

GLOBAL NETWORK GOLD FORUM EVENT 2018 Sharing of “good practice” examples

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Healthcare Service Name: **salus Klinik Lindow**

Country/Region: Germany

Self-Audit Score 2016 (Standards 1-8):138

Size/ number of beds:273

Number of Staff: 160 (9,3% smokers)

Specialisation: Addiction: alcohol, legal drugs, gambling, gaming (74,5% smokers)

Psychosomatic: anxiety, depression, eating disorders, chronic pain, PTSD (36,9% smokers)



Innovative/good practice:

costfree online cessation programme
www.selbsthilfetabak.de



Jul.-Dec. 1997:

- 1.009 visitors
- 545 selftests ► 391 nicotine addicted
- 122 participants

School based smoking prevention “Be smart – don’t start”

- all schools in Brandenburg class 4-6
- school classes win prizes, if no one starts smoking within 4 months
- weekly record of smoking behaviour

year	07/08	08/09	09/10	10/11	11/12	12/13	13/14	14/15	15/16	16/17
number of participating classes	127	59	90	96	112	135	158	135	132	144
changerate	+43%	-54%	+57%	+6,7%	+16%	+20%	+17%	-17%	-2%	+9%

Focus Form C – Jury suggestion for sharing GOLD FORUM Event example

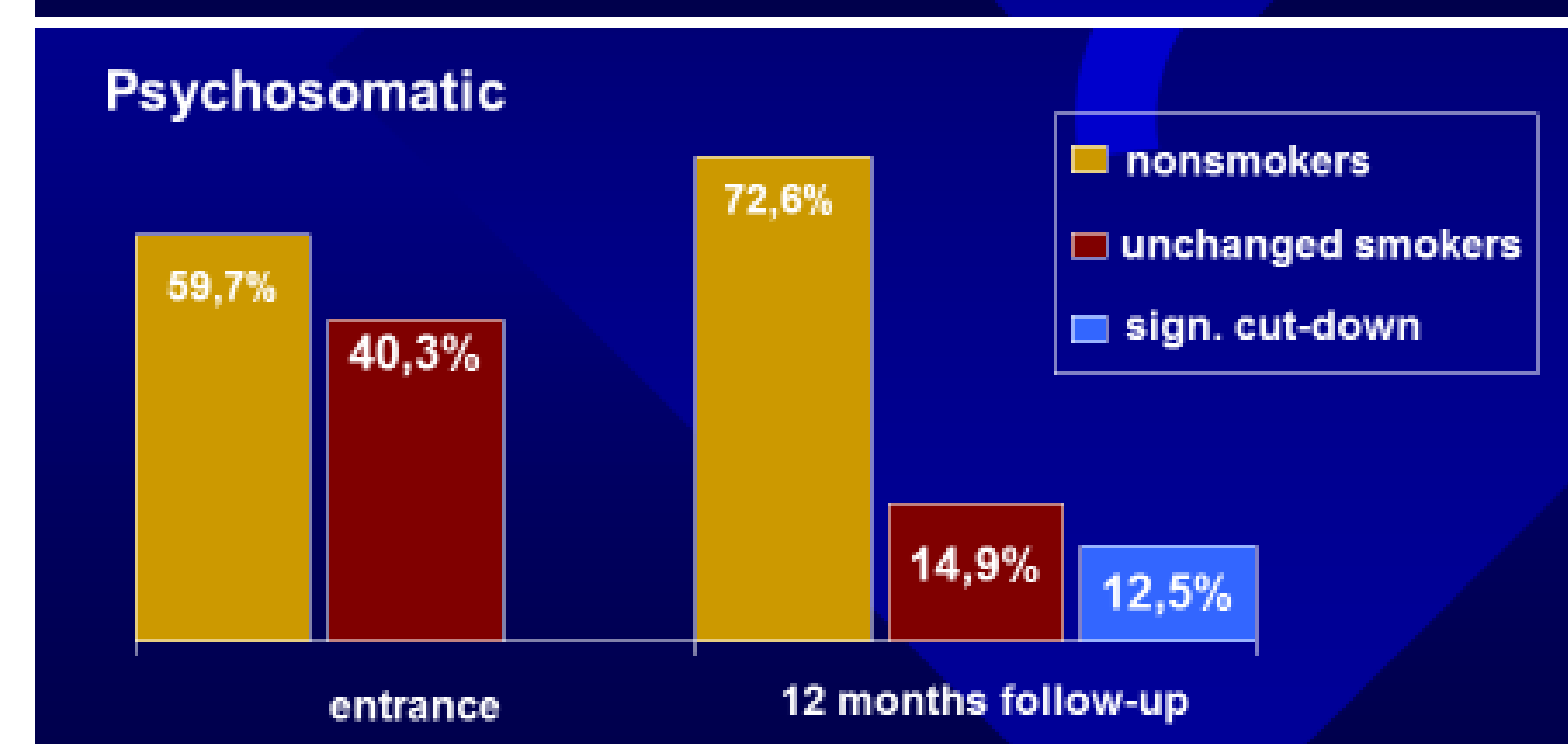
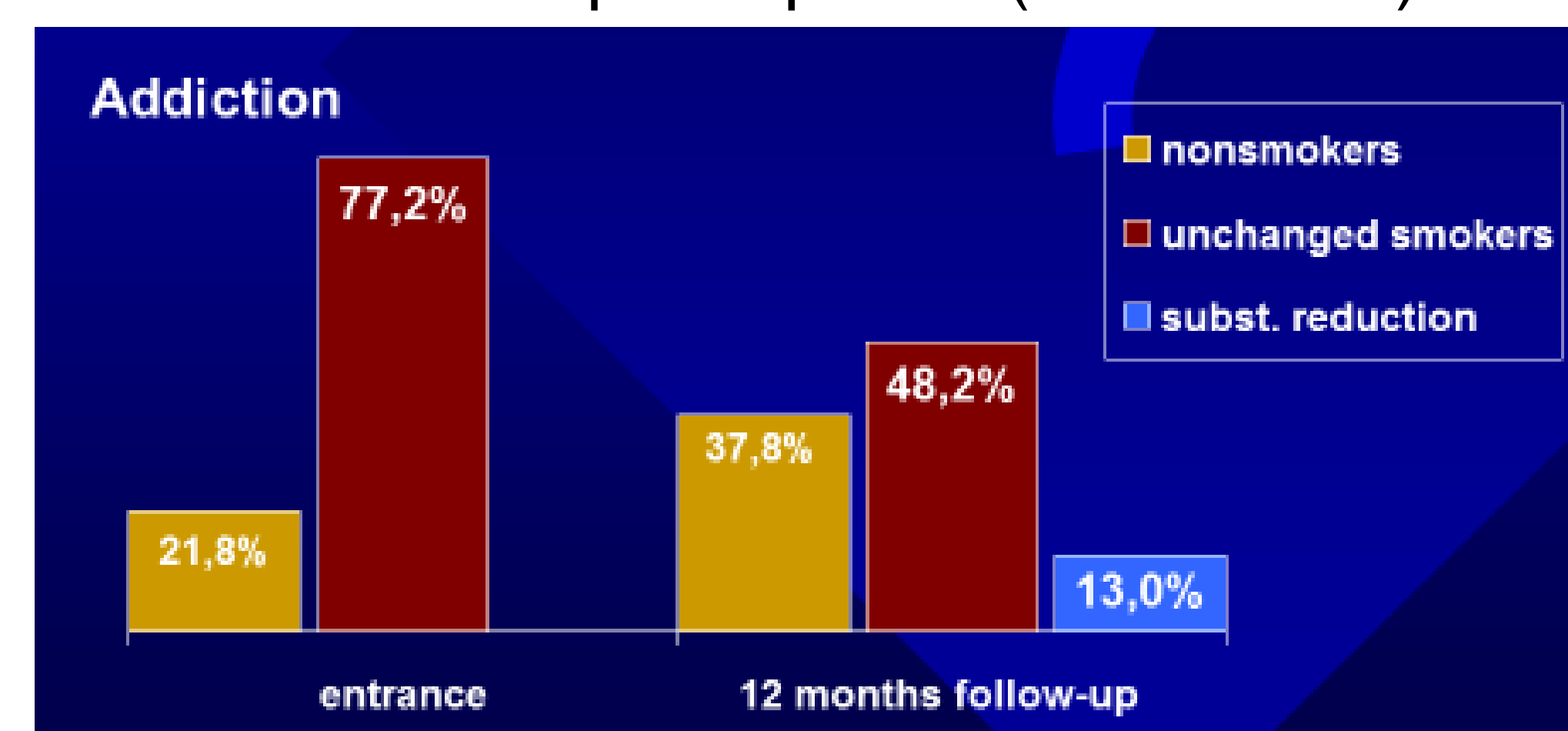
CBT – smoking cessation

- Computerized assessment of smoking status and behavior, medical check, CO-measurement, FNT belong to standard intake assessment of every patient
- Individual brief intervention (MI) depending on results with every smoker
- Lecture on CBT smoking cessation to every smoker
- 2 CBT smoking cessation groups with about 45,8/35,6% of smokers participating

4 steps treatment (5x 90 min / week)

- dealing with personal pros and cons
- preparing for day X
- NRT
- positive group-activities

- Free NRT for participants (60% use it)



E-Cigarette

- Clear standpoint with smoking cessation as primary goal without condemning e-cigarettes as a tool for harm reduction in the case of hard core smokers
- E-cigarettes allowed on campus outside smoking huts so that users don't need to join smokers
- E-cigarettes banned indoors
- No selling of e-cigarettes in clinic shop
- < 1% use e-cigarettes during stay at clinic