



The Impact of Second-hand Smoking on Children's Health and Interventions to Reduce Second-hand Smoking Related with Children's Harm

Module: Introduction to Research
(BMHP5005)

Assessment 2: Viva Voce

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Introduction

The topic is the impact of second-hand smoking on children's health and interventions to reduce second-hand smoking related with children's harm.

The aim is to explore second-hand smoking and how parents or caregivers can prevent this issue.

In order to reach the aim, the objectives are:

- To analyze relevant sources about second-hand smoking, their harm on children's health and possible interventions parents and caregivers can make
- To provide recommendations on what interventions parents and caregivers can make in order to reduce second-hand smoking that have an impact on children's health

Methods

- Systematic literature review
- Database: PubMed
- Keywords: second-hand smoking, children and smoke environment, interventions towards smoking, second-hand smoking interventions, smoking in household and children

Inclusion Criteria	Exclusion Criteria
• Academic articles published between the year 2012 and 2022 • English language • Focused on second-hand smoking only, children's health and ways of possible reduction of such cases • Studies from the UK • Connection with parents or caregivers • Primary research articles	• Focus not on this topic – not relevant to the aim of this study • No data from families or children • Books, magazines, secondary literature • Research outside the UK

Literature Review I.

Author(s), title, and year of publication	Aim of study	Methods, Sample size and characteristics	Summary of main findings
E. Ratschen, R. Thorley, L. Jones, M. O. Breton, J. Cook, A. McNeill, J. Britton, T. Coleman, S. Lewis, A randomised controlled trial of a complex intervention to reduce children's exposure to secondhand smoke in the home, 2017	Steps dealing with the reduction of second-hand smoking cases in families in which there is unwillingness towards this situation	Randomised controlled trial – scientific experimentation to control specific factors, 205 caregivers 18+ years old	There is a way of intervention that can ensure healthier life to children whose families are addicted to tobacco.
I. Shiue, Correlations of indoor second-hand smoking, household smoking rules, regional deprivation and children mental health: Scottish Health Survey, 2013, 2015	The aim was to find out what are the links between children's and family mental health and household rules concerning smoking.	Questionnaire, interviews, regression analysis, parents	It was found children's health is not impacted on the highest level when a family has smoking rules, such as smoking outdoors only. The study shows specific percentages of children and areas most influenced (Glasgow, f. e.)

Literature Review II.

Author(s), title, and year of publication	Aim of study	Methods, Sample size and characteristics	Summary of main findings
S. Turner, D. Mackay, S. Dick, S. Semple, J. P. Pell, Associations between a smoke-free homes intervention and childhood admissions to hospital in Scotland: an interrupted time-series analysis of whole-population data, 2020	To find out whether the TiRO (Take it right outside) campaign was successful – a campaign focusing on the impact of second-hand smoking and how to make sure children and not exposed to a high volume	Data from hospitals – documentation of children aged 16 or younger, 740 055 admissions	Based on the data, the campaign was not successful in lowering asthma cases of children aged between 5 to 15
I. Wilson, S. Semple, L. M. Mills, D. Ritchie, A. Shaw, R. O'Donnell, P. Bonella, S. Turner, A. Amos, REFRESH--reducing families' exposure to secondhand smoke in the home: a feasibility study, 2013	Another way to the intervention towards children experiencing smoke in many forms (the air at home, direct tobacco smoke)	59 mothers who smoke and have at least one child aged from birth to 6, measurement of the air condition in households as well as interviews	Discussions with mothers about their specific situation and air conditions at home from a motivational perspective has its important and results, moreover there should be some air measurements done on a regular basis at homes

Results

All four articles included at least one of the parents/caregivers smoking as well as positive results to a certain level of explored interventions.

Two out of four studies showed interventions that helped children aged 5 or under (the qualitative study not only motivating mothers and showing them the real side of their air quality at home and the Take it Right Outside campaign).

Only one study discussed the impact of second-hand smoking on children's mental health, more precisely their emotions and behavior. The other three studies aimed at the physical health – asthma predominantly.

An interesting finding was that mothers (from the qualitative study) agreed it would be helpful if health visitors would keep providing them with regular motivational discussions about this situation.

Important findings and recommendations for parents are setting up household rules and measuring the air quality in households that two studies have explored.

Discussion

These studies are crucial for parents and care givers. Moreover, GPs and generally people in positions with responsibility for children or their healthy development should be aware of the second-hand smoking issue in order to educate the people they meet with or to give them the right example.(CDC,2020)

Recommendations:

Even though we do not see the smoke in our households, with air quality measurements the dangerous side of the second-hand smoking is being exposed. It is recommended to parents and care givers to regularly check the air quality in their homes.

Limitations:

For further and deeper exploration of this topic, more studies aiming at the impact of parent's second-hand smoking on children's mental health could have been found.(Take it right outside,2022)

Conclusion

Based on the results, the main message is that parents or caregivers have the second-hand smoking, that negatively impact their children, in their hands.

Although the interventions are not easy and not all parents are willing to stop or change their smoking habits, they were successful to a certain level as it has been shown.

One of the possible ways is setting up household rules or measuring the air quality showing the real side leading to changing habits of smoking around children, inside households.



References

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