
Session E

Smoking Prevention and Cessation

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The position paper was accepted by the group after discussion and agreement on adapting the introduction and adding literature sections to show the

evidence of smoking cessation methods and nicotine replacement therapies.

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Scope and Questions

Smoking is an important issue and a recognized risk factor for both general and oral health. Therefore, smoking cessation should be carried out by all health professionals. Smoking cessation can only be considered within the holistic approach to the patient. The dental team should be educated and trained with the basic skills needed to deliver predictable healthcare. The dental hygienist can play a major role in identifying the target groups (non-smoker, smoker, ex-smoker) and in initiating the smoking cessation process when indicated. For educational reasons there is a strong reason to link smoking cessation with other topics such as risk management/assessment (incl. systemic conditions), diet and oral hygiene that are covered in this workshop.

WHAT IS THE RATIONALE AND PRIORITY FOR INCLUDING SMOKING CESSATION COUNSELING IN THE HYGIENISTS' CURRICULA?

Smoking is an important public health issue: all health professionals should be trained for smoking cessation. Smoking cessation can fit into the model of primary, secondary and tertiary prevention of several systemic and oral diseases. Preventive care is the main aim within the dental hygiene profession. Strategies for smoking cessation must be adaptable to different educational, healthcare and

residential environments. The dental hygienist possesses particular skills in the delivery of healthcare education. As basic skills and knowledge of smoking cessation counseling can only be acquired through proper education and training, these should be implemented in the curriculum.

HOW IS SMOKING CESSATION COUNSELING IMPLEMENTED?

In order for smoking cessation-counseling programs to be effective, the following criteria need to be considered:

- **Identification of target groups**

The following key target groups are identified: non-smokers, smokers and ex-smokers. These target groups are then subdivided where appropriate, according to age, gender, quantity (pack/years or cig. /day), time (years) and smoker type.

At first interview the mentioned target groups according to their willingness and smoking history will have to be positioned on the appropriate point of the model for behavioral change as shown in the position paper. These subdivisions are essential in order to provide an effective program for the individual.

• Tools

The following tools may be used to implement a smoking cessation program:

- Public presentations
- Use of media
- Structured and individualized smoking cessation program as described in the position paper
- Leaflets
- Interviews
- Questionnaire histories
- Behavioral analysis
- Social environment analysis
- Nicotine replacement therapy.

• How to intervene and how to monitor?

In order for a smoking cessation program to be effective it is important to identify opportunities of intervention and monitor the outcome. Combinations of the following points may be considered:

- Community lecturing on health issues
- Patient appointment to follow the structured and individualized smoking cessation program as mentioned in the position paper
- Monitoring charts
- Establish a feedback process (phone call)
- Family approach where appropriate.

• Interaction with other health professionals

As stated in the introduction a multi-disciplinary approach must be adopted in order for smoking cessation to be effective. Every member of a dental team may be involved in the implementation of smoking cessation programs. However, the dental hygienist should play a major role in the activities for smoking cessation. In some cases the dental team may be supported by the physician, psychologist/psychiatrist, nutritionist or smoking cessation professional.

The setting where the smoking cessation counseling is started and takes place will dictate the team involved: dental office, school, hospital, etc.

• Role of nicotine substitutes

Nicotine substitutes are useful tools when used appropriately. Nicotine replacement therapy can decrease the need for smoking as a source of nicotine. However, it should be limited to situations of high to very high nicotine dependency.

WHAT SHOULD HYGIENISTS' CURRICULA TEACH IN TERMS OF SMOKING CESSATION PROGRAMS FOR THE VARIOUS TARGET GROUPS? (RECOMMENDATIONS FOR A EUROPEAN APPROACH)

The cross-curricula subjects of the smoking cessation syllabus underpin many other areas of the dental hygienists curriculum. In addition there are subjects specifically related to smoking cessation.

• Contents (cross-curricula)

- Educational and social development
- Behavioral sciences
- Psychology
- Sociology
- Risk assessment
- Communication – and motivation skills
- Interpretation and implementation skills

• Contents (spec. related to smoking cessation)

- Effects on health
- Pharmacology and toxicology of smoking
- Nicotine addiction/Smoking habits
- Nicotine replacement therapy
- Diet
- Law and ethics
- Short intervention sequence described in the 'Smoking Cessation' position paper
- Clinical training for implementing smoking cessation programs.

Tables 1 and 2 suggest ways in which the core subjects may be taught and assessed. Further suggestions have been made to give weighting values to the different subjects.

Table 1 Recommendations for teaching methods

Subject	Teaching method	Value
Educational and social development	Lectures	+
Behavioral sciences	Lectures	++
Psychology	Lectures	++
Sociology	Lectures	+
Risk assessment	Lectures & seminar	++
Communication – and motivation skills	Lectures & role play	+++
Interpretation and implementation skills	Lectures & case studies	+++
Effects on health	Lectures & seminar	+++
Pharmacology and toxicology of smoking	Lectures & seminar	++
Nicotine addiction/Smoking habits	Lectures & seminar	++
Nicotine replacement therapy	Lectures	+
Diet	Lectures	+
Law and ethics	Lectures & seminar	+
Short intervention sequence described in the 'Smoking Cessation' position paper	Lectures, seminar & role play	+++
Clinical training for implementing smoking cessation programs	Lectures, seminar & role play	+++

Table 2 Recommendations for assessment methods

Subject	Assessment method
Educational and social development	Summative
Behavioral sciences	Summative
Psychology	Summative
Sociology	Summative
Risk assessment	Formative & summative
Communication – and motivation skills	Formative & summative
Interpretation and implementation skills	Formative & summative
Effects on health	Formative & summative
Pharmacology and toxicology of smoking	Formative & summative
Nicotine addiction/Smoking habit	Formative & summative
Nicotine replacement therapy	Summative
Diet	Formative & summative
Law and ethics	Formative & summative
Short intervention sequence described in the 'Smoking Cessation' position paper	Formative
Clinical training for implementing smoking cessation programs	Formative & summative