

24th International Conference and Exhibition on DENTISTRY & ORAL HEALTH

April 17-19, 2017 Dubai, UAE

Results of a tobacco cessation program in a Brazilian University

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Introduction & Aim: Visits to the dental office represent an opportunity for approaching the smoker toward a quit attempt to stop. This study describes the results of a smoking cessation program to smokers under dental treatment at a public university.

Methods: Smokers were enrolled at the tobacco cessation clinic of the Universidade Estadual Paulista (Unesp), Instituto de Ciencia e Tecnologia, São José dos Campos, Sao Paulo, Brazil during a 2-year period, from September 2014 to September 2016. The undergraduate students were trained on intensive tobacco cessation to deliver the attendance. Depending on the variables of smokers patients, were used the chi-square or Fisher's exact test. Of the 97 patients, 50 (51.54%) presented with high or very high Nicotine Dependence (ND) by the Fagerström Test for Nicotine Dependence (FTND), 25 (26%) used to smoke more than 20 cigarettes/day and 44 (44.9%) had tried to quit at least once in their lives (Table 1). The profile of the patients is in the Table 1. The Fisher's exact test identified the association between the FTND and the pack years smoked ($p < 0.05$), FTND and the previous cessation attempts ($p < 0.05$) and FTND and the number of cigarettes smoked/day ($p < 0.05$). The same test identified association between the cessation and number of counseling meetings ($p < 0.05$) and cessation and the number of cigarettes smoked per day ($p < 0.05$). In the chi-square test the association of the FTND and the pack years smoked were also identified ($p = 0.0017$) (Table 2). In this period 24 patients achieved abstinence.

Conclusions: The majority of patients studied were high tobacco dependents. We found that nicotine dependence is related with an increased pack-years use and number of smoking cessation attempts to quit, but the number of counseling meetings can increase the rate of quitting. Dental consultation is an opportune time for smoking cessation; however, the intensive treatment of smoking is not routinely offered within dentistry graduation courses. Undergraduate students should be encouraged to participate in intensive tobacco cessation care.

Biography

Adriana AA is a Physician and has her expertise in tobacco cessation intervention and treatment. At present, she is a PhD Student at the Universidade Estadual Paulista (UNESP), Instituto de Ciência e Tecnologia, São José dos Campos, São Paulo, Brazil, and concurrently involves in teaching graduation students and training them to have a intensive approach for smoking cessation. Her work has been recognized as an important initiative improving the knowledge about how tobacco use must be evaluated for multi health professionals, since it is related with many diseases such as, oral cancer. She has accomplished this comprehension after years of experience in treating smokers including patients with cancer. She created a page on Facebook for training dentistry students. Her work is focused on improving and increasing the wellbeing of patients and healthcare students.

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