The implementation results and the train-the-trainer manuals

The project "Develop and disseminate an evidence-based healthcare professional training program on tobacco use treatment in Viet Nam"

Hanoi, November 2016
Contents

• Introduction of the Project

• Contents and Implementation Methods

• Findings from Evaluation Research

• Introduction of TTT Manuals

• Discussion and Comments to the Manuals
Introduction of the Project (1)

- **Funding source:** Global Bridges and Pfizer Independent Grants for Learning & Change (IGLC)
- **Duration:** From January 2015 to January 2017
- **Objectives:**
  - Develop an evidence-based health provider core training curriculum for tobacco use treatment;
  - Develop and test a train-the-trainer (TTT) program in one province;
  - Disseminate the TTT program nationwide via the Viet Nam Steering Committee on Smoking and Health, and Ministry of Health
- **Deliverables:**
  - Evidence-based core training curriculum for tobacco use treatment;
  - Train the trainer (TTT) manual and training materials;
  - 300 health providers trained on tobacco use treatment;
  - Report on results from 3-month follow up surveys
Introduction of the Project (2)

- In collaboration with:
  - VINACOSH
  - Bach Mai Hospital

- Technical support: New York University School of Medicine (NYUSOM)

- Participants and beneficiaries
  - 300 health care providers in 92 communes of 5 districts in Thai Nguyen province;
  - Master trainers from Bach Mai Hospital, Hue, HCMC, Ha Noi Medical University, School of Public Health, ISMS and others;
  - Members of Tobacco Cessation Technical Group;
  - DOH, DHCs, District General Hospitals, CHCs of 5 districts in Thai Nguyen province.
Contents and implementation method (1)

- **Develop, implement, evaluate, revise and finalize a core curriculum**
  - Based on ATTUD, NCSCT, WHO, VQUIT/ISMS, VINACOSH core competencies and training materials;
  - Adapted based on consultation with experts of Advisory Group and interview results with health providers at commune health centers;
  - Adapted based on trainings for 100 health care providers in Thai Nguyen.

- **Develop and implement a TTT model**
  
  a. **Develop and test the training of master trainers**
     - Developed a TTT training program;
     - Conducted training of master trainers (3-5 days);
     - Master trainers conducted trainings for 200 health providers, who are working at CHCs.

  b. **Develop and implement a web-based program**
     - Developed and uploaded online training materials and make those materials available for all health providers nationwide via: www.vquits.vn.
Contents and implementation method (1)
Contents and implementation method (1)
Contents and implementation method (2) – Evaluation Research

a. Evaluation of the core curriculum training with 300 health care providers in 5 districts of Thai Nguyen province

   • Training session observations using assessment form with note-taking instructions;
   • Pre-and-post tests of participants using self-administered questionnaires.

b. Assessment of post training sustained practice changes

   • Measured increased rates of screening for tobacco use and delivery of cessation assistance using 4As framework, and improvements in knowledge, attitudes and confidence of health providers to screen for tobacco use and assist smokers in quitting;
   • Conducted baseline (pre-training test) survey with all participants attended training at the first day of the training
   • Conducted phone survey at 3 months after trainings with all participants attended the trainings
## Evaluation Results (1)

Table 1: Characteristics of health providers participated in the training

<table>
<thead>
<tr>
<th></th>
<th>%/(TB±DLC) (n=232)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Gender</strong></td>
<td></td>
</tr>
<tr>
<td>Male</td>
<td>37,5</td>
</tr>
<tr>
<td>Female</td>
<td>62,5</td>
</tr>
<tr>
<td><strong>Age (mean year) (24-59)</strong></td>
<td>40,1±10,5</td>
</tr>
<tr>
<td><strong>Years working as health provider (2-39)</strong></td>
<td>15,0±10</td>
</tr>
<tr>
<td><strong>Position/staff grade</strong></td>
<td></td>
</tr>
<tr>
<td>Doctor</td>
<td>21,8</td>
</tr>
<tr>
<td>Physician</td>
<td>55</td>
</tr>
<tr>
<td>Nurse</td>
<td>11,8</td>
</tr>
<tr>
<td>Physician’s assistant</td>
<td>4,8</td>
</tr>
<tr>
<td>Midwife</td>
<td>3,9</td>
</tr>
<tr>
<td>Others</td>
<td>2,6</td>
</tr>
<tr>
<td><strong>Current smoking status</strong></td>
<td></td>
</tr>
<tr>
<td>Never smoked</td>
<td>75,0</td>
</tr>
<tr>
<td>Had smoked before but gave up</td>
<td>16,0</td>
</tr>
<tr>
<td>Is smoking</td>
<td>9,0</td>
</tr>
</tbody>
</table>


