

OUR GOAL

Our goal is to develop an accreditation curriculum for tobacco cessation clinicians and enhance the formulation of a network of healthcare professionals, which will be accredited in smoking cessation and dedicated to advancing evidence-based tobacco dependence treatment. This network will advocate for tobacco control policies.

This initiative commences as part of the EPACTT project (**EuroPean Accreditation Curriculum on Tobacco Treatment**). The aim of EPACTT Project is to train and certify professionals in Eastern Europe (with a focus on Romania, Armenia, Georgia, Ukraine and Russia) as competent in smoking cessation and knowledgeable of cutting edge issues in tobacco control.

The overall goal is to create and mobilize a global network of healthcare professionals and organizations, dedicated to advancing evidence-based tobacco dependence treatment and advocating for effective tobacco control policy:

The current project is part of the broader ENSP strategy to reduce tobacco consumption by developing common actions for organizations that are active in smoking prevention and tobacco control in Europe. Part of this strategy is the involvement of health professionals, who offer smoking cessation services in all European countries.

ENSP

WHY EASTERN EUROPE?

According to the Special Eurobarometer 385 published in 2012, nearly one in every three citizens smoke and 61% of current smokers have already tried to quit smoking, including 1 in 5 in the year prior to the survey. Thirty nine percent of EU smokers have never tried to stop smoking, while tobacco kills 650,000 Europeans every year. In this frame, there is an increasing consensus that tobacco dependence is a disease that must be treated by health professionals.

This fact is stressed by Article 14 of the FCTC which articulates “each Party shall develop and disseminate appropriate, comprehensive and integrated guidelines based on scientific evidence and best practices, taking into account national circumstances and priorities, and shall take effective measures to promote cessation of tobacco use and adequate treatment for tobacco dependence”. Smoking cessation service levels at an EU level differ significantly as identified through the Pfizer-EQUIPP report and the e.SCCAN 2010 report, and as noted by our national counterparts, Eastern Europe is an area of unmet needs and great challenges in the implementation of article 14 of the FCTC.

The above is corroborated by the fact that while the average EU prevalence of tobacco use is at 28%, smoking prevalence is substantially higher in the Eastern European countries that we plan to focus on within the EPACCT training program.

Specifically, within Ukraine, 29% of adults are current smokers, however 68% of which are interested in quitting, while 40% had attempted to quit in the past year-indicating a strong will and regional need for enhanced smoking cessation capacity. According to the Ukraine GATS survey, 74% of smokers where

advised by the provider to quit, indicating substantial intention by providers to “Ask” about tobacco use, however potentially a gap in being able to effectively address tobacco treatment in clinical practice. (GATS, 2010).

Similarly in Romania, smoking prevalence has been estimated at 30%, of which 1 in 3 smokers had reported a quit attempt in the previous year, with 60% of smokers reported to have ever tried to quit indicating the population’s need for increased cessation support. (Eurobarometer 2012).

Our research in Armenia also indicated a gap in training as only 27% of hospital physicians reported any training in smoking cessation methods (Movsisyan, 2012). Finally among Georgian men, an estimated 54.9% are current daily smokers, in contrast to only 12% of women indicating a large gender gap in prevalence and need for smoking cessation actions (Berg, 2014). Hence this region would benefit from a formal accreditation and training program, such as EPACTT that could develop the next “front line” of tobacco control and treatment champions in Eastern Europe.

Faculty

Dr. Constantine Vardavas

A recognized international expert on tobacco control, with a specific focus on European Tobacco Regulatory Science. A former Senior Research Scientist at the Center for Tobacco Control at the Harvard School of Public Health, he now spearheads a number of European wide initiatives to regulate tobacco products through the implementation of the Tobacco Products Directive.

He is the co-Editor in chief of the journal, *Tobacco Induced Diseases*

Prof. Panagiotis Behrakis

The former president of the ENSP , he is affiliated both with the BRFAA as a lead researcher and is a former Adjunct professor of the Harvard School of Public Health.

He is the Editor in chief of the journal, *Tobacco Prevention & Cessation*

Sophia Papadakis

Research Associate, Division of Prevention and Rehabilitation, University of Ottawa Heart Institute and Adjunct Professor, Faculty of Medicine, University of Ottawa

Cornel Radu Loghin

ENSP- Secretary General

Antigona Trofor

European and Romanian tobacco control expert, acting as President of the Romanian Section of Tobaccology (2007-2011)

Otto Stoyka

Chief doctor of the Kyiv Health Center the Department of Health care in Kyiv

George Bakhturidze

Chairman of Tobacco Control Alliance in Georgia.

Andrey Demin

President of the Russian Public Health Association

ESCG

[Treatment of Tobacco Dependence Guidelines instead of Smoking Cessation Guidelines](#)

The authoritative guide to a comprehensive understanding of the implications and implementation of treatments and strategies to treat tobacco dependence

The European Smoking Cessation Guidelines and Quality Standards are the main output of a project undertaken by ENSP to create a coherent and reliable set of guidelines for healthcare professionals, working in the field of smoking cessation.

