

Tobacco Cessation Certification Programme

September 2023

Introduction:

The training modules are designed to train primary care providers with knowledge, skills and effective intervention models for delivering brief interventions to help tobacco users in primary care settings. This programme has been designed in conjunction with John Hopkins University, Maryland.

The current recommendation of the Ministry of Health and Family Welfare, Govt of India, Recommends the establishment of tobacco cessation units at all dental colleges. This course will help orient clinicians and empower them to create a structured programme for tobacco cessation at their own centres.

Highlights of the course:

- Exposure to a large number of cases at a high volume tertiary care centre.
- Exposure to the multidisciplinary management of tobacco dependence
- Online tutorial by Instructors from John Hopkins University, Maryland USA.
- Distinguished in-house and visiting faculty.

Learning objectives

Upon completion of this training participants will be able to:

- To understand their role in tobacco control and tobacco dependence treatment.
- Describe the prevalence and patterns of tobacco use in their country.
- Understand the health, social and economic consequences of tobacco use and the benefits of quitting.
- Understand the biological, psycho-behavioural and social causes of tobacco dependence.
- Diagnose and intervene in patients with tobacco dependence.
- Deliver brief interventions to assist tobacco users routinely in quitting according to a 5A's model and a 5R's model.
- Deliver brief interventions to non-tobacco users who are exposed to second-hand smoke.
- Apply tools to assess tobacco users' levels of nicotine dependence.
- Be Aware of tobacco cessation medications and appropriately prescribe nicotine replacement therapy (NRT) products.

Structure of the program

Module	Topic
Module 1: Understanding Tobacco	<ul style="list-style-type: none">• Introduction to tobacco- Forms of tobacco use and exposure• Global epidemiology of tobacco use• Overview of tobacco-related illnesses• Tobacco Carcinogenesis
Module 2: Understanding Tobacco Cessation	<ul style="list-style-type: none">• Orientation to tobacco cessation and the Role of Physician• Multidisciplinary team in tobacco cessation
Module 3: Understanding Interventions for Tobacco Dependence	<ul style="list-style-type: none">• Screening for tobacco dependence - Fagerstrom scale• Behavioural Therapy• Nicotine replacement therapy• Pharmacotherapy for tobacco cessation
Case scenarios	Observation with Case-Based Discussion- LIVE

Requirements:

The participants/students will be required to maintain a detailed record of their work. At the end of the programme, the same will be reviewed by the programme faculty.

Course Director



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