

Ti TAN CRETE

Tobacco treatment TrAining Network in
Crete



Overall Goal

Our goal is to develop a network of trained primary health care (PHC) providers in Crete, Greece that will integrate treatment of tobacco dependence into daily clinical practice and become champions of tobacco control policy.

TiTAN CRETE

1-day Kick off Training – Sept 22nd 2015

The curriculum includes 2/3 theory and 1/3 practical.

- Health Effects of Tobacco Use in Greece
- Nicotine Addiction
- 5As Model
- Pharmacotherapy
- Motivational Interviewing
- Special Populations

The **booster sessions** were designed to reinforce the adoption of the new practices

Booster Session #1 – Oct 31 & Nov 3rd 2015

- Quit Plan Visit
- Follow-up Visit
- Motivational Interviewing Skills

Booster Session #2 – Jan 11th 2016

- Cognitive Behavioral Therapy
- Electronic Cigarettes



Practice Tools

Tobacco Use Survey

PLEASE COMPLETE THE FOLLOWING QUESTIONS:

1. Have you used any form of tobacco in the past 6 months?
 No — please return the survey to the clinic receptionist
 Yes — please continue to question 2
2. Have you used any form of tobacco in the past 7 days?
 No — please skip to question 10, 27 (Eg. e-cigs)
 Yes — Cigarettes Pipes Smokeless tobacco
3. What form of tobacco do you currently use?
4. How many years in total have you been smoking?
5. How many cigarettes do you usually smoke per day?
 Cigarettes / day
 Pipes / month
6. How soon after you wake up do you smoke your first cigarette?
 within 5 minutes 5-30 minutes
 30-60 minutes >60 minutes
7. How many quit attempts (lasting >24 hours) have you made in the past year?
This attempt 1-2 attempts 3 or more attempts
8. Do others smoke in your home?
 Yes No
9. Which of the following best describes your feelings about smoking right now?
 I would like to quit in the next 30 days
 I would like to quit in the next 6 months
 I am not planning on quitting in the next 6 months
10. On a scale from 1-5, how important is it to you to quit smoking?
(1=not important at all, 5=extremely important)
11. On a scale from 1-5, how confident are you that you can quit smoking?
(1=not at all confident, 5=extremely confident)
12. What are your reasons for wanting to quit smoking?
 Health Reason Children/Spouse Social
 Financial
 Other
13. What concerns, if any, do you have about quitting smoking?
 Weight Gain Withdrawal symptoms
 Don't see any benefit Stress Irritation
 Depression Sleep problems
 Social Other
14. Have you previously used quit smoking medications?
 Nicotine Replacement Therapy
 Yes No Other
 Bupropion / Zyban Varenicline / Champix
 Other No benefit plan
 Yes No
15. Does your drug benefit plan cover quit smoking medications?
16. Are you presently receiving follow-up telephone calls from the Quit Smoking Program?
17. How many caffeinated drinks (eg. coffee, tea, pop) do you consume per day?
_____ Drinks

THANK YOU. Please return this survey to the clinic receptionist.

ΤΙΤΑΝ CREEΤE

ΣΥΜΒΟΥΛΕΥΤΙΚΗ ΦΟΡΜΑ ΔΙΑΚΟΠΗΣ ΚΑΠΝΙΣΜΑΤΟΣ

ΠΡΩΤΗ ΑΣΦΑΛΙΑ:

Πλάτος Διασπαστικής συσκευασίας (5-20 τσιγάρα)	Επιλογή τσιγάρων
Διασπαστική συσκευασία:	<input type="checkbox"/> Μονοπλάτος τσιγάρο
Διασπαστική συσκευασία:	<input type="checkbox"/> Ομοσπαστικό τσιγάρο (πλάτος 8.5mm)
Διασπαστική συσκευασία:	<input type="checkbox"/> Πλαστικό τσιγάρο (πλάτος 8.5mm)
Διασπαστική συσκευασία:	<input type="checkbox"/> Πλαστικό τσιγάρο (πλάτος 8.5mm)
Διασπαστική συσκευασία:	<input type="checkbox"/> Πλαστικό τσιγάρο (πλάτος 8.5mm)

ΑΡΙΘΜΟΣ ΤΡΑΠΕΖΙΟΥ: ...

