

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

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Abstract

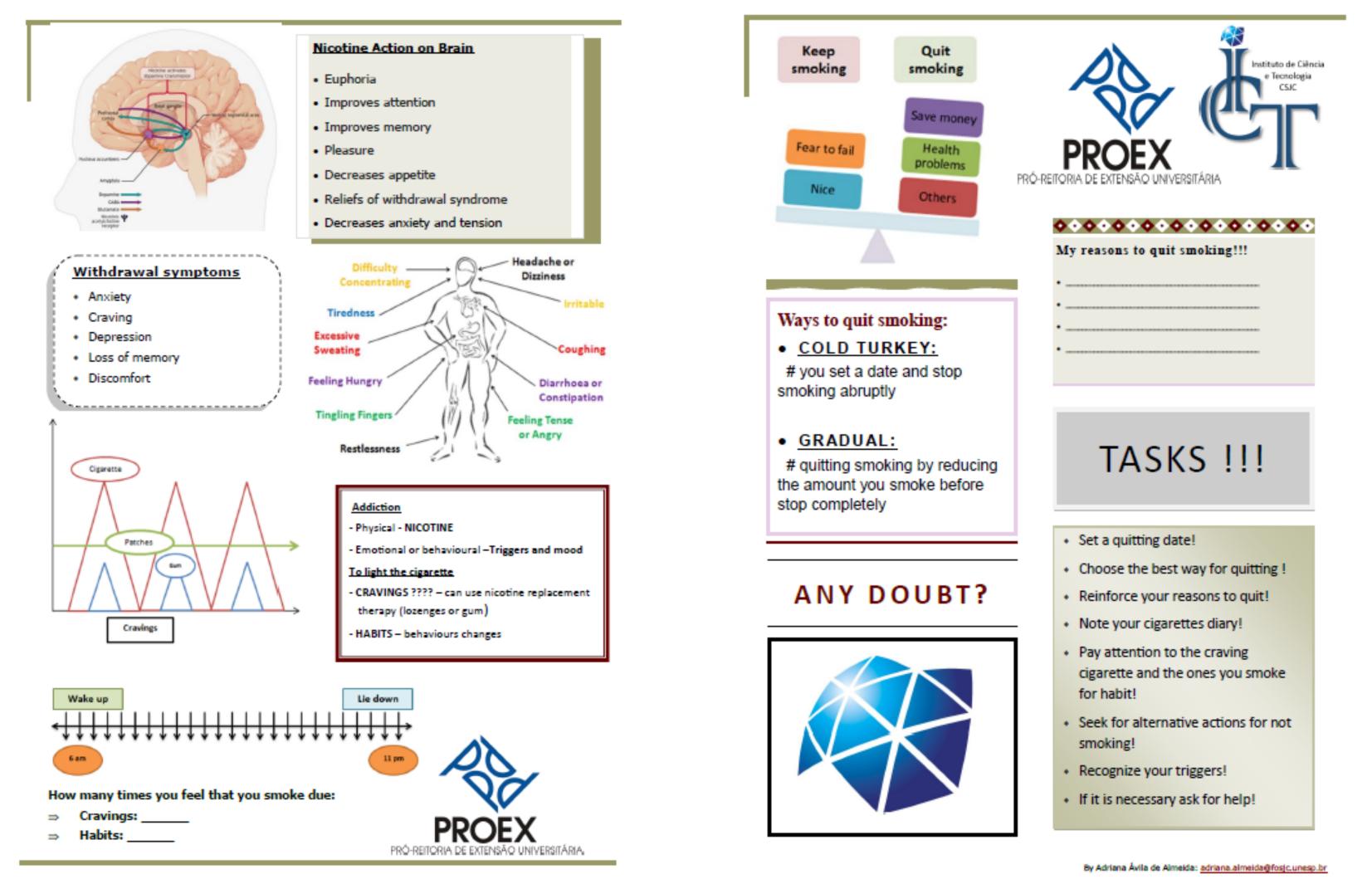
Introduction: The moment of dental treatment can be an opportunity for generalized or specific health interventions even if the individuals are seeking for aesthetic enhancement and/or pain relief, as well as being a motivator for cessation of smoking. Knowledge of the concepts by the dentist to the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

