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Exposure to Tobacco Smoke:  
from Research to Prevention and Control Strategies

Tobacco Use and Dependence:  
Prevention and Treatment

# ABSTRACTS

Support



history. However, none of them was asked about indirect tobacco exposure. Most of the non-smokers and former smokers referred that no physician had mentioned the benefits of non-smoking during the hospitalization period. The counseling towards the smoking cessation was made on 18.6% of the smokers, but neither of them received nicotine replacement therapy nor were referenced for specialized follow-up. International Classification of Diseases code for smoking was recorded in only 3 patient discharge reports, revealing a near-total lack of documentation of the diagnosis of this disease.

### Conclusion / Application to Practice

In the present study, almost half of the included patients was not asked about smoking history. Although the majority of smokers were motivated to quit smoking during hospitalization, they admitted they needed help and follow-up. However, neither counseling during hospitalization was offered nor follow-up after discharge was provided. Physicians keep to underevaluate this disease, although the scientific evidence proves the efficacy of the clinical intervention and counseling for smoking cessation. Health care managers need to be sensitized so that they act to ensure a multidisciplinary approach to smokers during hospitalization. Some authors consider that post-hospitalization quit rates should be a benchmark of good practice regarding hospitalized smokers. According to this, there's a need to study the population of smokers admitted to hospitals in order to develop protocols for the treatment of such patients. It is essential to identify them during hospitalization and to provide them with counseling, treatment, and post-discharge follow-up support.

### Keywords

Smoking; Hospitalization; Smoking cessation; Counseling

## OC12

### Smoking prevalence in Portuguese School-aged Adolescents

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#### Background

Due to the serious impact of smoking on children's health – a higher risk of amygdalitis, flus, bronchitis, asthma attacks, as well as other respiratory problems – and its high

prevalence, estimated in 8.8% worldwide, tobacco use is considered a pediatric epidemic. Several actions have been taken for its control, such as curriculum-based programs, environmental changes (smoking bans in schools and public places); parents' involvement and strategies to limit tobacco access (restricted sale to young people, prohibition of sale in vending machines, creation of specific point of sale tobacco displays). According to the MPOWER approach, adopted by the WHO in 2008, monitoring tobacco use is needed as a tool to evaluate the effectiveness of the preventive measures developed for the control of tobacco use by adolescents and adults.

### Objectives

To describe the current situation and the evolution of tobacco use by school-aged adolescents, in Portugal, between 1995 and 2011.

### Methods

The characterization of the current situation of tobacco use by school-aged Portuguese adolescents relied on data from three sources: the study "Determinantes do Consumo de Tabaco em Função do Género" - developed with a representative sample of adolescents from the Portuguese regular public education schools, from the 5th to 12th grades, in the school year of 2008/2009 (N=8764); the Health Behaviour in School-Aged Children Report (HBSC, 2012), regarding the age-group of fifteen years old; and the European School Survey Project on Alcohol and Other Drugs Report (ESPAD, 2012). To the evolution of smoking use in Portugal, data from the same study, "Determinantes do Consumo de Tabaco em Função do Género", from HBSC reports, published between 1997 and 2010, and data from the ESPAD reports, published between 1995 and 2011, were used.

### Results

In 2008, 12.3% of the boys and 8.6% of the girls with 15 years old were regular smokers (smoked at least one cigarette per week) (study "Determinantes do Consumo de Tabaco em Função do Género"). Between 1997 and 2010, according to the HBSC reports, the prevalence of regular smoking among adolescents decreased from 19% in the boys and from 14% in the girls to 11% and 10%, respectively. Between 1995 and 2011, according to the ESPAD reports, the prevalence of smoking among adolescents (who smoked at least one cigarette in the last month of the study) fell from 31% in the boys and 30% in the girls to 29% in both boys and girls.