ΚΑΠΝΙΣΜΑΤΟΣ: ...



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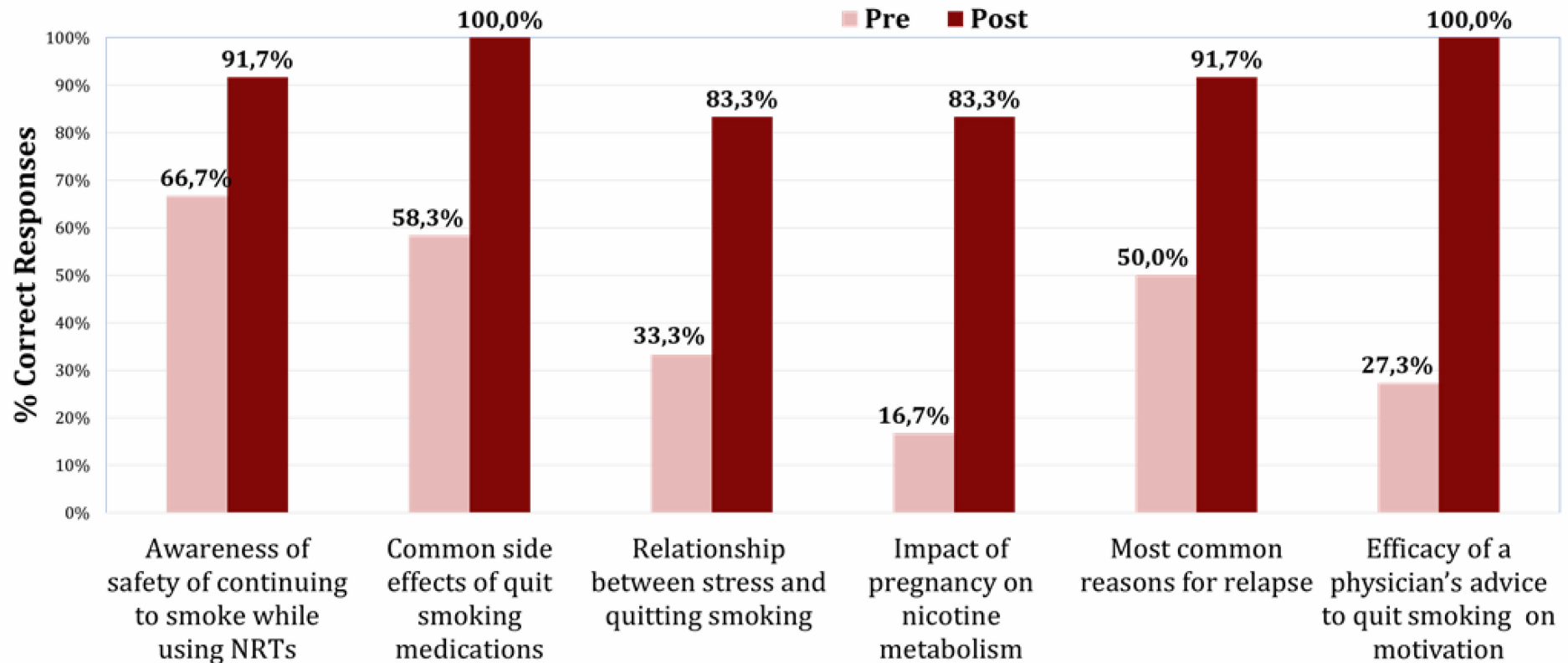
TITAN CREEΤE TOBACCO TREATMENT TRAINING NETWORK IN CREEΤE