## Evaluation Results (1)

Table 2: Improved knowledge, positive changes in opinions, and gained confidence of health providers in smoking cessation before and after training

<table>
<thead>
<tr>
<th></th>
<th>Pre-test (n=301)</th>
<th>Post-test (n=312)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mean score of knowledge about harm of smoking cigarettes (range: 0-52)</td>
<td>37.9±4.0***</td>
<td>43.1±3.5</td>
</tr>
<tr>
<td>Mean score of knowledge about tobacco counseling and treatment (range: 0-10)</td>
<td>4.8±1.3***</td>
<td>6.6±1.4</td>
</tr>
<tr>
<td>Mean score of opinions about tobacco use treatment and role of health providers (range: 10-40)+</td>
<td>30.9±4.0***</td>
<td>34.2±3.1</td>
</tr>
<tr>
<td>Mean score of confidence in applying the updated knowledge of tobacco counseling and treatment ++ (range: 7-28)</td>
<td>18.8±4.6***</td>
<td>25.0±3.2</td>
</tr>
</tbody>
</table>

*** p<0.001  
+Cronbach’s alpha=0.64  
++ Cronbach’s alpha=0.91
Table 2: Practice of health provider on providing smoking cessation counseling at pre-training and 3 month follow-up training

<table>
<thead>
<tr>
<th>Activity</th>
<th>Baseline (n=232)</th>
<th>3 month-follow-up (n=232)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ask patients about their cigarettes smoking status*</td>
<td>13.4</td>
<td>22.4</td>
</tr>
<tr>
<td>Advise patients to quit cigarettes smoking***</td>
<td>14.7</td>
<td>31.9</td>
</tr>
<tr>
<td>Assess the readiness of patients to quit cigarettes smoking*</td>
<td>14.3</td>
<td>22</td>
</tr>
<tr>
<td>Provide brief counseling***</td>
<td>8.7</td>
<td>25</td>
</tr>
<tr>
<td>Ask patients about their waterpipe smoking*</td>
<td>6.9</td>
<td>11.2</td>
</tr>
<tr>
<td>Advise patients to quit waterpipe smoking*</td>
<td>8.2</td>
<td>13.4</td>
</tr>
<tr>
<td>Assess the readiness of patients to quit waterpipe smoking</td>
<td>7.4</td>
<td>9.9</td>
</tr>
<tr>
<td>Provide brief counseling*</td>
<td>5.6</td>
<td>11.6</td>
</tr>
</tbody>
</table>

*p<0.05, ***p<0.001. Practised with half or more than half patients met at CHCs in the last 30 days.
Introduction of TTT Manual “Tobacco Use Treatment for Health Providers at Hospital and Primary Heath Care Center”
Overview

**TTT manuals include:**

1. Manuals for trainers
2. PPTs
3. Handouts and supporting documents (including questionnaire for intake assessment)
4. Videos
5. Online support ([vquit.vn](http://vquit.vn))
6. Questionnaires for pre-and-post training tests
7. Videos of trainings (available on [vquit.vn](http://vquit.vn))
1. Manuals for trainers
1. Manuals for trainers

Part 1: Overview of tobacco use, its impacts, benefits of quitting, and related policies.

Part 2: Tobacco dependence.

Part 3: Overview of tobacco treatment and pharmacotherapy.

Part 4: Interpersonal communication skills.


Part 6: Counseling.

Part 7: Assessment of tobacco dependence, intake assessment, and treatment planning.

Part 8: Relapse prevention and treatment.

Part 9: Counseling & treatment for special populations.
2. PPTs

**Part 1:** Overview of tobacco use, its impacts, benefits of quitting, and related policies.

**Part 2:** Tobacco dependence.

**Part 3:** Overview of tobacco treatment and pharmacotherapy.

**Part 4:** Interpersonal communication skills.

**Part 5:** Information education communication materials for tobacco use treatment.

**Part 6:** Counseling.

**Part 7:** Assessment of tobacco dependence, intake assessment, and treatment planning.

**Part 8:** Relapse prevention and treatment.

**Part 9:** Counseling & treatment for special populations.
2. PPTs

Tobacco Use Treatment for Health Providers at Hospitals and Primary Heath Care Centers

Part 1: Overview of tobacco use, its impacts, benefits of quitting, and related policies

