

**GOVERNMENT DENTAL COLLEGE ALAPPUZHA**

**TOBACCO CESSATION CENTER**

**OPERATIONAL REPORT 2020**

## **Background**

As per the operational guidelines 2018 and the directives published by the Ministry of Health and Family Welfare, Government of India, a Tobacco Cessation Centre (TCC) had been established at the Government Dental College Alappuzha. The TCC service is jointly organized and provided by the Departments of Public Health Dentistry and Oral Medicine & Radiology under close collaboration and referral service from other dental departments and medical departments at Govt. T. D. Medical College, Alappuzha; further, the Dept. of psychiatric Medicine provides specialized services in case relapse and motivational stage assessment.

The concept put forth by the World Health Organisation as per the findings of “the Global Adult Tobacco Survey India (GATS)-2” relies on education, motivating and aiding to quit tobacco use and to bring down the general morbidity and mortality associated with it.

Being a professional tertiary care health setting, TCC has helped both students and local populace to reap benefits from the experience they obtain from the centre’s activities.

## **General Activities**

- Individual Intervention including Behavioural Modification and Counselling
- Regular and Periodic Oral Cancer Screening
- Outreach programs and health education events
- Motivational interviewing for target groups
- Awareness Classes at Different Settings targeting the adolescents and youth
- Information, Education and Communication (IEC) Activities by distributing Pamphlets and Posters in the outpatient area
- Group anti-tobacco counselling sessions
- Organising Anti-Tobacco Training Programs
- Identification of high-risk populace and deaddiction
- Streamlined referral protocol for medical intervention in tobacco cessation
- Observance of “No Tobacco Day” every year

### **Infrastructure utilized**

- Carbon monoxide monitor
- Portable audio system with mic
- Portable IEC material
- Clinical, diagnostic instruments
- Computer and other information technology aids

### **Operational mechanism**

- Strong referral protocol among the dental and medical departments as per the directives
- Staffs, interns, and students posted at the Department of Public Health Dentistry and Oral Medicine & Radiology are put-on rotary postings at TCC
- Efficient screening mechanism using carbon monoxide analyser and toluidine blue staining for suspected oral precancerous lesion/condition.

### **Administration of TCC**

Staff in-charge: Dr. Chancy U, MDS, Dept. of Public Health Dentistry

Dr. Ashish R, MDS, Dept. of Oral Medicine and Radiology

Dr. Sherin A T, MDS, Dept. of Oral Medicine and Radiology

Dental Surgeon: Dr. Jishnu Krishna Kumar, MDS, Dept. of Public Health Dentistry

Psychiatrist: Dr. Sebind, MD, Dept. of Psychiatry

### **Tobacco Cessation Counselling Format**

- Registration form: Patient is asked to register for Tobacco cessation counseling
- Informed consent will be taken from the patient
- A detailed schedule of TCC visits explaining the purpose of each visit will be given to the patient
- Annexure 1 of Dental Council of India operational guidelines are given to the patient to fill if he is willing or he will be interviewed as per the questions in the annexure 1
- Fagerstorm Nicotine Dependence Scale is assessed for both smoking and smokeless tobacco

- A detailed history and oral health status examination is done
- Investigations if required will be done
- Details of Pharmacotherapy will be recorded
- A chain of referral has been established with the Department of Community Medicine and Psychiatry, Govt. T. D. Medical College, Alappuzha

### **Specific Activities (Jan-Aug 2020)**

- From January to March 2020 an average of 3-4 referral and out patients were screened/counselled/reviewed along with two outreach screening programs on request.
- The TCC activities as per the current requirement has been restricted to behavioural counselling and other non-pharmacological modalities with a future provision for improvement as per requirement. The centre functions for four hours daily during college duty hours and delivers cessation therapy for new and recall patients.
- Since March 2020, considering the impact of Covid-19 and possible risks, the TCC activities have been streamlined through tele-dentistry mechanism within the institution along with an efficient Covid-19 whisk project for foreseeable screening and diagnosis.



TCC Counselling



Outreach Screening Activities



Anti-tobacco Day Celebration



Group counselling and Tobacco Awareness Program



Anti-tobacco Public Health Initiatives