TITAN GREECE & CYPRUS

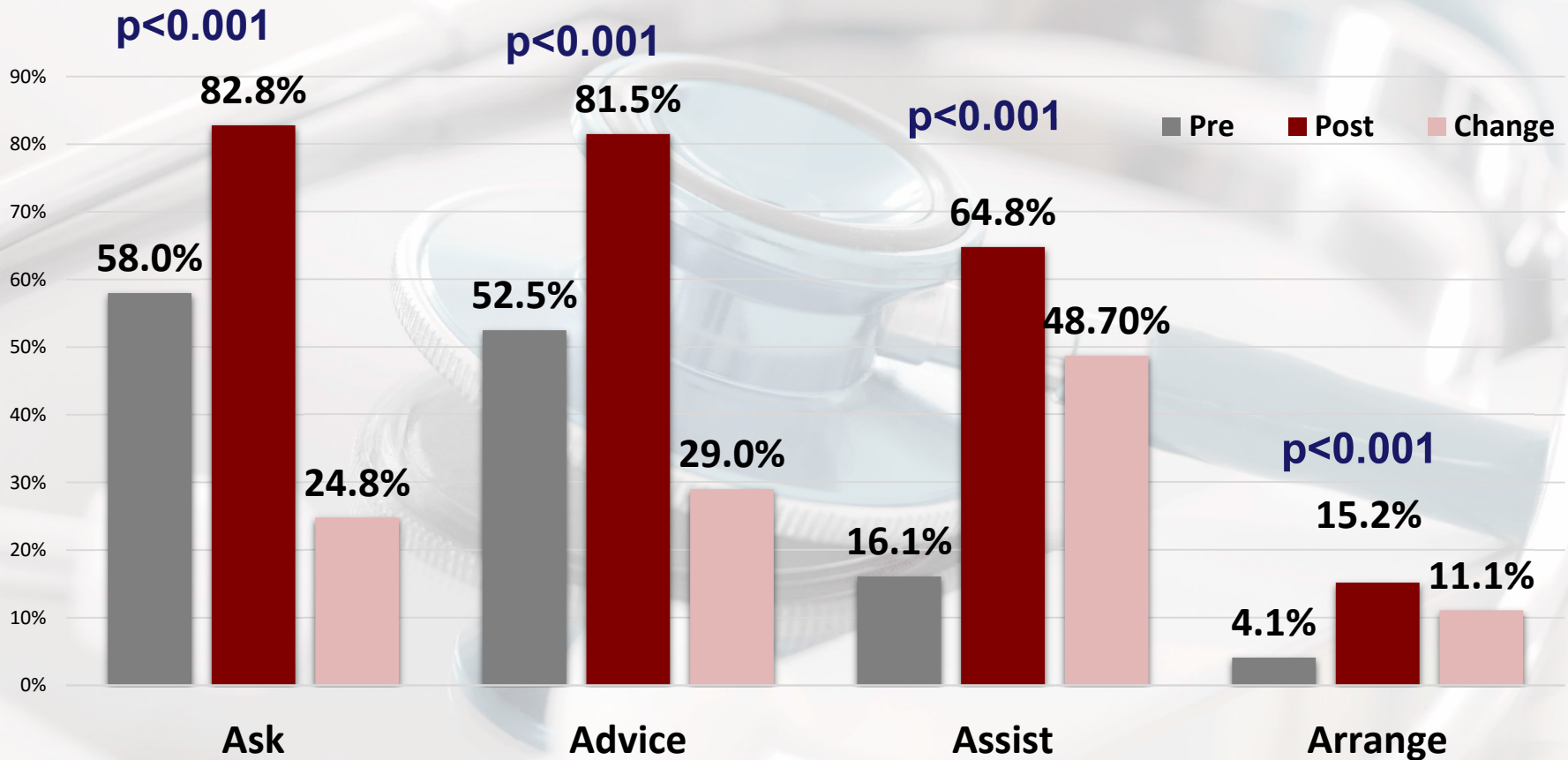


Tobacco treatment training Network in Crete. Tobacco treatment training.

Training Program-Knowledge change



Rates of 5As Pre-Post Implementation of TiTAN at Index Visit (Providers=14, n=984)



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TiTAN CRETE



UNIVERSITY OF OTTAWA
HEART INSTITUTE
INSTITUT DE CARDIOLOGIE
DE L'UNIVERSITÉ D'OTTAWA

OTTAWA MODEL
FOR SMOKING CESSATION
IN PRIMARY CARE
MODÈLE D'OTTAWA
POUR L'ABANDON DU TABAC
EN SOINS PRIMAIRES

Global  Bridges
Healthcare Alliance for Tobacco Dependence Treatment