vital role clinical nurses play, actively engage patients, boosts patient awareness of smoking risks, inspires a genuine desire to quit, helps prevent relapse*

INTRODUCTION

Statement of the Problem

This study aimed to evaluate the contributions of clinical nurses and their relationship to the effectiveness of hospital-based smoking cessation programs in selected hospitals of Sultan Kudarat. Specifically, it sought to answer the following questions:

1. What is the demographic profile of the respondents
2. What are the clinical nursing contributions to the implementation of smoking cessation programs
3. What is the effectiveness of hospital-based smoking cessation programs as perceived by respondents?
4. Is there a significant relationship between clinical nurses' contributions and the

effectiveness of hospital-based smoking cessation programs?

5. Based on the findings, what recommendations can be proposed to enhance the role of clinical nurses and strengthen hospital-based smoking cessation programs in Sultan Kudarat?

Scope and Delimitations

The study encompasses registered nurses with at least three (3) years of relevant clinical experience who are directly engaged in patient education, counseling, behavioral support, and monitoring activities related to smoking cessation. The nurses who cannot participate in this study are nurses who have less than 3 years of relevant experience in the area, are not registered nurses in the selected hospitals in Sultan Kudarat, have no experience handling patients and individuals not under the smoking cessation program, and are not willing to participate in the study.

Review of Related Literature

Nurses play a central and indispensable role in the implementation of smoking cessation programs within hospital settings. Their contributions span a wide range of activities, from patient education and counseling to coordination with multidisciplinary teams. Ugalde et al. (2022) emphasized that nurses, as the primary point of contact with patients, are uniquely positioned to deliver evidence-based cessation interventions and that the systematic implementation of hospital policies significantly reinforces their practice. Hospital-based smoking cessation programs have been recognized as critical interventions for reducing tobacco-related morbidity and mortality, with outcomes that span cessation rates, post-discharge abstinence, and improvements in overall patient health. Ugalde et al. (2022) identified that structured cessation programs in hospitals lead to better patient outcomes when they are systematically implemented and supported by hospital-wide policies.

Theoretical Framework

Florence Nightingale's Environmental Theory is directly applicable to understanding how clinical nurses contribute to smoking cessation outcomes in hospital settings.

Patricia Benner's Novice to Expert Theory is directly relevant to the present study, which examines the contributions of clinical nurses to smoking cessation programs in Sultan Kudarat. The varying levels of nursing expertise among respondents may account for observed differences in the quality, frequency, and perceived effectiveness of cessation contributions.

Virginia Henderson's Need Theory is fundamentally relevant to this study because smoking cessation is, at its core, a process of helping patients regain the will, knowledge, and strength to achieve a healthier lifestyle.

Conceptual Framework

The study will utilize an input-process-output model wherein the input suggests the data that will be gathered all throughout the research, including the demographic profile of the nurses, as well as their primary contributions and roles as a part of the healthcare system, and the primary individuals who are responsible for conducting the intervention of the program itself. The process will then focus on how the data will be gathered, which in this case will

depend on validated structured survey questionnaires, and how the interpretation of these results will contribute to a proposed strategic implementation plan to further improve the hospital's smoking cessation program.

METHODOLOGY

This research will be based on a quantitative research design, which will be used to assess the effectiveness of smoking cessation initiatives by hospitals and the role of clinical nurses in the chosen hospitals of Sultan Kudarat.

Research Design

The quantitative approach, descriptive-correlational, as the research design enables the researcher to gather quantifiable data from a big sample of respondents and interpret trends, associations, and variations statistically (Creswell & Creswell, 2018), which will show the clinical nurses' contributions and the Effectiveness of Hospital-Based Smoking Cessation Programs in Selected Hospitals of Sultan Kudarat.

Research Steps

This research commenced with an extensive literature review to develop a solid understanding of Clinical Nurses' Contributions and the Effectiveness of Hospital-Based Smoking Cessation Programs in Selected Hospitals of Sultan Kudarat.

Data Collection and Sample Selection

In the data collection process, the researcher will distribute the validated survey questionnaires to respondents through a digital questionnaire after the consent process is completed. Respondents will receive enough time to complete all parts of the questionnaire, which include their demographic information, details about the smoking cessation program, their nursing work, and their expected results.

Data Analysis Methods

The study will conduct data analysis through statistical tools that match its descriptive-correlational research design. The researchers will use descriptive statistics, including frequency counts and percentages and weighted means, to summarize participants' demographic data, the smoking cessation program structure, nurse contributions to programs, and their perceived outcomes.

