

APACT 2013

Symposium 9 (August 20th 2013, Makuhari, Chiba)

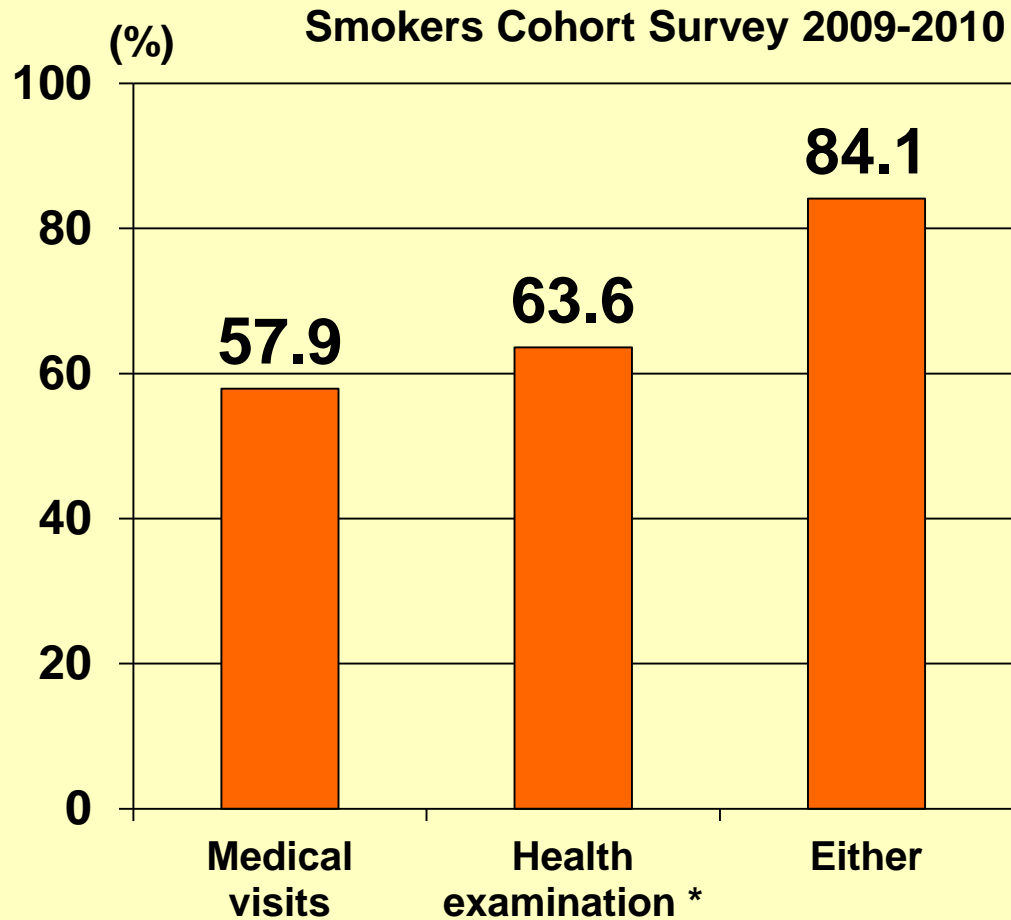
**Brief smoking cessation intervention
at health examination and training
for health professional**

- 1. Brief intervention at health care in Japan**
- 2. Issues for the future toward promoting smoking cessation**

Masakazu Nakamura, MD

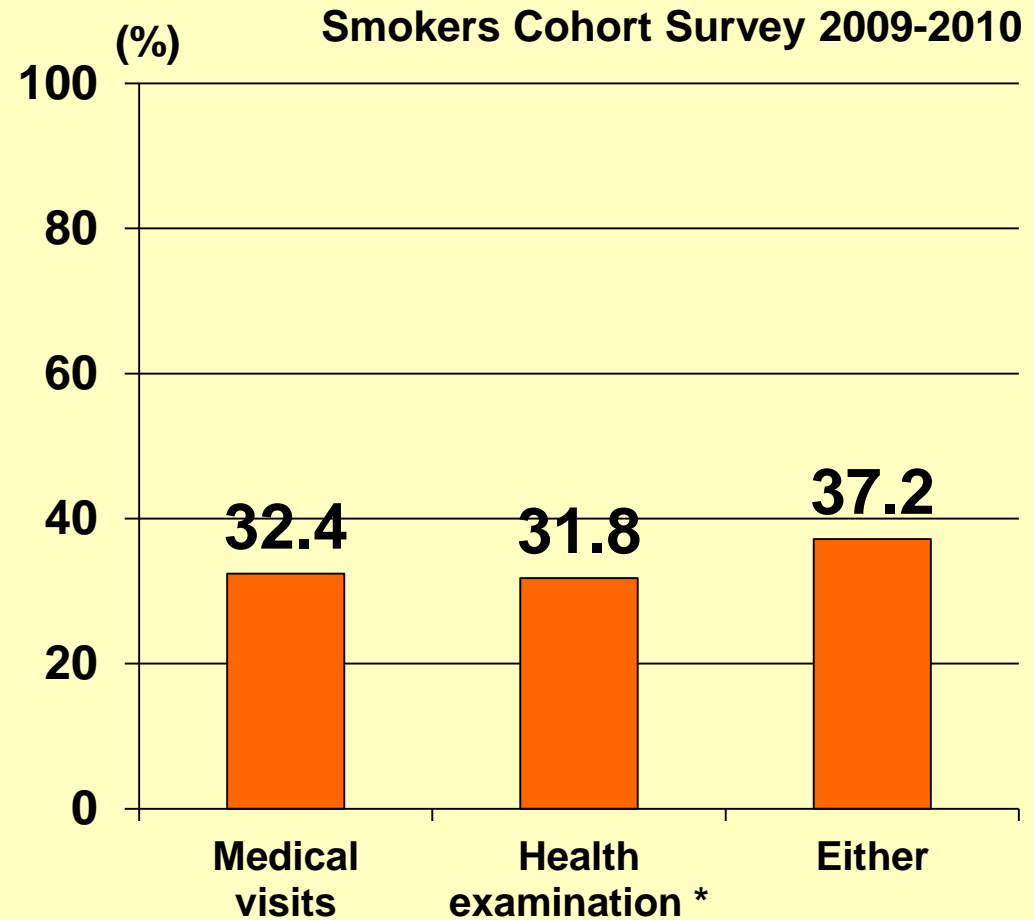
**Osaka Center for Cancer and
Cardiovascular Diseases Prevention**

