

Results of a tobacco cessation program in a Brazilian University

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Abstract

Introduction: Visits to the dental office represent an opportunity for approaching the smoker toward a quit attempt to stop. This study describes the results of a smoking cessation program to smokers under dental treatment at a public University. **Methods:** Smokers enrolled at the tobacco cessation clinic of the São Paulo State University (Unesp), Institute of Science and Technology, Campus São José dos Campos, Brazil during a 2-year period, from September 2014 to September 2016. The undergraduate students were trained on intensive tobacco cessation to deliver the attendance. Depending on the variables of smokers patients, were used the Chi-square or Fisher's exact test. **Results:** Of the 97 patients, 50 (51,54%) presented with high or very high Nicotine Dependence (ND) by the Fagerström Test for Nicotine Dependence (FTND), 25 (26%) used to smoke more than 20 cigarettes/day and 44 (44.9%) had tried to quit at least once in their lives (Table 1). The profile of the patients is in the Table 1. The Fisher's exact test identified the association between the FTND and the pack years smoked ($p < 0.05$), FTND and the previous cessation attempts ($p < 0.05$) and FTND and the number of cigarettes smoked/day ($p < 0.05$). The same test identified association between the cessation and number of counseling meetings ($p < 0.05$) and cessation and the number of cigarettes smoked per day ($p < 0.05$). In the chi-square test the association of the FTND and the pack years smoked were also identified ($p = 0.0017$) (Table 2). In this period 24 patients achieved abstinence. **Conclusions:** the majority of patients studied were high tobacco dependents. We found that nicotine dependence is related with an increased pack-years use and number of smoking cessation attempts to quit, but the number of counseling meetings can increase the rate of quitting. Dental consultation is an opportune time for smoking cessation; however, the intensive treatment of smoking is not routinely offered within Dentistry graduation courses. Undergraduate students should be encouraged to participate in intensive tobacco cessation care.

Key words: Tobacco use cessation, Students, Dental

Table 1

Table 1 – General characteristics of the 97 study patients	
	n
Age ^b	53.18 ± 10.52
Gender ^a	
Male	44 (44.32%)
Female	54 (55.1%)
Age of smoking initiation, years ^b	16.64 ± 6.21
Duration of smoking, years ^b	35.42 ± 12.36
FTND, score (points) ^b	5.53 ± 2.26
Low to moderate dependence	47 (48.45%)
High to very high dependence	50 (51.54%)
Number of smoking cigarettes ^b	21.77 ± 10.80
≤ 20 cigarettes/day ^a	72 (74%)
> 20 cigarettes/day ^a	25 (26%)
Number of smoking cessation attempts ^a	
None	22 (22.68%)
One	44 (45.36%)
Two	11 (11.34%)
Three or more	20 (20.61%)
Smoking history, pack years ^b	40.85 ± 28.19
Quit smoking use	
Yes	24 (24.74%)
No	73 (75.26%)

FTND: Fagerström Test for Nicotine Dependence

^a Values expressed as n (%); ^b Values expresses as mean ± SD

Table 2

Table 2 – Distribution of the patients by variables: nicotine dependence, gender, smoking cessation, number of smoking cessation attempts, number of cigarette/day, pack-years smoked and number of meetings

Variables	Category	FTND		Total	p value
		0 – 5 points	6 – 10 points		
Gender	Female	25	29	54	0.617 *
	Male	22	21	43	
Smoking cessation	Yes	15	9	24	0.112467*
	No	32	41	73	
Pack years	≤ 40	37	10	47	0.0017* < 0.05**
	> 40	24	26	50	
Number of attempts	None	27	40	67	< 0.05**
	≥ 1	20	10	30	
Cigarettes/day	≤ 20	45	27	72	< 0.05**
	> 20	2	23	25	
Variables	Category	Smoking cessation		Total	p value
		Yes	No		
Pack years	≤ 40	47	13	60	0.371368
	> 40	26	11	37	
Cigarettes/day	≤ 20	20	19	39	< 0.05**
	> 20	53	5	58	
Number of meetings	1 – 4	60	9	69	< 0.05**
	> 4	13	15	28	

FTND: Fagerström Test for Nicotine Dependence

* Chi-square test; ** Fisher's exact test

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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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