“Implementing the FCTC Article 14 in Armenia through Advocacy and Training”

Project timeline: 1 November, 2014-31 October, 2016

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The project aimed to develop national capacity in implementing the FCTC Article 14 in Armenia through:

a) building smoking cessation training capacity of the medical faculty on evidence-based methods and tools for teaching physicians the basic skills for working with smokers and counselling them on smoking cessation;

b) training primary healthcare physicians to provide them with knowledge and skills to provide smoking cessation counselling to smokers;

c) developing a White Paper: “Mapping the FCTC Article 14 Implementation in Armenia” and discussing it with the health policymakers and other stakeholders;

d) strengthening the support from the key stakeholders, including the policy and decision making community and the institutions of medical education to sustain the project outcomes and advocate for a system-wide change.
Formative Research

- **Qualitative research**
  - to identify primary healthcare physicians’ baseline knowledge, attitude and practices regarding smoking cessation,
  - to clarify their perceived needs for training and support for addressing tobacco use among their adult patients.

- **Pharmaceutical market research**
  - to assess the current situation of the availability, affordability, and the price of tobacco cessation products in Armenia.
  - to compare affordability of smoking cessation healthcare interventions in Armenia.

Trainings

- **Training curriculum**
  - didactic sessions: tobacco epidemics; neurobiology of nicotine addiction; the role of primary healthcare professionals in smoking cessation (5As); motivational interviewing; pharmacotherapy for smoking cessation; relapse prevention;
  - interactive sessions: case studies, role play and film demonstrations (“30 seconds”), demonstration of the breath CO monitors.

Accreditation

- accredited by the Ministry of Health and designated 5 CME credits

Participants

- 58 primary healthcare physicians from 18 polyclinics
  - Yerevan (n=40), the capital of Armenia;
  - Gyumri (n=18), the second largest city (located in Shirak region).
Evaluation of the Trainings

**Control group participants**

- 51 primary healthcare physicians from 8 polyclinics
  - Yerevan (n=36)
  - Gyumri (n=15)

- 37 primary healthcare physicians participated in the seminars (shorter version of the training) and received all the materials

- 12 physicians who did not attend the seminars received only the training materials
  - Yerevan (n=9)
  - Gyumri (n=3)
Training Evaluation Results

- **Training expectation survey** (Training evaluation survey)
  - More than 80% reported that the training course strongly met all its objectives

- **Training improvement survey** (Pre- and post-training test)
  - Mean pre-and post-training scores were 5.93 and 11.29, respectively
  - Mean score increased by 5.36 (5.93 vs. 11.29, p ≤ 0.001)

- **Training effectiveness survey** (Knowledge, attitude and practice survey) (paired analysis)
  - Statistically significant improvement in the intervention group
    - **General knowledge score**- 10.23 vs. 12.46, p<0.001
    - **Medication knowledge score**- 3.23 vs. 5.51, p<0.001
    - **Practice score**- 10.23 vs. 15.12, p<0.001
      - significant improvement in all components of the 5A model
    - **Confidence score**- 4.44 vs. 6.28, p<0.001