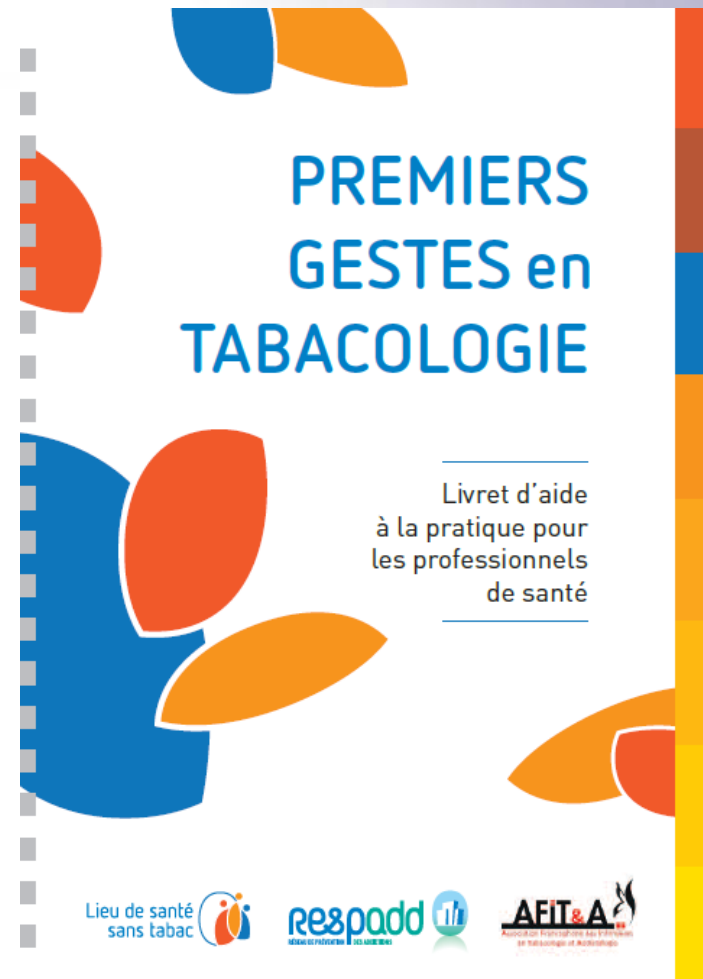


# Premiers gestes en tabacologie :

## first steps in tobacco

practical booklet for  
health worker

Isabelle Hamm – September 14, 2018



## Premiers gestes en tabacologie

- This book was written by :
  - RESPADD
  - AFIT&A
  - Many others health worker
- 3rd part of the process «lieux de santé sans tabac»

## Premiers gestes en tabacologie

- **Methodological help :**
  - Meeting the smoker : brief intervention
  - Smoking evaluation : valid dependence scales
  - Instant prescription of nicotine replacement
- **For all healthcare professionals**
- **Practical size:** notebook, a tag for each theme
  - **What you need to know( Orange stripe)**
  - **What you need to do ( blue stripe)**
- **Many tools in appendice**

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- How do we use this book ? : an example :
  - M. R, 69, pensioner,
  - COPD which gets worse for 3 years . 40 cig/day
  - Smoker since the age of 20.
  - A 15-day smoking cessation in 1995
  - Hospitalized for respiratory disorders
  - *He is not convinced of the value of quitting smoking : «I've been smoking for years, it would not change anything ...»*
- =>3 steps... : 4 A

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- STEP 1: ask and evaluate :

### => **Ask and Assess**

- Tag 2 :

- Always ask : « do you smoke ? »
- Be empathic, find the fears « *I've been smoking for years ...* »
- Estimate the dependency : « *If you agree, we can evaluate your dependency of cigarettes* »

- Tag 8 : use official scales : short fagerström or CDS 12
- Tag 1 : Explanation of dependency

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- STEP 2 : advise and prescribe the nicotine replacement  
=> **Advise**
- Tag 3 :
  - Advise of Nicotine replacement ,
  - Withdrawal symptoms and overdosing of nicotine ? : *If relapse , maybe nicotine underdosing ?*
  - Prescription example : the prescription can be deliverate immediately
  - Onglet 4 : The E-cigarette : how to use it, where it is allowed...
  - Onglet 6 : 10 key-messages : Quick and official answers of accepted ideas : «*It's never too late to stop smoking !*» ( for example)

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- STEP 3 : organize the follow-up of the patients :
  - => **Arrange**
  - Tag 7 : to go further :
    - Letter to general practitioner
    - Don't forget : You can advise :
      - Consultation for tobacco and drug addiction
      - Quitlines
      - Apps , websites ...

## Conclusion

- This notebook is a **short guideline** for each doctor, nurse, dentist, kinesiotherapist, midwife....
- Each health worker can find answers he needs to help a patient to start his smoking cessation
- An expert advise maybe required later, but the **first step is done !**



Any questions ?

# Thank you for your attention!

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