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A tobacco cessation-training program in a Dentistry University in Brazil

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Introduction: The moment of dental treatment can be an opportunity for generalized or specific health interventions, even if the individuals are seeking for aesthetic enhancement and/or pain relief, as well as, being a motivator for cessation of smoking. Knowledge of the concepts by the dentist to the intensive approach of the smoker increases the chances of prolonged smoking abstinence and prevention of relapse.

Objective: The objective of this project is to introduce as an extracurricular activity for the Dentistry undergraduate students of Universidade Estadual Paulista (Unesp), Instituto de Ciência e Tecnologia, São José dos Campos, São Paulo, Brazil I involving theoretical-practical training on approach, motivation and intensive treatment of smoking.

Method: The following topics were addressed: Nicotine Dependence, Motivational Stages, Abstinence Syndrome, Smoking cessation medication, Cognitive and Behavioural Therapy Techniques, Cessation methods and Relapse prevention in a 06 meetings.

Results: After training the students felt comfortable and capable to start the intensive hands-on practice, applying the knowledge acquired. A Facebook group was created (Image 1) with up-to date information, articles and educational material (Images 2 and 3). The project allowed undergraduate students for the management of smoking patients, expanding their activities in the area of health promotion.

Biography

Adriana Á A is a Physician and has her expertise in tobacco cessation intervention and treatment. At present, she is a PhD Student at the Universidade Estadual Paulista (UNESP), Instituto de Ciência e Tecnologia, São José dos Campos, São Paulo, Brazil, and concurrently involves in teaching graduation students and training them to have a intensive approach for smoking cessation. Her work has been recognized as an important initiative improving the knowledge about how tobacco use must be evaluated for multi health professionals, since it is related with many diseases such as, oral cancer. She has accomplished this comprehension after years of experience in treating smokers including patients with cancer. She created a page on Facebook for training dentistry students. Her work is focused on improving and increasing the wellbeing of patients and healthcare students.

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