

# Using WhatsApp method to follow-up can effectively improve the success quit rate of smoking cessation

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# Introduction

## WhatsApp Follow-up Method

### Cause

- Increase in phone fraud cases
- Patients often avoid answering unknown calls

- Implemented in 3 Districts (Shatin, Tai Po , North)
- 9 centres
- on 17/6/2024

### Statistic

	1M	6M	12 M
Lost to FU	2.5%	9.0%	13,5%
Quit rate	1.0%	6.2%	15.7%

# Objectives



**Reduce lost to follow up cases**



**Enhance communication between patients and nurse counselors**



**Empower patients to quit smoking and improve their quality of life**



# Methodology



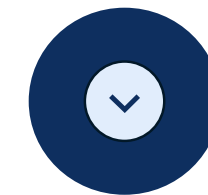
## Exclusive Patients

- Poor vision
- Illiteracy
- Unfamiliar with WhatsApp



## 1st Visit

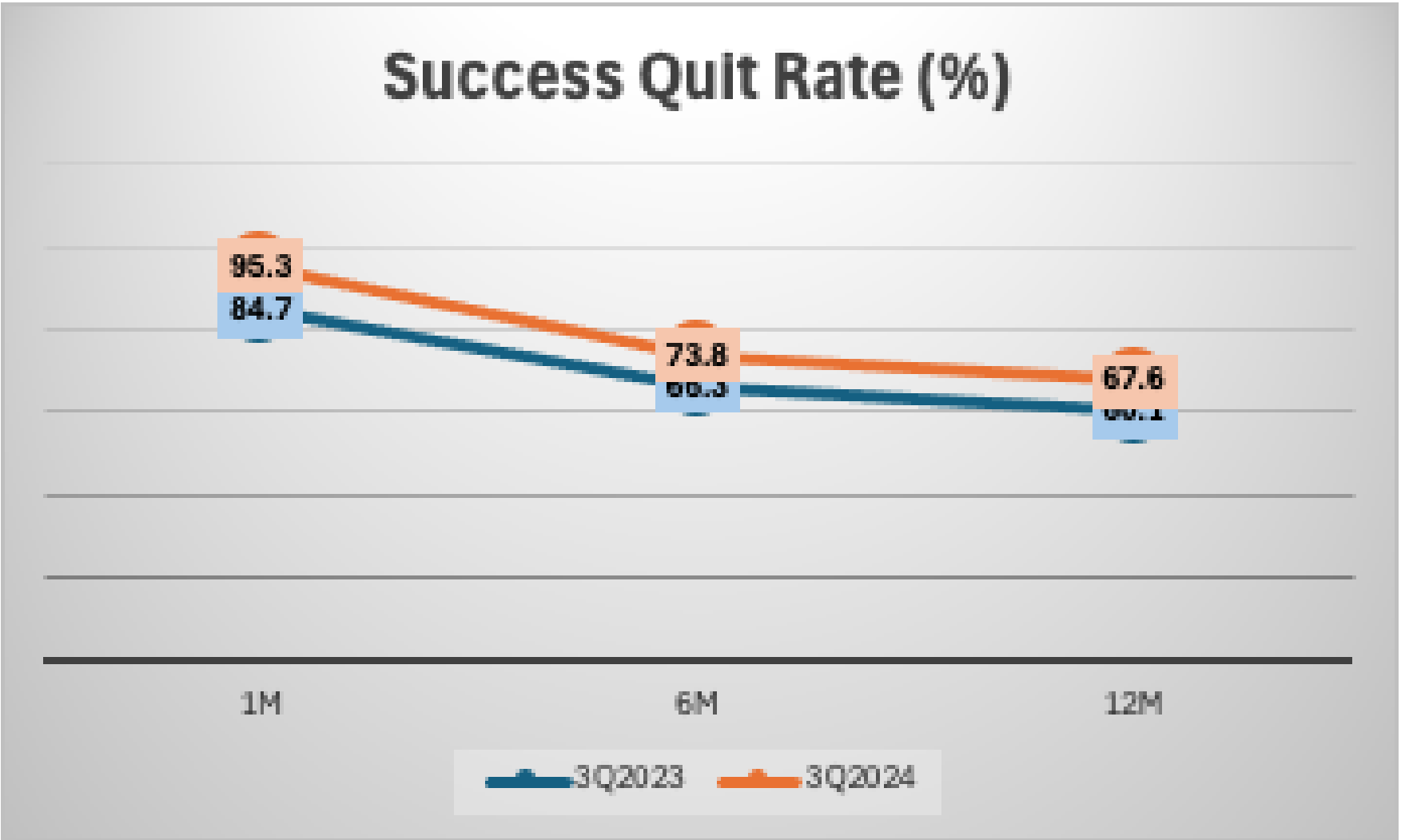
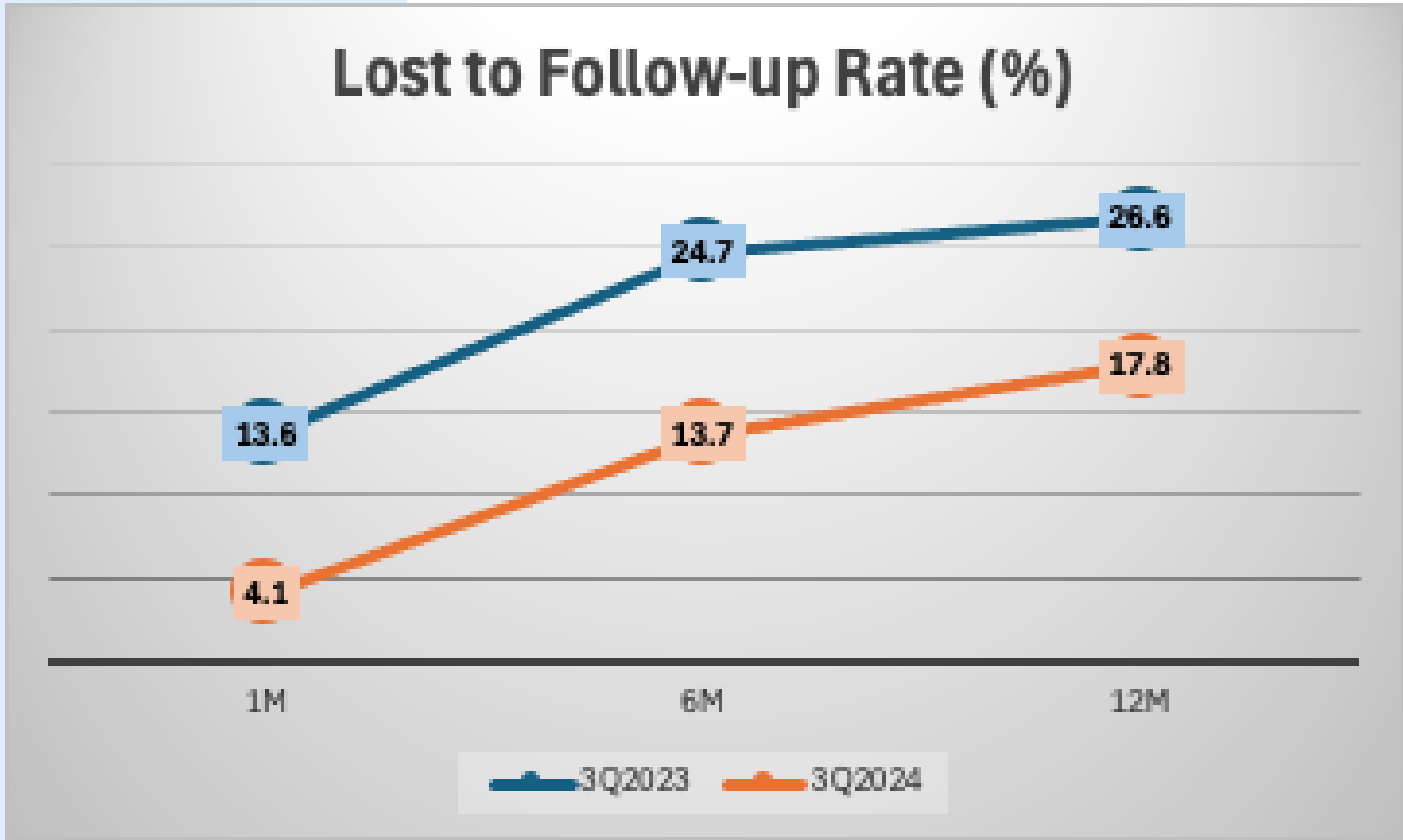
- Invite patient and explain the method
- Verbal Consent
- Activate the communication function on WhatsApp



## WhatsApp Fu

- Fail to contact by telephone
- Communicate by WhatsApp

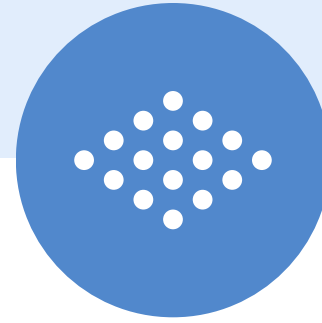
# Result



# Conclusion

- The integration of the WhatsApp follow-up method into the Smoking Counseling and Cessation Program enhanced communication and accessibility.
- Nurse counselors can provide ongoing support and encouragement to patients.
- It may strengthen patients striving to quit smoking.
- Future evaluations will be critical in determining the long-term success of this approach.





**THANK  
YOU!**

