

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

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

Principal Investigator: Arusyak Harutyunyan, MD, MPH

Gerald and Patricia Turpanjian School of Public Health
American University of Armenia

Project Aims

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.



“Tobacco Dependence Treatment Training For Primary Healthcare Physicians”

- **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**

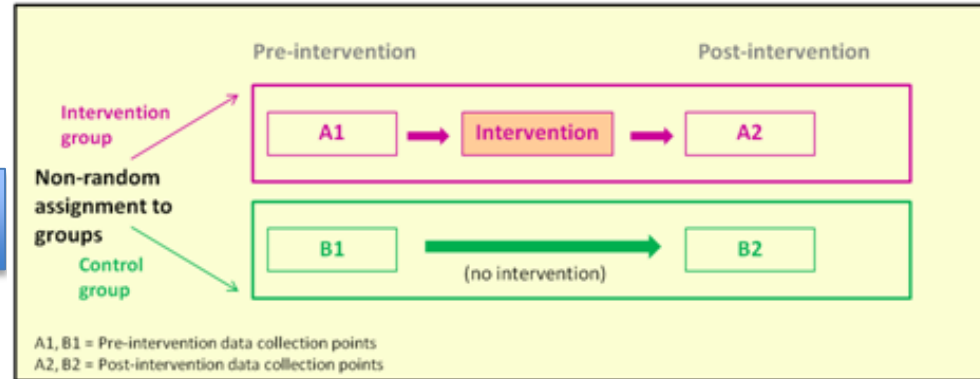
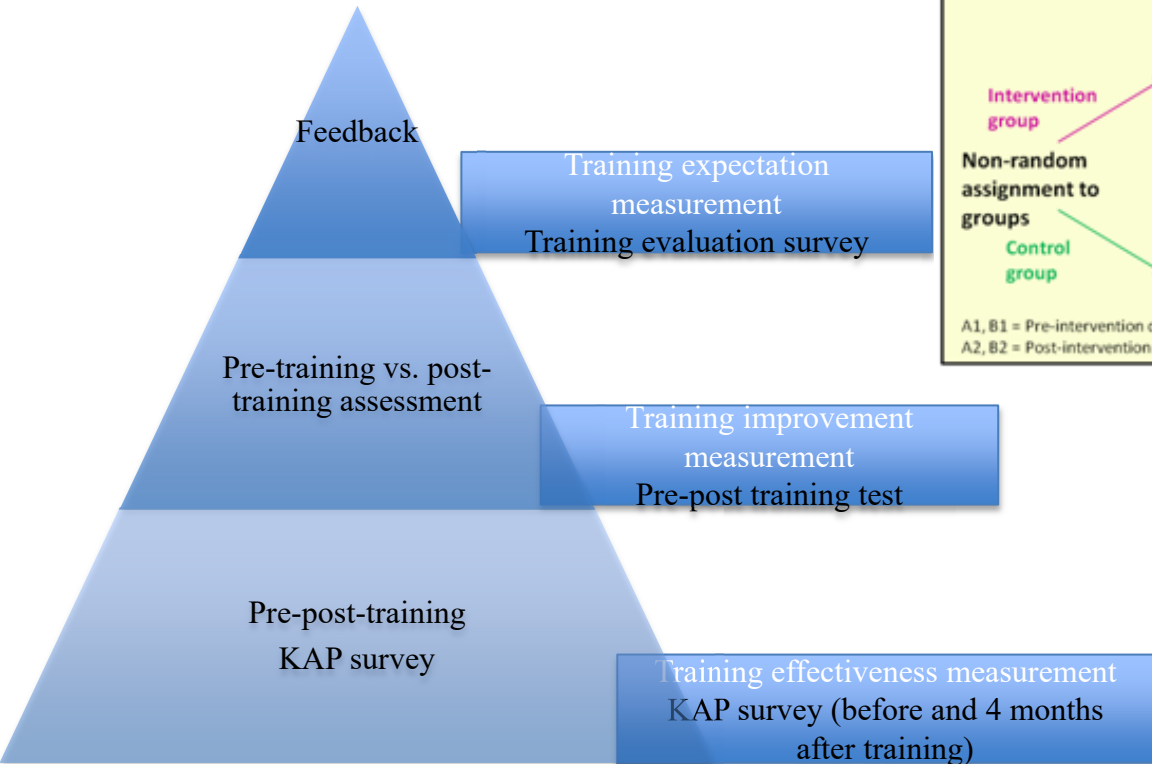
- accredited by the Ministry of Health and designated 5 CME credits

- **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, $p \leq 0.001$)
- **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, $p < 0.001$