

Cigarette Smoking and Chronic Obstructive Pulmonary Disease: Literature Review

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Persistent cigarette smoking is detrimental to one's health, especially if he or she has chronic obstructive pulmonary disease (COPD). People who smoke and continue doing so are far more susceptible to developing COPD and are more likely to experience death from the disease than those who never smoke or incorporate smoking discontinuance (Capriotti, 2020). Smokers who want to prevent COPD and the causally high mortality rate linked with the disease must stop smoking. This literature review is devoted to understanding the logistics behind smoking cessation and the succeeding effects on COPD.

Predictors of Long-Term Smoking Cessation in Patients With COPD: Results From a Randomized Controlled Trial

Evidence-based interventions to aid smoking cessation and the continuation of abstinence exist. Although, the temptation to continue smoking is based on a person-to-person basis. Considering there are positive variables associated with smoking cessation, it is vital to determine those variables and how they are associated with the discontinuance of smoking.

Key Points

After a one-year-long study of 296 participants, only 10% abstained from smoking with the help of the medication: nortriptyline. While the number of people who resumed smoking seems to far outweigh those who did not, there is consistency in the shared variables of those who did abstain. The education level of an individual who smokes, and his or her mental state, directly contributes to his or her applicability of abstinence-producing behaviors. Also, not

having a partner at home who smokes and having a negative self-perception of health are principal characteristics in smoking cessation.

Assumptions

Nobody said that quitting smoking would be easy; however, identifying what contributes to smoking cessation can come a little easier. While genetic variability may make one more susceptible to developing COPD, the cause of the disease in the vast majority of COPD patients is firsthand cigarette smoking. The interventions to stop COPD patients from smoking can be implemented in healthcare as long as the interventions can be made known.

Deficit/Conclusion

Smoking cessation is possible, and the ability to quit smoking did not appear to rely on the use of nortriptyline. Cessation shows a causal relationship with four main variables: level of education, self-perception of health, at-home smoking partners, and depressive characteristics. The nursing profession needs to continually implement procedures that focus on the patient's capacity to be influenced by his or her psychosocial mindset and environmental setting. If these two factors are not included as significant pieces to the care plan of a smoking COPD patient, optimum smoking cessation will not be reached.

Second article title here

Key Points

Assumptions

Deficit/Conclusion

Third article title here

Key Points

Assumptions

Deficit/Conclusion

Conclusion

Write a conclusion here in your overall paper. Follow the MEAL paragraph formatting and use Grammarly.com. Provide a summary/conclusion of the analysis of all three articles.

Discuss how the information can improve:

- Patient outcomes
- Nursing practice
- Evidence-based practice/Quality Improvement efforts
- Healthcare as a whole

References

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