Reported visits to physicians or other health professionals in the last year



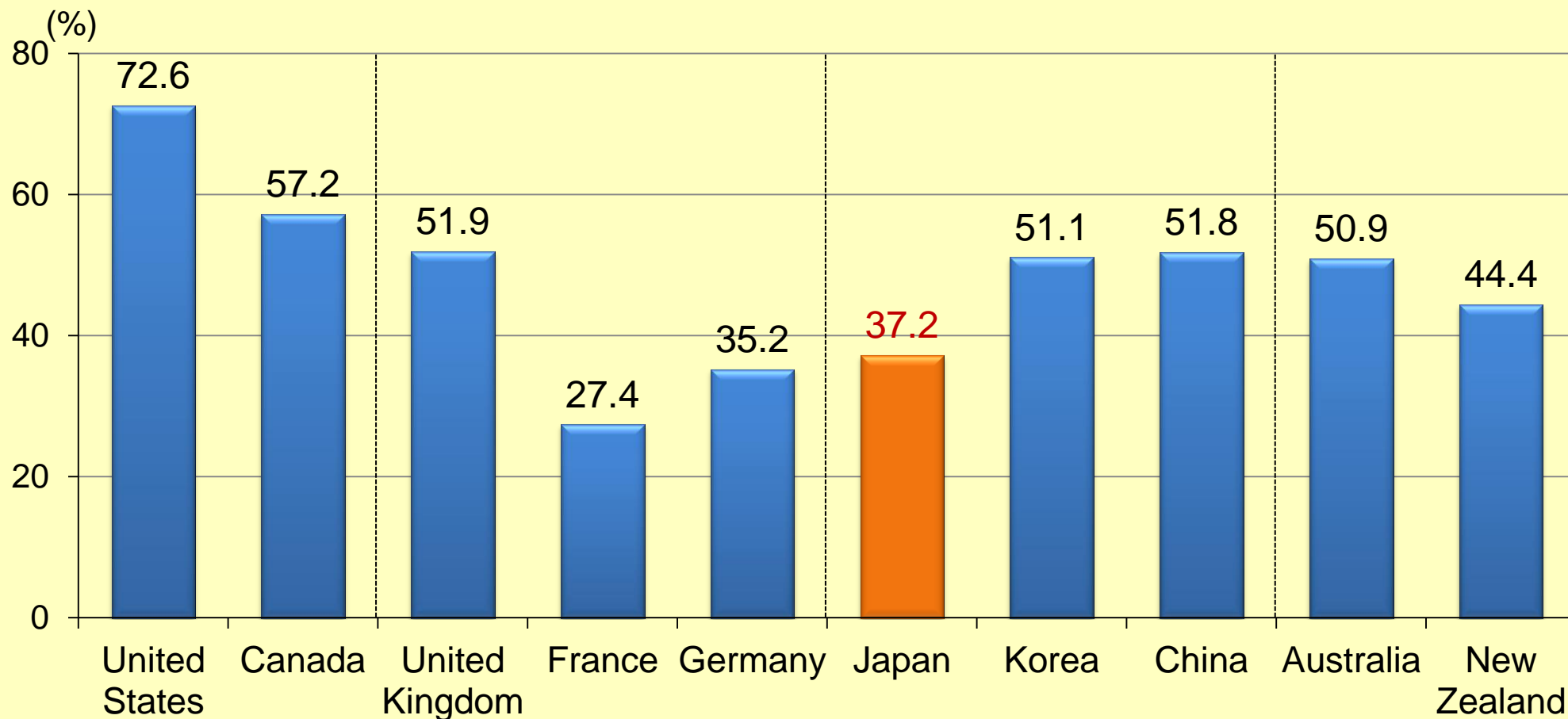
* including cancer screening and human dock

Advice to quit from physicians or other health professionals on any visit in the last year



* including cancer screening and human dock

Advice to Quit from Physicians or other health professionals by Country



International Tobacco Control Policy Evaluation Project: FCTC Article 14 Tobacco Dependence and Cessation Evidence from the ITC Project, 2010. <http://www.itcproject.org/keyfindi/itcessationreportpdf> (Borland R, et al: Addiction. 2012; 107(1):197-205.)

Except Japan (Smokers Cohort Survey Conducted by MHLW funded Research, 2010 Survey)

*Interval is one year except Germany and France (6 months)