TẬP HUẤN TƯỴ VÂN VÀ ĐIỀU TRỊ CÁI NGHIỆN THUỐC LÁ CHO CÁN BỘ Y TẾ

Bài 1: Tổng quan về sử dụng thuốc lá, tác hại của sử dụng thuốc lá, lợi ích cai thuốc và chính sách liên quan
2. PPTs

Tobacco Use Treatment
For Health Providers in Hospitals
and Primary Heath Care Centers

Part 6: Counseling

TẬP HUẤN
TƯ VẤN VÀ ĐIỀU TRỊ CAI NGHIỆN
THUỘC LÁ CHO CÂN BỔ Y TẾ

Bài 6: Tư vấn hỗ trợ cai nghiện thuốc lá
3. Handouts, supporting documents

- Law on tobacco control
- Counseling Procedure for tobacco cessation at CHCs
- Triggers and how to cope with
- Intake Assessment Forms
3. Handouts, supporting documents
4. Videos

Video – Tobacco control

Source: Vinacosh
4. Videos

Video – Why it is difficult to quit smoking?
(Vietnamese subtitles)

Video – Amoking cessation support
(Vietnamese subtitles)

Source: MayO Clinic
5. Online support (vquit.vn)
5. Online support (vquit.vn)
5. Online support (**vquit.vn**)
6. Questionnaires for pre-and-post training test

ĐÃNH GIÁ TRƯỚC TÁP HUẤN

KHÓA TÁP HUẤN TƯ VẤN VÀ ĐIỀU TRỊ CAI NGHIỆM THUỐC LÀM CHO CÁN BỘ Y TẾ

Ho và tên: ________________________________________________________________
Trạm y tế xã: __________________________________________________________
Mã số: __________________________________________________________________

CÁCH ĐIỀN CÂU TRÁI LỘI:

- Hãy kiểm tra và đánh dấu so sánh với câu trả lời;
- Ảnh hưởng chi được chọn 1 câu trả lời cho mỗi câu hỏi;
- Nếu Ảnh hưởng chi chọn sai 1 đáp án và muốn chọn lại thì Ảnh hưởng chi hãy gạch như sau: ☐ và chọn lại đáp án.

A. KIẾN THỨC VỀ CAI THUỐC LÀM

<table>
<thead>
<tr>
<th>STT</th>
<th>Câu hỏi</th>
<th>Mã</th>
</tr>
</thead>
</table>

Kiến thức

A1. Ảnh hưởng chi hay cho chúng tôi biết anh chi rất đồng ý, đồng ý một chút, không đồng ý một chút hay rất không đồng ý với những nhận định sau:

<table>
<thead>
<tr>
<th></th>
<th>Rất đồng ý</th>
<th>Đồng ý một chút</th>
<th>Không đồng ý một chút</th>
<th>Hoàn toàn không đồng ý</th>
<th>Không biết</th>
</tr>
</thead>
<tbody>
<tr>
<td>a. Hút thuốc ảo gây ra phản cảm số ca tử vong liên quan đến ung thư phổi.</td>
<td>4</td>
<td>3</td>
<td>2</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>b. Hút thuốc ảo gây ra một nguyên nhân gây ra các bệnh về tim mạch.</td>
<td>4</td>
<td>3</td>
<td>2</td>
<td>1</td>
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<tr>
<td>c. Hút thuốc ảo gây bất lực</td>
<td>4</td>
<td>3</td>
<td>2</td>
<td>1</td>
<td>0</td>
</tr>
<tr>
<td>d. Hút thuốc ảo gây ra bệnh viêm khớp.</td>
<td>4</td>
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ĐÃNH GIÁ SAU TÁP HUẤN

KHÓA TÁP HUẤN TƯ VẤN VÀ ĐIỀU TRỊ CAI NGHIỆM THUỐC LÀM CHO CÁN BỘ Y TẾ

Ho và tên: ________________________________________________________________
Trạm y tế xã: __________________________________________________________
Mã số: __________________________________________________________________

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<td>3</td>
<td>2</td>
<td>1</td>
<td>0</td>
</tr>
</tbody>
</table>
7. Videos of training (available on vquit.vn)

There are 7 videos for 7 training courses, including:

Course 1: Overview of tobacco use, its impacts, benefits of quitting, and related policies.

Course 2: Tobacco dependence.

Course 3: Overview of tobacco treatment and pharmacotherapy.

Course 4: Interpersonal communication skills.

Course 5: Counseling (4As model).

Course 6: Assessment of tobacco dependence, intake assessment, and treatment planning.

Course 7: Relapse prevention and treatment
7. Videos of training (available on vquit.vn)
7. Videos of training (available on vquit.vn)
THANK YOU FOR YOUR LISTENING AND COMMENTS