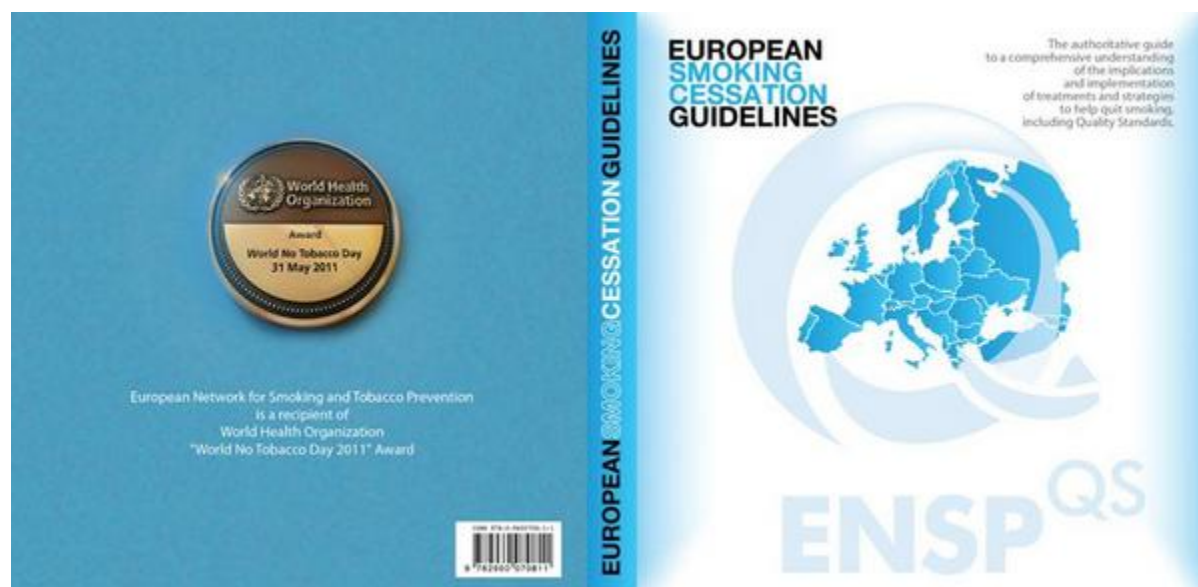
The Guidelines form a complete range of tools to support smoking cessation strategies. The work was undertaken by the Editorial Board comprising seven eminent professors and the Board of Revisers from across the entire European continent, thus being the first of its kind. These guidelines are in accordance with Article 14 of the Framework Convention on Tobacco Control (FCTC)

This project aims to support smoking cessation activities and strengthen their impact by:

- providing health professionals with a European template of smoking cessation guidelines and best practice;
- providing the tobacco control community with tools for monitoring and accreditation.

1ST EDITION (2012)

English Version (2012)



Guidelines (1st Edition, 2012) are also available in the following languages

- [Turkish](#)
- [Romanian](#)
- [Russian](#)
- [Greek](#)

2ND EDITION (2015)

The Smoking Cessation team works constantly to improve and enrich the guidelines according to the new facts. The second edition of the guidelines will be free to download

Translation will soon be available into the 7 following languages: English, Greek, Romanian, Ukrainian, Georgian, Armenian, Russia

LESSONS

TEACHING MATERIAL

PART ONE: RECOGNIZING TOBACCO USE AND TOBACCO DEPENDENCE IN GENERAL PRACTICE (THREE CHAPTERS)

Chapter 1 and 2. Assessment of Tobacco Use and Tobacco Dependence and General recommendations for the treatment of tobacco use and tobacco dependence

[Lesson 1](#)

Chapter 3. Brief Advice on Stopping Tobacco Use

[Lesson 2](#)

PART TWO: TREATMENT OF TOBACCO DEPENDENCE (TWO CHAPTERS)

Chapter 4. Standard Tobacco Treatment Interventions

[Lesson 3](#)

[Lesson 4](#)

[Lesson 5](#)

Chapter 5. Research and Scientific Recommendations for Evaluating Smoking Cessation Effectiveness

[Lesson 6](#)

PART THREE: EUROPEAN STANDARDS FOR ACCREDITATION OF TOBACCO CESSATION SERVICES AND TRAINING IN TOBACCO CESSATION (ONE CHAPTER)

Chapter 6. Recommendations to train health professionals in the treatment of tobacco use and dependence and quality standards for tobacco cessation specialists and tobacco cessation services

[Lesson 7](#)

PART FOUR: EFFECTIVE CESSATION TECHNIQUES FOR BUSY FAMILY MEDICINE PROVIDERS

[Lesson 8](#)

We will soon provide the course in Greek, Romanian, Ukrainian, Georgian, Armenian, Russian