



Building Capacity for Tobacco Cessation among Nurses & Clinical Psychologists in Turkey

Mimi Nichter, Ph.D.,
University of Arizona
School of Anthropology



Turkey & Tobacco Control

- ▶ Turkey was among first countries globally to ratify WHO's FCTC
- ▶ Considered a leader in Europe in tobacco control, with comprehensive smoke-free legislation and taxation on tobacco products
- ▶ In 2013, lauded as the only country in the world to have implemented all of WHO's six MPOWER tobacco control measures (Monitor, Protect, Offer Help, Warn, Enforce and Raise Taxes)
- ▶ Tobacco use remains a key public health concern—causes at least 100,000 deaths per year



Smoking Prevalence

- ▶ Turkey is the 8th largest consumer of tobacco in the world
- ▶ Smoking among men: 41%; Women: 13%
- ▶ Turks are high level smokers; men smoke about 20 cigarettes per day; women 15
- ▶ Perception around Europe of a heavy smoker is one who “smokes like a Turk”
- ▶ Among health care providers: 24% of general practitioners, 13% of specialists, 20% of nurses and midwives are regular smokers



Project Overview: QTI Turkey

- Overall goal is to extend the reach and depth of smoking cessation training within the Turkish healthcare system.
- To create a cadre of nurses and psychologists trained in tobacco cessation who are able to:
 - perform **illness-specific** as well as general cessation as part of their routine clinical practice
 - assist in the training of other nurses & psychologists in their sub-specialties.



Project Aims

- ▶ Adapt evidence-based cessation training materials for Turkey
- ▶ Conduct Training of Trainers in illness-specific and general cessation skills for nurses and psychologists
- ▶ Produce cessation videos modeling tobacco cessation skills to use in trainings for practitioners and quit guides for laypersons
- ▶ To help those trained to train others in their hospitals to counsel patients in tobacco cessation as a means of promoting cessation as part of normative clinical practice in Turkey
- ▶ To provide leadership in the fields of nursing and psychology in smoking cessation thus laying the foundation for a larger smoking cessation movement within Turkey's healthcare sector.



Results



- ▶ Trainings completed: 85 health professionals including diabetes nurses; pediatric nurses; midwives; cardiology and respiratory nurses; Ob/gyn nurses; and psychology were trained in 2 day training sessions
- ▶ In addition, another 100 health professionals have been trained in shorter 5A trainings conducted in hospitals and national nursing conferences
- ▶ Since training, these professionals have each counseled at least 10 patients per month in their various clinical settings
- ▶ Total number of patients who have received counseling is over 8000