The Effects of Opportunistic Brief Physician Advice

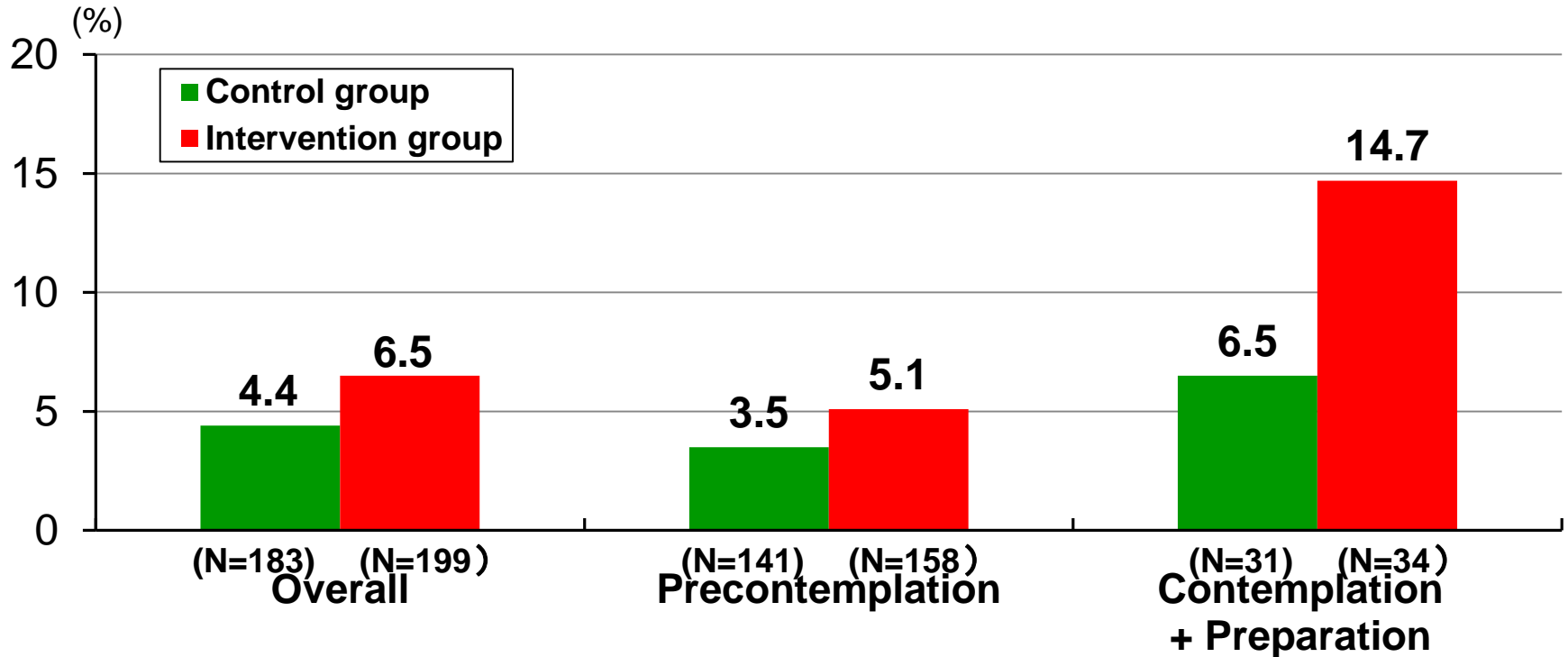
Outcome Measures	No. of Studies	Risk Ratio (95%CI)
Quit Attempts	8 studies	1.24 (1.16-1.33)
Abstinence (among Quit attempters)	8 studies	1.25 (1.04-1.51)
Long-term Abstinence	11 studies	1.47 (1.24-1.75)

Inclusion study criteria for meta-analyses

- Patients consulted a physician for medical care
- Patients were not selected by motivation to quit
- The intervention was less than 10 minutes and with no follow-up

Study 1; Effects of brief (1-Minute) intervention by physician at health check-up

One-year point prevalence abstinence rate (expired CO validated)



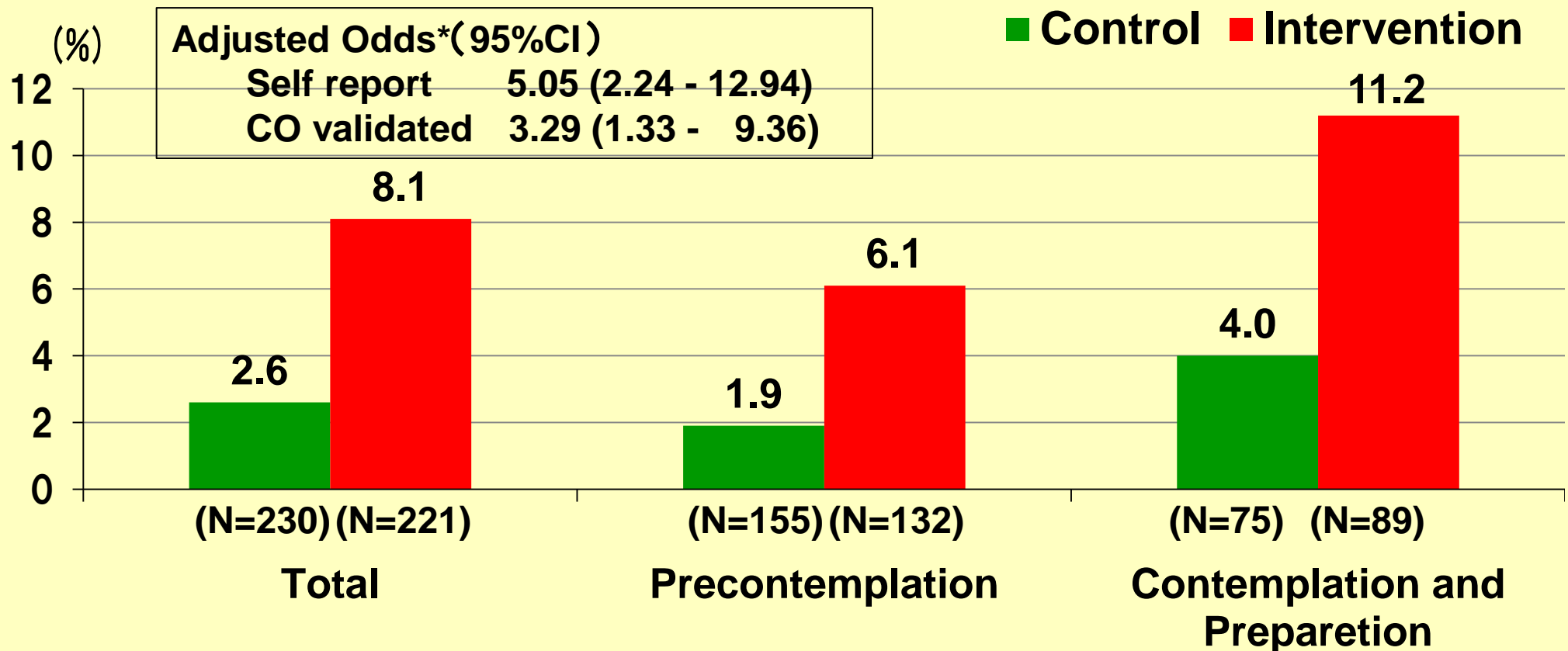
Crude odds ratio (95% confidence interval)	1.53 (0.62 – 3.78)	1.45 (0.46 – 4.54)	2.50 (0.45 – 13.94)
Adjusted odds ratio* (95% confidence interval)	1.51 (0.57 – 3.97)	1.30 (0.40 – 4.19)	3.17 (0.43 – 23.69)