Image 3



Key words: Tobacco use cessation, Students, Dental

Image 1



⇒ Stress

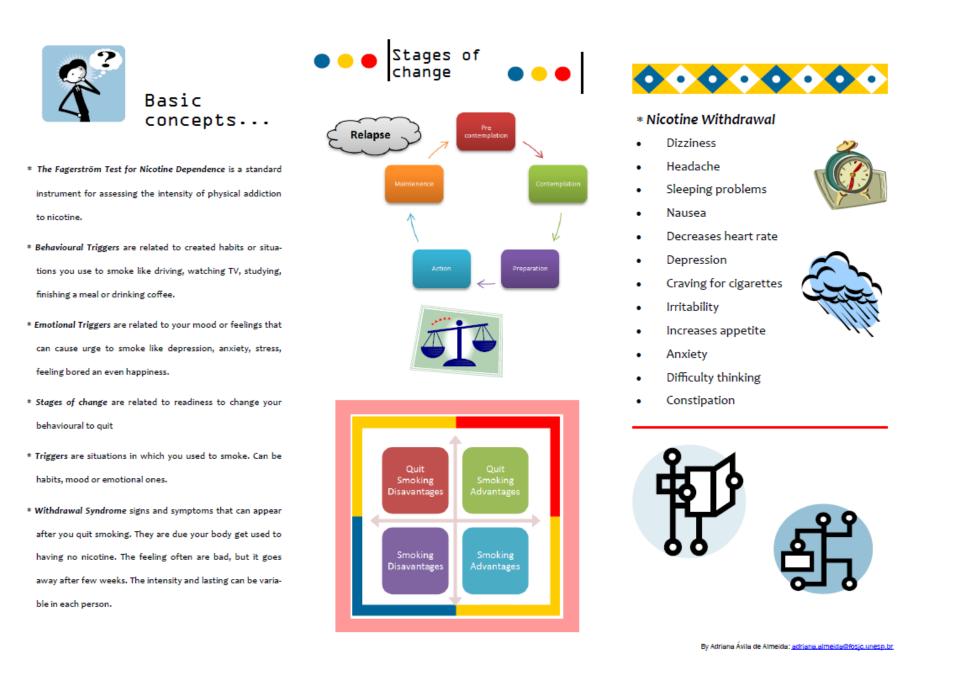
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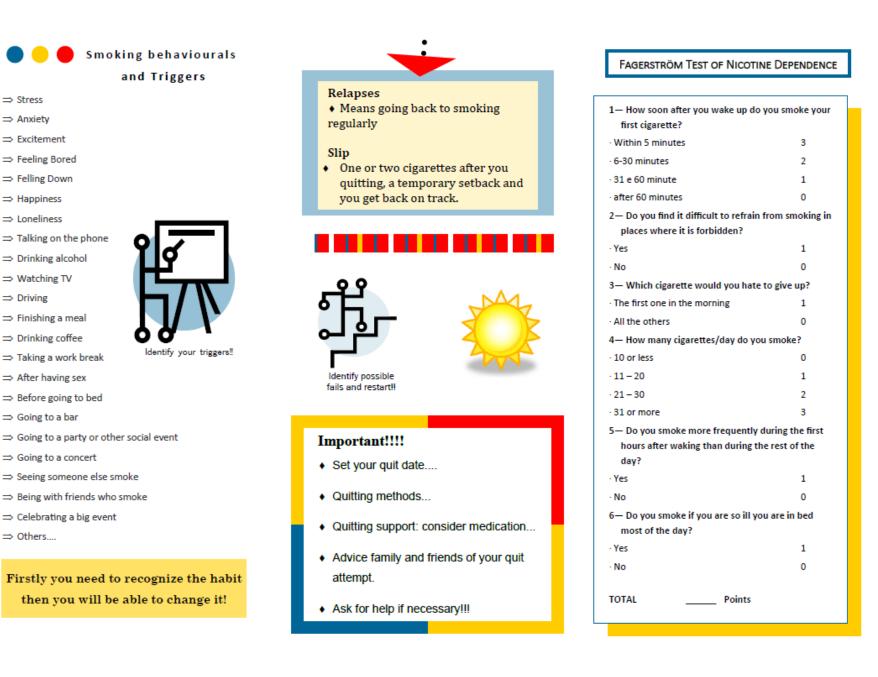
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Biography:

Adriana Almeida is a physician and has her expertise in tobacco cessation intervention

Image 2





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 confortable 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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