

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

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Abstract

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. **Methods:** 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. It was created a Facebook group (Image 1) with up-to date information, articles and educational material (Images 2 and 3). **Conclusion:** The project allowed undergraduate students for the management of smoking patients, expanding their activities in the area of health promotion.

Key words: Tobacco use cessation, Students, Dental

Image 1

Nicotine Action on Brain

- Euphoria
- Improves attention
- Improves memory
- Pleasure
- Decreases appetite
- Reliefs of withdrawal syndrome
- Decreases anxiety and tension

Withdrawal symptoms

- Anxiety
- Craving
- Depression
- Loss of memory
- Discomfort

Difficulties

- Difficulty Concentrating
- Tiredness
- Excessive Sweating
- Feeling Hungry
- Tingling Fingers
- Restlessness
- Headache or Dizziness
- Irritable
- Coughing
- Diarrhoea or Constipation
- Feeling Tense or Angry

Addiction

- Physical - NICOTINE
- Emotional or behavioural - Triggers and mood

To light the cigarette

- CRAVINGS ???? – can use nicotine replacement therapy (lozenges or gum)
- HABITS – behaviours changes

How many times you feel that you smoke due:

- Cravings: _____
- Habits: _____

PROEX
 PRÓ-REITORIA DE EXTENSÃO UNIVERSITÁRIA

Keep smoking vs **Quit smoking**

- Keep smoking: Fear to fail, Nice
- Quit smoking: Save money, Health problems, Others

My reasons to quit smoking!!!

- _____
- _____
- _____

Ways to quit smoking:

- COLD TURKEY:**
you set a date and stop smoking abruptly
- GRADUAL:**
quitting smoking by reducing the amount you smoke before stop completely

TASKS !!!

- Set a quitting date!
- Choose the best way for quitting !
- Reinforce your reasons to quit!
- Note your cigarettes diary!
- Pay attention to the craving cigarette and the ones you smoke for habit!
- Seek for alternative actions for not smoking!
- Recognize your triggers!
- If it is necessary ask for help!

ANY DOUBT?

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Image 2

Basic concepts...

- The Fagerstrom Test for Nicotine Dependence is a standard instrument for assessing the intensity of physical addiction to nicotine.
- Behavioral Triggers are related to created habits or situations you use to smoke like driving, watching TV, studying, reading a mail or drinking coffee.
- Emotional Triggers are related to your mood or feelings that can cause urge to smoke like depression, anxiety, stress, feeling bored or even happiness.
- Stages of change are related to readiness to change your behaviour to quit
- Triggers are situations in which you used to smoke. Can be habits, mood or emotional ones.
- Withdrawal Syndrome signs and symptoms that can appear after you quit smoking. They are due your body get used to having no nicotine. The feeling often are bad, but it goes away after few weeks. The intensity and lasting can be variable in each person.

Stages of change

- Relapse
- Precontemplation
- Contemplation
- Preparation
- Action
- Maintenance

Nicotine Withdrawal

- Dizziness
- Headache
- Sleeping problems
- Nausea
- Decreases heart rate
- Depression
- Craving for cigarettes
- Irritability
- Increases appetite
- Anxiety
- Difficulty thinking
- Constipation

Smoking behaviours and Triggers

- Stress
- Anxiety
- Excitement
- Feeling bored
- Felling Down
- Happiness
- Loneliness
- Talking on the phone
- Drinking alcohol
- Watching TV
- Driving
- Finishing a meal
- Drinking coffee
- Taking a work break
- After having sex
- Before going to bed
- Going to a bar
- Going to a party or other social event
- Going to a concert
- Seeing someone else smoke
- Being with friends who smoke
- Celebrating a big event
- Others...

Relapses

- Measure going back to smoking regularly
- Slip: One or two cigarettes after you quitting, a temporary setback and you get back on track.

Important!!!!

- Set your quit date...
- Quitting methods...
- Quitting support: consider medication...
- Advice family and friends of your quit attempt.
- Ask for help if necessary!!!

FAGERSTROM TEST OF NICOTINE DEPENDENCE

1- How soon after you wake up do you smoke your first cigarette?	
- Within 5 minutes	3
- 6-30 minutes	2
- 31 e 60 minute	1
- after 60 minutes	0
2- Do you find it difficult to refrain from smoking in places where it is forbidden?	
- Yes	1
- No	0
3- Which cigarette would you hate to give up?	
- The first one in the morning	1
- All the others	0
4- How many cigarettes/day do you smoke?	
- 10 or less	0
- 11-20	1
- 21-30	2
- 31 or more	3
5- Do you smoke more frequently during the first hours after waking than during the rest of the day?	
- Yes	1
- No	0
6- Do you smoke if you are so ill you are in bed most of the day?	
- Yes	1
- No	0
TOTAL	_____ Points

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Image 3



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Biography:

Adriana Almeida is a physician and has her expertise in tobacco cessation intervention and treatment. At this moment she is PhD Student at the São Paulo State University (Unesp), Institute of Science and Technology, Campus São José dos Campos, Brazil where she has developed an work with graduation students teaching and training them to be comfortable and able to 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 burden diseases such oral cancer. She has accomplished this comprehension after years of experience in treating smokers including patients with cancer. She is also involved with research, teaching and education Institutions. She created a page at Facebook for training dentistry students. Her work is focused on improve and increase the wellbeing for patients and healthcare students.

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