Research Hypotheses and Validation

The study tested the null hypothesis that there is no significant relationship between Clinical Nurses' Contributions and the Effectiveness of Hospital-Based Smoking Cessation Programs in Selected Hospitals of Sultan Kudarat. A researcher-developed research questionnaire was validated by 3 experts.

Study Limitations and Ethical Considerations

The study prioritized ethical integrity because healthcare professionals participated as respondents. The researchers obtained official permission from hospital administrators and

institutional authorities before starting data collection. The study allowed participants to choose whether to participate by providing informed consent documents that explained the study's objectives, research methods, expected benefits, and their right to withdraw at any time without consequences.

RESULTS AND DISCUSSION

SOP 1. What is the demographic profile of the respondents?

Based on the demographic profile of the participants, the majority of them (68) did not receive a formal smoking cessation program. Thus, clinical nurses may participate in cessation-related activities despite not having workshops or seminars that trained them in this area.

SOP 2. What are the clinical nursing contributions to the implementation of smoking cessation programs?

Quantitative research conducted in selected hospitals in Sultan Kudarat revealed that Clinical nurses have a significant contribution towards behavioral and motivational support.

SOP 3. What is the effectiveness of hospital-based smoking cessation programs as perceived by respondents?

The hospital-based smoking cessation programs have been seen to be effective among patients, wherein they are aware of the harmful effects of smoking as well as adhering to the behaviors that lead to smoking cessation for quitting among these participants. Despite the lower rating regarding monitoring, follow-up, and policy support, nurses still perceived positive patient outcomes in smoking cessation-based programs, which may reflect improved continuity and organizational policies for more sustainable implementation of the program itself.

SOP 4. Is there a significant relationship between clinical nurses' contributions and the effectiveness of hospital-based smoking cessation programs?

The qualitative findings show that nurses state that they experience heavy workload, limited counseling time, insufficient formal training, inadequate institutional resources, and low patient motivation as the major barriers to the effective implementation of smoking cessation programs, which may reflect nurses' lack of time in consistently monitoring as well as following up with patients. Although they acknowledge their responsibility, limitations compromise some nurses' contributions.

SOP 5. Based on the findings, what recommendations can be proposed to enhance the role of clinical nurses and strengthen hospital-based smoking cessation programs in Sultan Kudarat?

The results indicate that nurses' contributions are positively related to the perceived effectiveness of hospital-based smoking cessation programs. Therefore, when nurses provide more contributions, such as patient education, counseling, motivational support, monitoring, follow-up, coordination, and policy-related assistance, the hospital-based smoking cessation programs are more efficient and sustainable among patients.

SUMMARY

Quantitative research conducted in selected hospitals in Sultan Kudarat revealed that when nurses provide more contributions, such as patient education, counseling, motivational support, monitoring, follow-up, coordination, and policy-related assistance, the hospital-based smoking cessation programs are more efficient and sustainable among patients.

CONCLUSIONS

Based on the findings of the study, it is concluded that the nurses' contributions and implementation of the hospital-based smoking cessation programs in selected hospitals of Sultan Kudarat were evident, most especially in the areas of patient education, counseling, behavioral support, and motivation, which enable the nurses to increase engagement and interaction among patients in amplifying their awareness towards smoking-related risks and motivate them to willingly quit, as well as not engage in activities that will lead to relapse. Furthermore, these hospital-based smoking cessation programs were seen to be effective in improving the patient's condition, including their awareness as well as adherence to the reduced smoking behavior. Nevertheless, these improvements may also be reduced by the following factors: restricted by workload; limited counseling time; insufficient training; low patient motivation; as well as weak follow-up mechanisms.

RECOMMENDATIONS

Based on the findings and conclusions of the study, the following recommendations are suggested:

1. A standardized smoking cessation protocol is necessary among hospital-based smoking cessation programs to strengthen the responsibilities of nurses.
2. Standardized training of the smoking cessation program.
3. Strengthening the monitoring protocol and follow-up among smoking cessation patients.
4. Improvement of the competence of hospital administrators and nursing management.
5. Hospital-Based Programs Quality and Policy Development.
6. Future researchers may conduct experimental studies with a larger sample.

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AI DECLARATION STATEMENT

AI-supported tools helped with grammar and structure in creating this article. No AI tools were used to collect, analyze, or interpret data; all authors are credited for their academic contributions.

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