*Adjusted for age and the number of cigarettes smoked

(Nakamura et al., Report of the Grant-in-Aid for Cancer Research supported FY 2009 MHLW grants)

Study 2; Effects of brief intervention by physician and by public health nurse (1-2minutes) at health check-up

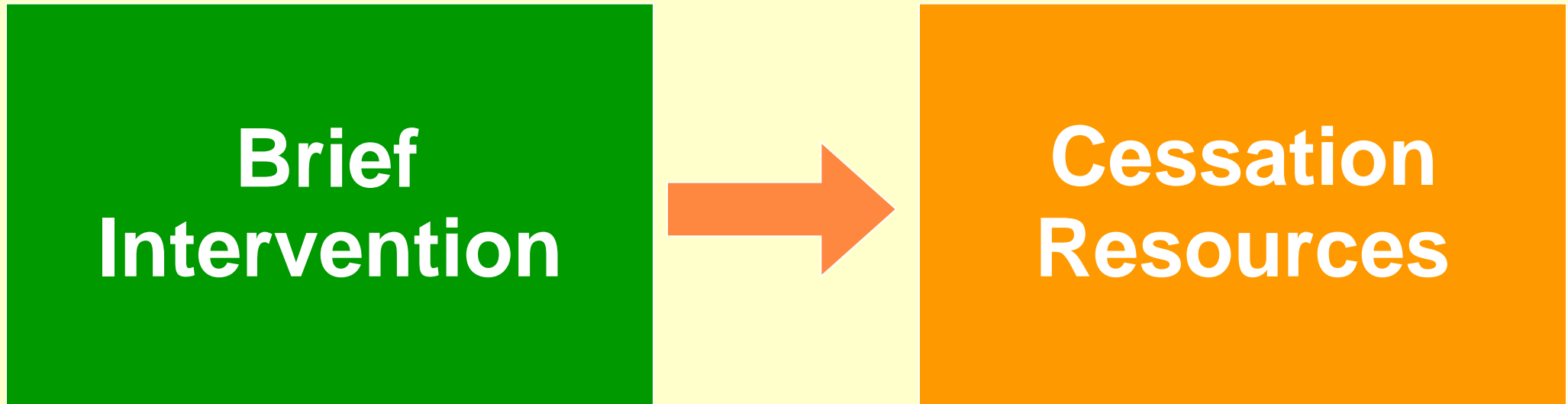
6 month point prevalence abstinence rate (expired CO validated)



* Adjusted by sex, age, stage, past quit attempt

(Nakayama et al., Report of the Grant-in-Aid for Cancer Research supported FY 2012 MHLW grants)

Brief Intervention Method at health examination - **ABR** -



Ask

Brief advice

- explore importance
- build confidence

If a smoker is motivated,

Refer

- cessation clinic
- other resources

Contents of the SCS Program

Goal: To learn methods to motivate patients to quit smoking and provide information in a short time at health services such as health checkup and comprehensive medical examination and for smoking cessation counseling



Short lecture

“Behavior science of smoking cessation support”
“Smoking cessation support that can be provided in a short time at health checkup and other health services”



Study Using Texts

1. Influence of smoking on health
2. Effects of smoking cessation
3. Nicotine dependence
4. Pharmacotherapy for smoking cessation



1. Counseling Study




Short-time support (1~3min) ABR
Standard support (10min) ABC

2.Q&A sessions

Pre-contemplation / contemplation 5Q
Preparation stage 10Q

Counseling Study

Through a study using texts and by watching a video of counseling with two smokers, learn how to work on smoking cessation support at health checkup and other health services.

<p>Health nurse at medical check-up center</p>	<p>Case I A smoker with metabolic syndrome who wants to quit smoking immediately</p>	<p>Case II A smoker without metabolic syndrome who has no intention to quit smoking within 6 months</p>
<p>She tries to provide information and advice on smoking cessation to all smokers that she meets at health services such as health checkup.</p> 	<p>A 49-year-old company employee Smoking 30 cigarettes a day He is very ready to reduce his weight as well as to quit smoking, but is not very confident of achieving smoking cessation.</p> 	<p>A 46-year-old company employee Smoking 20 cigarettes a day He is interested in smoking cessation, but has no intention to quit smoking within 6 months.</p> 



