



# Pušenje kao nepoželjna navika među zdravstvenim radnicima

## Smoking as an Undesirable Habit among Healthcare Workers

Snežana Milenković, Ana Popović, Vesna Jovanović

Zavod za zdravstvenu zaštitu radnika  
Železnice Srbije Beograd, ogranak Niš

Institute for Health Protection of Workers of  
Serbian Railways, Belgrade, Niš Branch

### Apstrakt

Pušenje je način konzumiranja duvana uzimanog u obliku cigareta. Predstavlja javno-zdravstveni problem. Pušenje predstavlja naviku, i psihičku i fizičku zavisnost. Pušenje duvana doprinosi opštem zagađivanju životne sredine. Dokazano je da je štetnost od duvanskog dima u zatvorenom prostoru mnogo veća nego sav smog u većim gradovima, zato je i uveden zakon o zabrani pušenja u zatvorenim prostorijama.

Duvanski dim sadrži više od 4000 hemijskih supstanci, većina su otrovi, mutagene supstance i nadražajna sredstva (katran, ugljenmonoksid, nikotin, amonijak, butan, metanol itd.). Većina sadrži kancerogene materije, neki radioaktivne komponente (pesticidi). Nikotin je otrov koji izaziva zavisnost, droga koja utiče na um, stimuliše, opušta i utiče na raspoloženja i osećanja.

Nikotinsku zavisnost upoređuju sa heroinskom zavisnošću. Apstinencijalni sindromi se javljaju čim nivo nikotina padne ispod nivoa na koji su ćelije navikle.

Podaci SZO alarmiraju veličinu problema: 47% stanovništva Srbije puši. 33,6% zdravstvenih radnika puši. Godišnje od posledice pušenja cigareta umre preko četiri miliona ljudi u svetu. Dugogodišnji pušači smanjuju životni vek i obolevaju od bolesti vezanih za pušenje duvana.

Pušenje izaziva:

- srčani i moždani udar,
- rak pluća, usne jezika i glasnih žica.

Toksini iz cigareta utiču na rad pankreasa i povećavaju verovatnoću pojave dijabetesa. Pušači češće boluju od akutnih i hroničnih bolesti disajnih organa. Pušenje izaziva bolest krvnih sudova, kao što su „pušačka noga” i impotencija. Nepovoljno utiče na plodnost kod muškaraca i žena.

Pored svih ovih zabrinjavajućih podataka, pušenje je vrlo masovna pojava među zdravstvenim radnicima, bez obzira na to što su baš oni nosioci zdravstveno-vaspitnog rada i što bi trebalo da budu lični primer zdravog načina života.

**Cilj rada:** Prikaz činjeničnog stanja pušača među zdravstvenim radnicima. Podizanje motivacije i menjanje stavova u cilju smanjenja i potpunog prestanka pušenja.

**Istraživanje:** Populaciju ovog istraživanja, kao reprezentativni uzorak, čini 120 zdravstvenih radnika u Nišu. Istraživanja su izvršena putem ankete.

**Rezultati** su pokazali sledeće:

- Puši 29,2 % zdravstvenih radnika, i još 15,5% ponekad zapali cigaretu, što ukupno čini 44,7% pušača. Ne puši 55,3% zdravstvenih radnika.

### Abstract

Smoking is a way of consuming tobacco taken in the form of cigarettes. It represents a public health problem. Smoking is a habit and a psychological and physical addiction. Tobacco smoking contributes to the general pollution of the environment. It has been proven that the damage from tobacco smoke to an enclosed space is much greater than all the smog in larger cities, which is why the law prohibiting smoking in closed rooms was introduced.

Tobacco smoke contains more than 4000 chemical substances, most of which are poisons, mutagenic substances, and irritants (tar, carbon monoxide, nicotine, ammonia, butane, methanol, etc.). Most contain carcinogenic substances, and some radioactive components (pesticides). Nicotine is an addictive poison, a drug that affects the mind, stimulates, relaxes, and affects moods and feelings.

Nicotine addiction is compared to heroin addiction. Withdrawal syndromes occur as soon as the nicotine level falls below the level to which the cells are accustomed.

WHO data alarm the magnitude of the problem: 47% of the population of Serbia smokes. 33.6% of healthcare workers smoke. Every year, more than four million people in the world die as a result of smoking cigarettes. Long-term smokers reduce their life span and suffer from diseases related to tobacco smoking.

Smoking causes:

- Heart attack and stroke,
- Lung cancer, as well as lips, tongue, and vocal cord cancer.

Toxins from cigarettes affect the function of the pancreas and increase the likelihood of diabetes. Smokers are more likely to suffer from acute and chronic diseases of the respiratory organs. Smoking causes blood vessel disease, such as “smoker’s leg” and impotence. Unfavorably affects fertility in men and women

In addition to all these worrying data, smoking is a very widespread phenomenon among health workers, regardless of the fact that they are the bearers of health education work and should be a personal example of a healthy lifestyle.

**The aims:** Presentation of the factual situation of smokers among health workers. Raising motivation and changing attitudes in order to reduce and completely stop smoking.

**Research:** The population of this research is a representative sample of 120 healthcare workers in Niš. The research was carried out through a survey.

**The results** have shown:

- 29.2% of healthcare workers are smokers, and another 15.5% sometimes light a cigarette, which makes a total of 44.7% of smokers. 55.3% of healthcare workers do not smoke.

- Procenat pušača u odnosu na profesiju je sledeći: lekari 36%, medicinske sestre-tehničari 63,6%.
- Prikaz slučaja u odnosu na „shvatanje pušenja kao ozbiljnog zdravstvenog problema” je 95%.
- Veliki procenat pušača zdravstvenih radnika zna da je pušenje u koaliciji sa njihovom profesijom, 75%.
- Više od polovine zdravstvenih radnika izjasnilo se da ima želju da prestane sa pušenjem cigareta 65,2%.
- Mali je broj zdravstvenih radnika, 12,5%, koji smatra da im je potrebna medicinska pomoć za prestanak pušenja.

Postoji tendencija pada navike pušenja 7%, posle uvođenja Zakona o zaštiti stanovništva od izloženosti duvanskom dimu. Međutim, iako je trend silazan, broj pušača među zdravstvenim radnicima je i dalje visok.

**Zaključak:** Evidentno je poražavajući broj zdravstvenih radnika pušača, bez obzira na njihova medicinska znanja, i samosvesnost o štetnosti duvanskog dima.

- The percentage of smokers in relation to the profession is as follows: doctors - 36%, nurses-technicians - 63.6%.
- Case presentation concerning “understanding smoking as a serious health problem” is 95%.
- A large percentage of health workers who smoke know that smoking is associated with their profession (-75%)
- More than half of the health workers declared that they wanted to stop smoking cigarettes (65.2%)
- There is a small number of health workers (12.5%) who believe that they need medical help to quit smoking

There is a tendency for the smoking habit to decrease by 7%, after the introduction of the Law on the Protection of the Population from Exposure to Tobacco Smoke. However, even if the trend is downward, the number of smokers among health-care workers is still high.

**Conclusion:** It is apparent that the number of healthcare workers who smoke regardless of their medical knowledge and self-awareness about the harmfulness of tobacco smoke is devastating.