



Hookah use by medical students on the Brazil/Paraguay border

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1 INTRODUCTION

The hookah, a type of water pipe, of Arabic origin and traditionally used in India and other countries in the region, has become extremely popular in recent years. With the popularization of its use and the increase in its commercialization, its diffusion has become quite current, and studies that address epidemiology, risk factors, and medium and long-term harm of this habit, are still scarce both in Paraguay and in other countries. Thus, this study is of great relevance to identify the incidence of its use among young people, in this case, medical students, in addition to immediate side effects, as well as establish strategic activities to prevent the initiation of smoking, its interruption of use as well as damage mitigation

2 OBJECTIVE

To analyze the incidence of hookah use among medical students, and whether it increased after admission to Universidad Sudamericana.

3 METHODOLOGY

Quantitative descriptive and cross-sectional study. Population of the study was represented by the students of the Medicine career of the Pedro Juan Caballero branch of the Universidad Sudamericana. The sample was composed of 177 students who agreed to participate voluntarily. The sampling was non-probability by convenience. It was used as a technique survey via Google Forms and as an instrument a pre-designed questionnaire according to study variables. The variables studied were: general data, semester attended, whether they practiced the habit of smoking hookah, frequency, presence of side effects, and use of some substance in association with hookah. The link of the form was socialized with students via WhatsApp



4 DEVELOPMENT

The ages ranged from 17 to 50 years, with an average of 22 years. About the habit of smoking hookah, 68.2% confirmed it, and of these, 48.8% started after they became college students. When asked about the reasons for starting to use hookah, 39.3% mentioned being influenced by friends. Regarding side effects, 65.5% of students report shortness of breath, nausea, and dizziness after starting to use hookah. The use of associated substances was seen only in 21.4% of the students, and among these, 61.1% started using after the beginning of their university life.

5 CONCLUDING REMARKS

With the results obtained, we noticed that a large part of the university students, mostly young people, start the practice through the influence of external factors. The practices can be prevented or reduced in significant numbers, through information in schools, hospitals, and public places that reflect on the future harm of hookah consumption, in order to make the young public aware so that they understand about the toxic substances contained in hookah. In addition, good communication among the family is also a way to prevent young people from adopting the habit of smoking at an early age.



REFERENCES

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