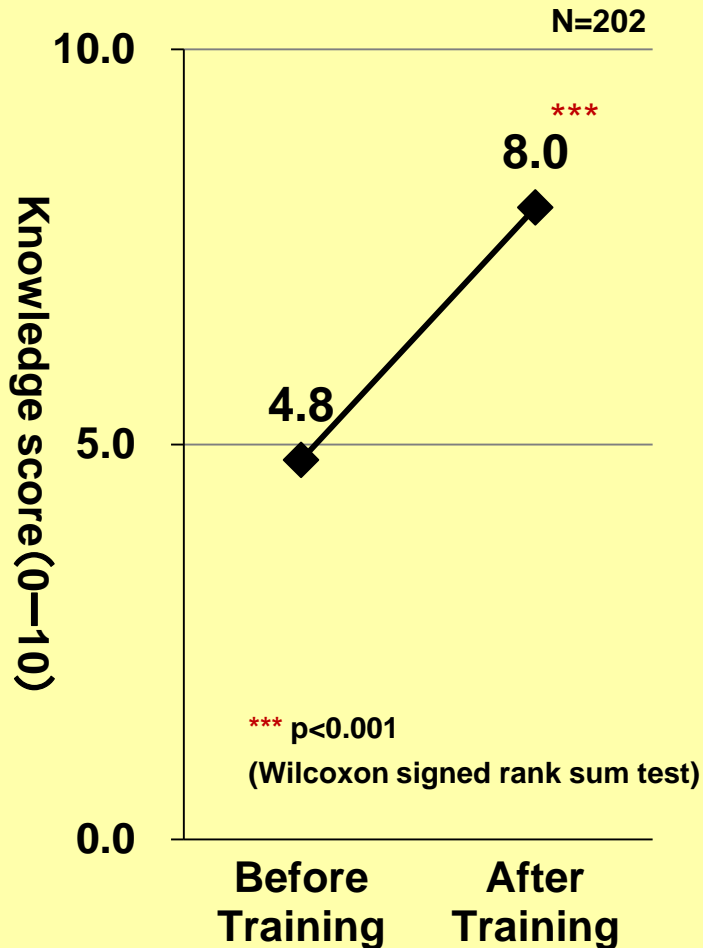
<Case I>



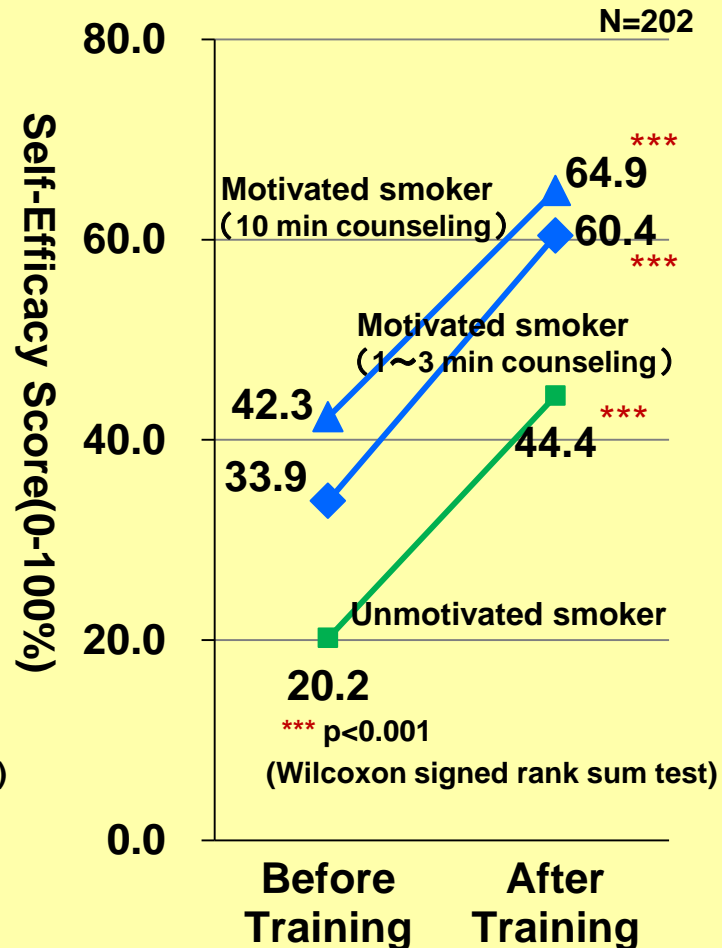
<Case II>

Change in Trainee's Knowledge, Self-Efficacy and Behaviors

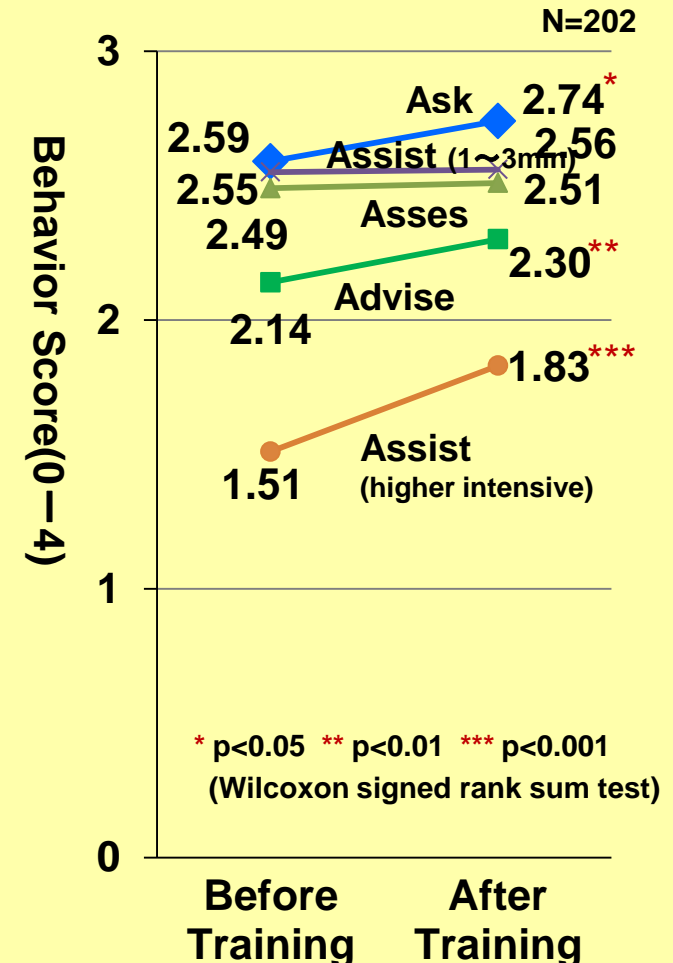
Knowledge



Self-Efficacy



Behaviors



Specific Health Examination and Specific Health Guidance (the first term 2008-12)

