

# GLOBAL NETWORK GOLD FORUM EVENT 2018

## Sharing of “good practice” examples

Chen Guan-Ju M.D.

Healthcare Service Name: **National Taiwan University Hospital Yunlin Branch**  
 Country/Region: Taiwan  
 Self-Audit Score 2016 (Standards 1-8): 138/144  
 Size/ number of beds: 941 beds  
 Number of Staff: 1661 persons  
 Specialisation: community medicine, acute and critical care, integrated cancer treatment



### Smoking Cessation Support (st.4): Integrating a helpful eating program in the stop tobacco process

- A smoking cessation supporting group has been organized in our hospital since 2015. (Figure 1)



- In the group, many activities and lessons such as breathing method in Kung Fu, Chinese chess, exercise and **cooking with new veggies** were offered to aid smoking cessation.
- Cooking with **new veggies** is an eating program which taught members how to prepare their food during the course of smoking cessation therapy.
- The concept of **new veggies** was to combine **low salt, low oil, and low sugar** intake, with **vegetables and fruit** to avoid body weight gain after stopping tobacco.
- Vegetables and fruit provide much **antioxidant nutrition**, and also contain rich **vitamin A** and **vitamin C** which may be helpful to release members' cessation stress and make their mood stable.

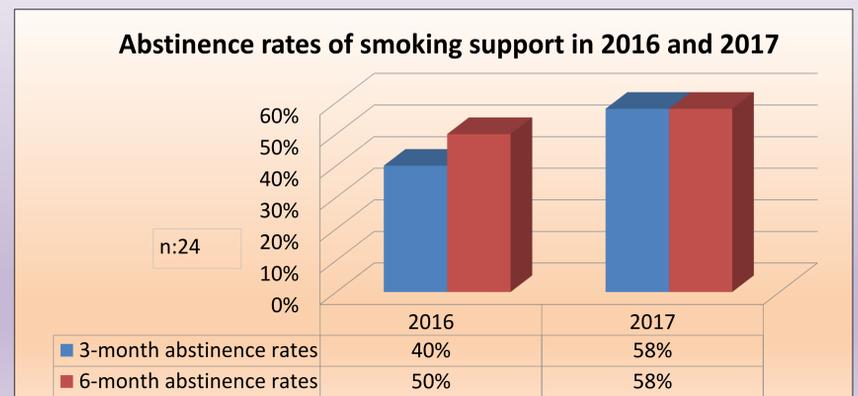


- The reason why the diet was named "New Veggies", is because the word "New" in Chinese sounds like "**heart**". We designed the diet with whole of our heart for members, and hope them being able to quit smoking successfully and live more healthily
- Members of the group should finish a small challenge game in the end of this eating program to make sure of their learning results.



Challengers would get a gift if they finished the game successfully.

- After the launch of smoking cessation support group in 2015, the abstinence rate among members was 40% in 2015, 48% in 2016 and reached 57% in 2017, which was higher than the target 25% set by our government.



### Community Engagement (st.7): Cooperating with local OB-GYN clinics to promote smoking cessation

- It has been our hospital's responsibility for long to take care of the health of people in Yunlin County.
- We had cooperated with communities, workplace and schools near the hospital to constantly promote public smoke cessation class and encourage smoking people with accepting smoke cessation therapy.
- Because **maternal and child health** was increasingly valued, we started to try cooperate with **local OB-GYN clinics** and provide smoking cessation education to pregnant women or their families who smoke.



- Case number of whom received smoking cessation education within local OB-GYN clinics was showed as below:

	2017	Jun. 2018 till now
<b>Case No. (person)</b>	<b>6</b>	<b>4</b>

- To cooperate with local OB-GYN clinics for smoking cessation service is an innovative try in Yunlin area. We will keep long term cooperation to intensify the smoke-free propaganda between mother, children and close family.