### Conclusion / Application to Practice

Data from the study "Determinantes do Consumo de Tabaco em Função do Género" and from HBSC and ESPAD reports revealed a decreasing trend in tobacco use among the Portuguese school-aged adolescents, both boys and girls. The prevalence of tobacco use among the Portuguese school-aged adolescents is one of the lowest in Europe. It is very important to widespread these kind of data to society, because it helps to reduce risk factors in a sense that it shows to adolescents that tobacco use is no longer a "cool behavior" helping them to understand that this behavior isn't normal among youth. However it is necessary to continue the preventive efforts aiming to maintain the decreasing tendency in smoking prevalence's among youth. The 2012 HBSC

report recommends some initiatives to contribute to the decrease of the smoking prevalence, such as: "bans on tobacco advertising, promotion and sponsorship; regulation of the contents of tobacco products; requirements on manufacturers to disclose product ingredients; regulation of packaging and labeling of tobacco products; measures concerning tobacco dependence and cessation; and education, communication, training and public awareness." Regarding intervention, the same report describe peer-led interventions, those grounded on coping skills and motivation enhancement that take account the smoker's stage of change, as promising. In Portugal, the new "National Program for Smoking Prevention and Control" (Programa Nacional para a Prevenção e Controlo do Tabagismo), already pointed out some guidelines which were considered effective; now it is necessary to join efforts together in order to put these actions into practice.

#### Keywords

Tobacco use, Prevalence, Prevention, Adolescent

## OC13

### Tobacco Smoking and Mental Illness: Treatment Outcomes

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#### Background

Although mental illness is often considered an exclusion criterion for tobacco cessation programs, in clinical practice the effectiveness rate is quite high and represents a major milestone in the humanization of healthcare.

#### Objectives

( 1 ) To characterize the patient population ( 2 ) To present the multi-component model of a program for smoking cessation/reduction in a mental health and psychiatric setting ( 3 ) To promote reflection on possible factors associated with success or failure in stopping or reducing tobacco smoking in patients with mental illness.

#### Methods

Literature review, data analysis and case studies of the smoking cessation/reduction program of a psychiatric hospital, Centro Hospitalar Psiquiátrico de Lisboa.

#### Results

( 1 ) Anxiety and depressive disorders are the most common diagnoses of the participants in this program but

there were many participants with alcohol and substance use/abuse disorders and also many with psychotic disorders, including some with negative symptoms and cognitive deficits. (2) The success of the program appears to depend on the dose-response relationship (i.e. frequency, duration, diversity of intervention strategies), the flexibility of the intervention ( i.e. multidisciplinary team, "tailored to fit" program ) and the intervention model ( i.e. group intervention, multi-component program ) . ( 3 ) The individual success factors are associated with internal sense of coherence, emotional stability and motivation, perception of control over behavior and personal resources. The factors associated with failure are severity of mental illness, negative symptoms, cognitive deficits, difficulty in mentalization, bio-psycho-social co-morbidity, cognitive biases, certain personality traits (e.g. rigidity, impulsivity, sociability ) and lack of financial resources ( i.e. for smoking cessation medication, for transportation ).

#### Conclusion / Application to Practice

Overall programs for special populations of smokers should become widespread and represent principles of good practice and be included in practice guidelines. These interventions have a significant impact on a broader network including informal caregivers and other health care professionals. Patients with serious mental illness tend to benefit from low-threshold interventions aimed at reducing the level of exposure to tobacco products. When there is greater capacity to mobilize psychological and psychosocial resources, smoking cessation may be a very reasonable goal. The diversity and complementarity of different intervention strategies, organized in multi-component programs, may be the keys to success in tobacco smokers with complex needs

#### Keywords

Smoking. Smoking cessation. Mental health and psychiatry. Multi-component program.

## OC14

### Using the web to improve health literacy about smoking cessation in Portugal: the case of www.parar.net

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#### Background

"People cannot achieve their fullest health potential unless they are able to take control..." (Ottawa Charter, 1986). Tobacco-users should be offered effective treatment for tobacco dependence (WHO. FCTC, 2003). However, in Portugal, health professionals (HPs) smoking cessation (SC) support competes with other urgent tasks. While the strategy of helping people to quit smoking has been