Basic Idea

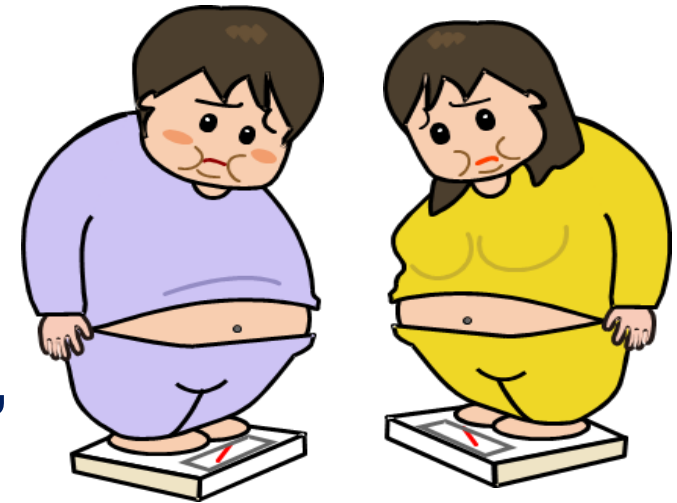
- to prevent lifestyle-related diseases and moderate medical service fees.
- focus on visceral fat obesity (metabolic syndrome)

Target

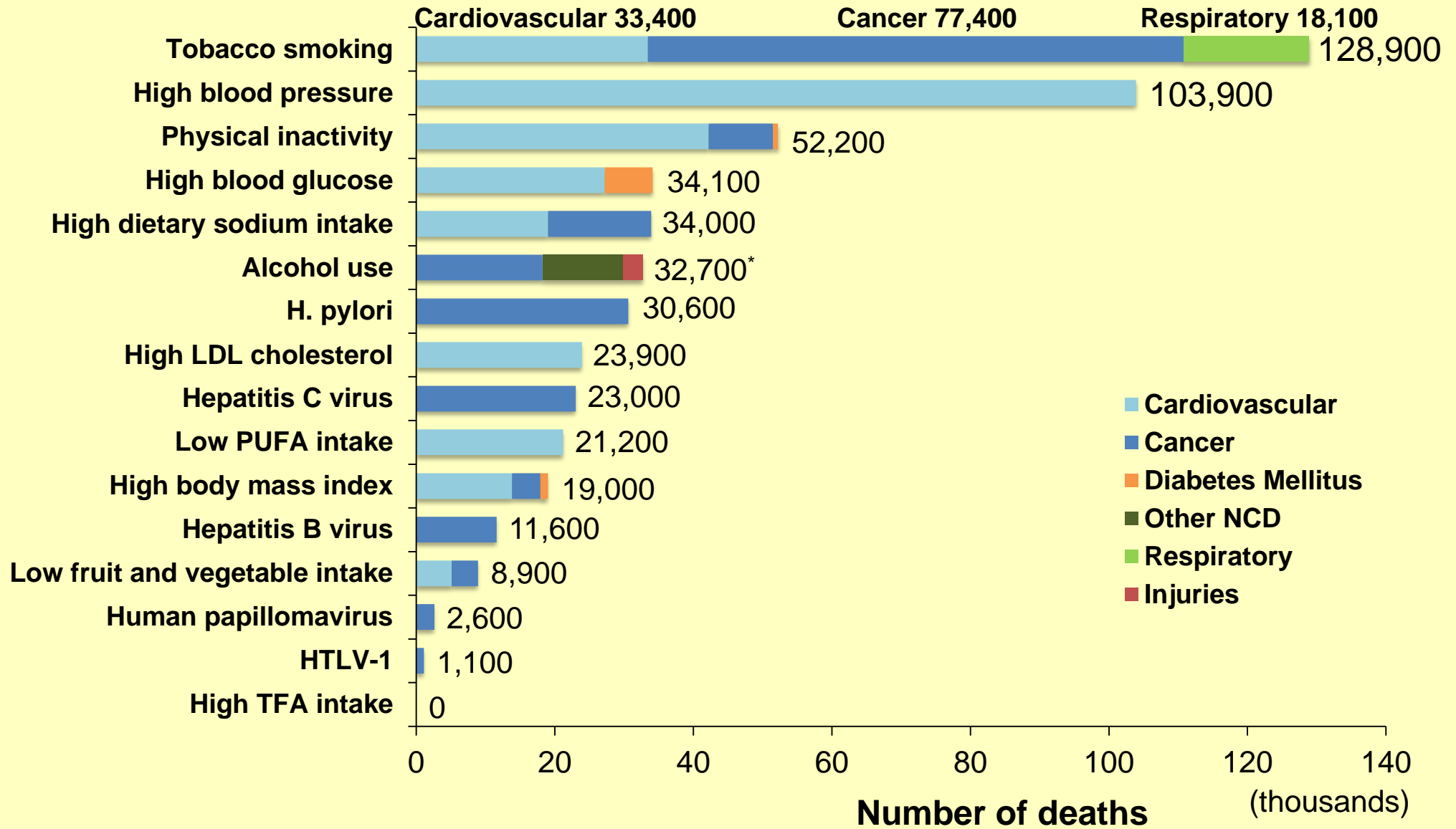
- aged between 40 and 74 years old

Program

- implement specific health guidance for 6 months for those who meet criteria, based on the health examination results

