



YENEPOYA

(DEEMED TO BE UNIVERSITY)

Recognized under Sec 3(A) of the UGC Act 1956

Accredited by NAAC with 'A' Grade

Deralakatte, Mangaluru -575018

Value Added Course

**Certificate course on Tobacco dependency
intervention**

DVAC-03

ATTESTED

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VALUE ADDED COURSE ON TOBACCO DEPENDENCY INTERVENTION

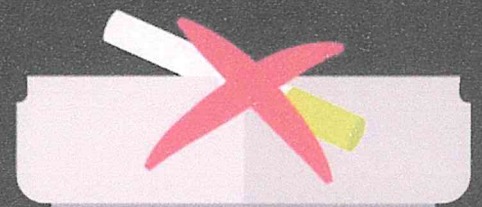
Course Highlights

Didactic lectures on highly relevant topics

Clinical training on tobacco cessation intervention

Objectives

- Gain in depth understanding about tobacco related diseases
- Develop the knowledge and skills, to conduct an Tobacco intake interview, to determine the level of dependence
- Develop skill to assist tobacco users in quitting the habit



Course Coordinator
Dr Maji Jose,
Deputy Director

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	Biology of addiction and de-addiction strategies	
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	Psychosocial Interventions	

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PREAMBLE


Tobacco is a menace that has grabbed millions of people all over the world, cutting across the nation and social barriers. Among Indian population, tobacco use has spread with remarkable rapidity seeping into all sections of the society resulting in multitude of health problems including carcinomas of aero-digestive tract. Tobacco related lesions, which ranges from chewers' mucosa to Oral Squamous Cell Carcinoma are important public health problems because of their prevalence, their impact on individuals and society, and the expense of their treatment.

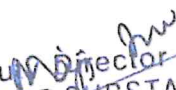
70% of the tobacco users today have tried to quit at least once and the people succeeded could have several quit attempts before they successfully kick the habit. One of the most consistent findings in various surveys conducted is that tobacco users get little or no advice and help from their doctors for quitting the habit. Although many tobacco users are aware of health hazards of other tobacco users around them (friends, family, spouse/partner). In addition most individuals who would like to quit, have low self-efficacy and belief that they are powerless to overcome their addiction. The above facts point to the need of trained person's assistance and support in tobacco habit intervention.

COURSE OBJECTIVES

1. To gain an understanding of the wider picture of tobacco prevalence, tobacco as social issue to be tackled and tobacco related diseases and the need for intervention programs.
2. To develop the knowledge and skills, how to conduct an intake interview to assess a person's tobacco habit history in order to determine the level of dependence and appropriate recommendations for pharmacotherapy.
3. To develop skills related to, identifying the psychological, environmental and social factors that have maintained a person's tobacco habit or influenced their desire to quit; determine readiness to quit and assess strengths and barriers that will target quitting strategies.
4. To enable to develop a treatment plan and /or referral based on the information gathered during an initial assessment indentifying the client's level of nicotine dependence, readiness to quit, strengths and barriers to quitting and any relevant medical or psychiatric history.

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TEACHING/LEARNING MODALITIES

1. Didactic lectures - 10 hours
2. Clinical training - 6 hours

COURSE CONTENT (Syllabus)

Session 1: Tobacco a social issue- 1 Hour

- Impact on health and well-being of people
- Impact on environment
- Impact on Indian economy

Session 2: Epidemiology of tobacco used in India & worldwide 1 Hour

- Prevalence and types of tobacco use in India and world wide
- Factors contributing to high prevalence of tobacco use in India

Session 3: Tobacco habit initiation and progression - 1 Hour

Factors that influences tobacco habit initiation

- Socio-economic and environmental factors
- Individual cognitive and mood factors
- Genetic factors: genetic tendencies and gene environment interactions
- Influences of smoking in movies, in video games, and on the web

Session 4: Biology of addiction - 1 Hour

- Chemistry and toxicology of tobacco products
- What is addiction and how does tobacco cause addiction
- Factors contributing to nicotine addiction and tolerance

Session 5: Health effects of tobacco - 1 Hour

- Tobacco and oral health and diseases
- Effect on respiratory system
- Effect on Cardiovascular system
- Effect on digestive and other systems of the body

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Session 6: Passive smoking - 1 Hour

- Health effects of passive smoking

Session 7: Prevention strategies - 1 Hour

Prevention Initiatives

- o Education
- o Youth-led interventions
- o Counteradvertising campaigns
- o The use of social media for prevention

Session 8: Prevention Policies in India - 1 Hour

- o Govt. policies on tobacco prevention and cessation
- o Smoke-free environments
- o Package warnings

Session 9: Cessation strategies - 1 Hour

- o Health benefits of tobacco habit cessation
- o Challenges to tobacco habit cessation
- o Different approaches towards cessation
 - o Individual approaches
 - Counseling techniques
- o Pharmacotherapy
- o Population approaches

Session 10 : Psychosocial Interventions - 1 Hour

Hands on Clinical training - 3 patients- 6hours

EVALUATION PROCESS

Evaluation is through MCQ test (using Yengage portal)

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