EPACTT 1

EuroPean Accreditation Curriculum on Tobacco Treatment project

Funded by Global Bridges Network via an Independent grant for Learning & Change (IGL&C), Pfizer
Action 1
Hands on training

- Was conducted in Brussels on the 5-6 April 2016
  - Focused on tobacco control and tobacco treatment:
    - key note presentations
    - case study presentations
    - guidelines for smoking cessation
    - hands on workshops

- The audience: **216 registered participants** (health care professionals, clinicians, policy makers, NGOs)

- 44 health professionals were selected for the evaluation process from the 5 target countries: Armenia, Georgia, Romania, Russia, Greece and Ukraine

- The training program was fully accredited by the European Accreditation Council for Continuing Medical Education (EACCME) with 11 CME credits
Overview

Hands on training - pre vs. post results

Hands on training

Pre-post evaluations indicated that:

- Knowledge increased around issues of what are the effective therapies in smoking cessation (Pre 2.7% vs. Post 68%, p <0.001)
- Knowledge of how much a typical craving lasts, (Pre 40.5% vs. Post 70.5%, p = 0.007),
- Knowledge of the side effects of Varenicline (Pre 54.9% vs. Post 80%, p = 0.017).
- The percentage that correctly answered what are the most effective treatments that increase quitting dramatically increased from 1% to 37% (p<0.001)
- Knowledge of how long a craving lasts increased from 18% to 38% (p=0.007)
- Awareness of the most common side effects for pharmacotherapy increased from 25% to 43% (p=0.017)
- Awareness of the impact of the physicians advice on quit rates increased from 16% to 32% (p=0.03)
- It is important to note that after the two day training 90% of participants stated that after the intervention that they have the required knowledge to help their patients (p = 0.001).
Overview
Hands on training - pre vs. 2 month follow up

Providers Knowledge

- How many people are expected to quit with brief counseling?
- Nicotine is as addictive as other drugs such as heroin or cocaine
- The NRTs is contraindicated in individuals with CVD
- A physician’s advice to quit smoking can boost motivation to quit
- The most common reasons that people return to smoking
- It is more difficult for pregnant women to quit smoking?
- Quit smoking and amount of stress?
- Which is the most common side effect of varenicline?
- How long does a craving;
- The most effective medications
- It is safe to continue to smoke while using NRTs?
- Effectiveness of e-cigarettes

P<0.001
Overview
Hands on training - pre vs. post vs. follow up results

Intention to Provide Smoking Cessation Counseling in practice

- Advising patients to quit smoking
- Providing brief smoking cessation counselling
- Providing counseling to patients not motivated to quit
- Prescribing quit smoking medications
- Providing smoking cessation counselling
- Arranging timely follow-up for patients planning to quit

<table>
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<tr>
<th>Activity</th>
<th>Pre</th>
<th>Post</th>
<th>2 months follow up</th>
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<tbody>
<tr>
<td>Advising patients to quit smoking</td>
<td>8.28</td>
<td>8.77</td>
<td>8.92</td>
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<tr>
<td>Providing brief smoking cessation counselling</td>
<td>8.03</td>
<td>8.72</td>
<td>8.74</td>
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<td>Providing counseling to patients not motivated to quit</td>
<td>7.11</td>
<td>8.16</td>
<td>8.28</td>
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<tr>
<td>Prescribing quit smoking medications</td>
<td>5.89</td>
<td>6.64</td>
<td>7.72</td>
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<tr>
<td>Providing smoking cessation counselling</td>
<td>7.11</td>
<td>8.4</td>
<td>8.46</td>
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<tr>
<td>Arranging timely follow-up for patients planning to quit</td>
<td>9.28</td>
<td>8.6</td>
<td>8.13</td>
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*p<0.001, p<0.001, p=0.001, p=0.003, p<0.001, p<0.001, p<0.001*

*range= 1-10, higher score represents higher intention*
Action 2
Guidelines for treating tobacco dependence

- 2nd Edition of the ENSP Guidelines (released in March 2016)
  - Developed by European Commission funds (Operating Grant to ENSP)
  - Free to download through [www.ensp.org](http://www.ensp.org) and [www.elearning-ensp.org](http://www.elearning-ensp.org)
  - Translated - and culturally adapted into 5 European Languages.
  - A significant policy, capacity building and clinical practice tool.

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<th>Language</th>
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<tr>
<td>English</td>
<td>ENSP Guidelines for Treating Tobacco Dependence</td>
<td>978-618-82526-0-8</td>
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<tr>
<td>Romanian</td>
<td>GHIDUL ENSP PENTRU TRATAMENTUL DEPENDENȚEI DE TUTUN</td>
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<td>Armenian</td>
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<td>თამბაქოს მოწევის შეწყვეტის ევროპული სახელმძღვანელო</td>
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Action 3
Pilot E-learning Program

- Developed using Moodle, included seven training modules
  - **PART ONE: RECOGNIZING TOBACCO USE AND TOBACCO DEPENDENCE IN GENERAL PRACTICE**
    - Chapter 1: Assessment of Tobacco Use and Tobacco Dependence and
    - Chapter 2: General Recommendations for the treatment of tobacco use and tobacco dependence
    - Chapter 3: Brief Advice on Stopping Tobacco Use
  - **PART TWO: TREATMENT OF TOBACCO DEPENDENCE**
    - Chapter 4: Standard Tobacco Treatment Interventions
    - Chapter 5: Research and Recommendations for Evaluating Smoking Cessation Effectiveness
  - **PART THREE: EUROPEAN STANDARDS FOR ACCREDITATION OF TOBACCO CESSION SERVICES AND TRAINING IN TOBACCO CESSION**
    - Chapter 6: Recommendations to train health professionals in the treatment of tobacco use and dependence and quality standards for tobacco cessation specialists and services
  - **PART FOUR: EFFECTIVE CESSION TECHNIQUES FOR BUSY FAMILY MEDICINE PROVIDERS**

www.elearning-ensp.org
SUSTAINABILITY AND PROGRAM EXPANSION

EPACTT-2

- ENSP has established an expansion of the activities and capacity building of EPACTT with a focus on health care professionals and policy makers in the Southern, Central and Eastern European region
- Continued guideline and tool translation
- Enhanced eLearning modules
- 11 European region countries
- 12 European languages