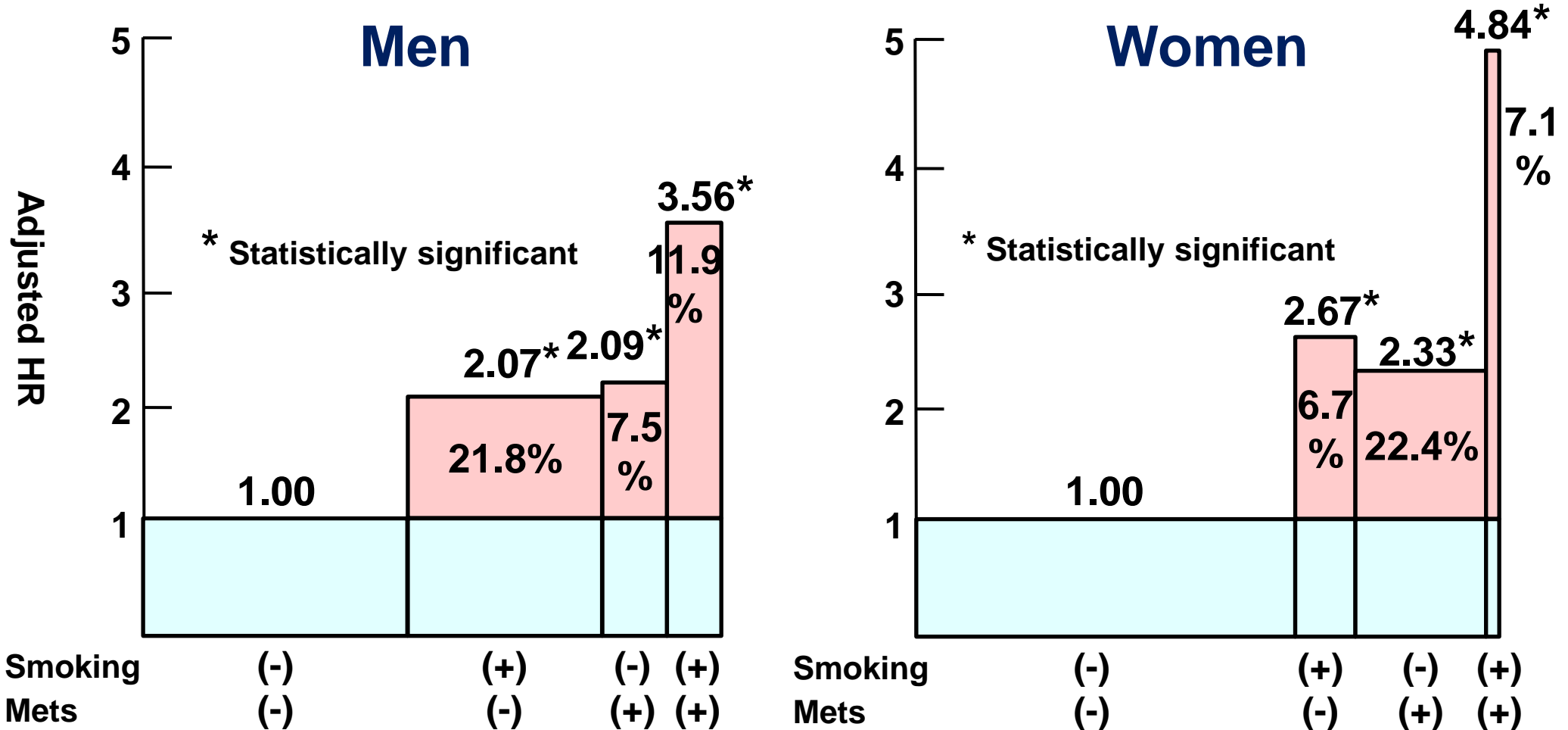


The number of deaths attributable to risk factors in Japan, 2007



Risk of Smoking and Metabolic Syndrome for Cardiovascular diseases

- 3911 Subjects (40-74 years old), Urban general population in Japan
- 12 year cohort study



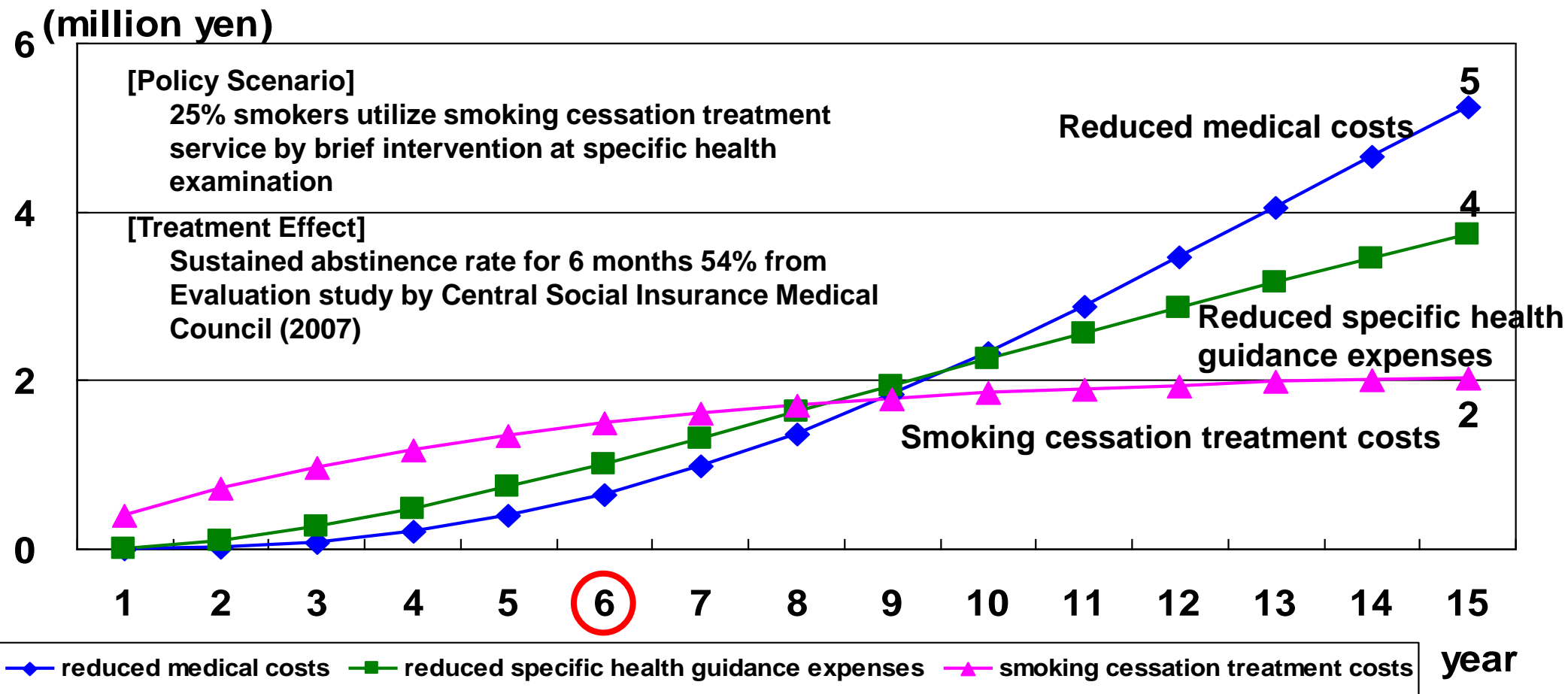
The definition of Mets; NCEP-ATP III

Adjusted for age, alcohol drinking, GFR, and HDL cholesterol

(Higashiyama A, et al. *Circ J* 2009; 73: 2258-63)

Annual Cost Savings by Smoking Intervention at Specific Health Examination

- The reduced medical costs and reduced specific health guidance expenses would exceed smoking cessation treatment costs after 6 years, by approximately 7 million yen (per 1,000 population) after 15 years.



(Nakamura et al., Report of the Third Term Comprehensive Control Research for Cancer supported by FY 2007 MHLW grants)

Enforcement of smoking cessation intervention at Specific Health Examination and Health Guidance (the Second term 2013-17)

1. **Health examination is a good opportunity** for motivating smokers toward smoking cessation.
2. Providing brief advice and information to smokers is requested **from the day of the health examination.**
3. **Referral to smoking cessation clinic and other resources to motivated smokers is needed.**

標準的な健診・保健指導
プログラム
【改訂版】

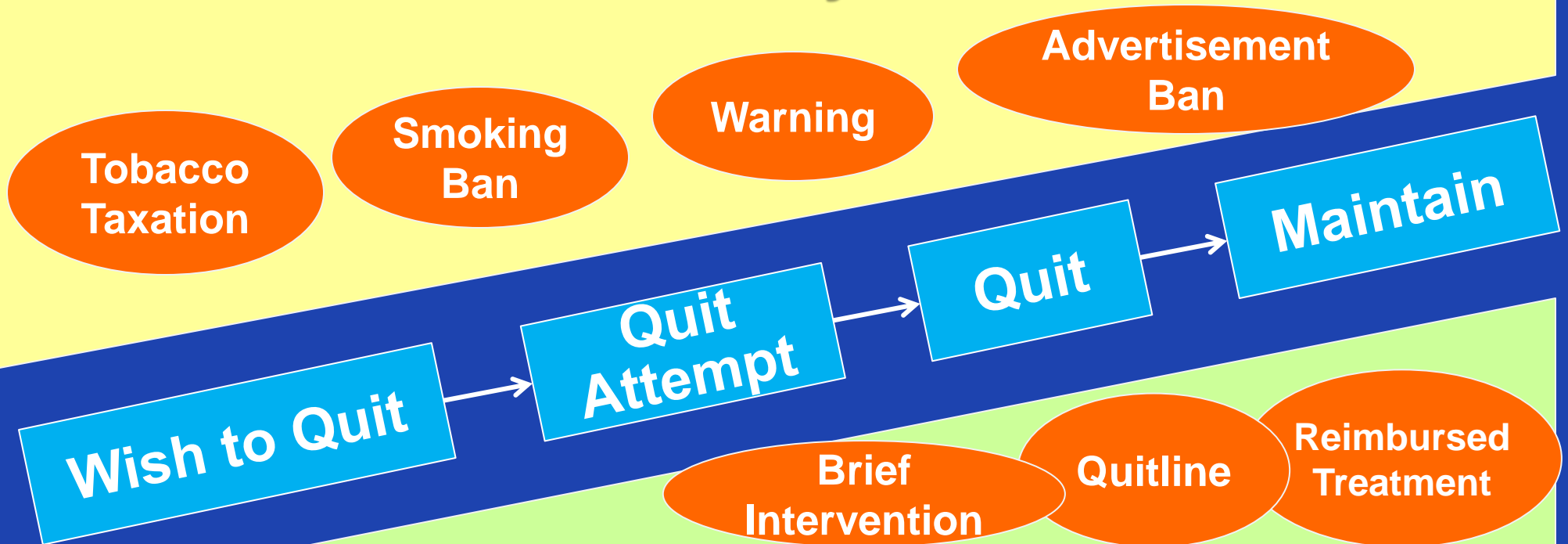
平成25年4月

厚生労働省 健康局

**Revised Standard
Program (2013)**
(by Ministry of Health,
Labor and Welfare)

“Two” Systems to Treat Tobacco Dependence

Public Health Intervention System



Health Care Intervention System



Thank you for your attention