SMOKING CESSATION CLINIC
PERSAHABATAN HOSPITAL JAKARTA

( A partnership model)
Diseases caused by smoking

WHO report on the global epidemic of tobacco, 2008

**CANCERS**
- Larynx
- Oropharynx
- Oesophagus
- Trachea, bronchus or lung
- Acute myeloid leukemia
- Stomach
- Pancreas
- Kidney and Ureter
- Colon
- Cervix
- Bladder

**CHRONIC DISEASES**
- Stroke
- Blindness, Cataracts
- Periodontitis
- Aortic aneurysm
- Coronary heart disease
- Pneumonia
- Atherosclerotic peripheral vascular disease
- Chronic obstructive pulmonary disease (COPD), asthma, and other respiratory effects
- Hip fractures
- Reproductive effects in women (including reduced fertility)
### Diseases caused by secondhand smoke

#### CHILDREN
- Brain tumours*  
- Middle ear disease  
- Lymphoma*  
- Respiratory symptoms, Impaired lung function  
- Asthma*  
- Sudden Infant Death Syndrome (SIDS)  
- Leukemia*  
- Lower respiratory illness

#### ADULTS
- Stroke*  
- Nasal irritation, Nasal sinus cancer*  
- Breast cancer*  
- Coronary heart disease  
- Lung cancer  
- Atherosclerosis*  
- Chronic obstructive pulmonary disease (COPD)*, Chronic respiratory symptoms*, Asthma*, Impaired lung function*  
- Reproductive effects in women: Low birth weight; Pre-term delivery*

* indicates that the disease is caused by secondhand smoke.

**WHO report on the global epidemic of tobacco, 2008**
Tobacco use is a risk factor for six of the eight leading causes of death in the world.
SMOKING – PREVENTABLE caused of disease and mortality \(^1\)

3 mortality caused in US \(\rightarrow\) smoking

#1 LUNG CANCER
#2 ISCHEMIC LUNG DISEASE
#3 CHRONIC OBSTRUCTIVE PULMONARY DISEASE

<table>
<thead>
<tr>
<th>Cancer</th>
<th>Leukemia</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lung (AML, ALL, CLL)(^2-4)</td>
<td>Esophageal</td>
</tr>
<tr>
<td>Laryngeal</td>
<td>Pancreatic</td>
</tr>
<tr>
<td>Oral cavity/pharynx</td>
<td>Bladder</td>
</tr>
<tr>
<td>Stomach</td>
<td>Cervical</td>
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<tr>
<td>Kidney</td>
<td>Cardiovascular</td>
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<tr>
<td></td>
<td>Ischemic heart disease</td>
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<tr>
<td></td>
<td>Stroke – Vascular dementia(^5)</td>
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<tr>
<td></td>
<td>Peripheral vascular disease(^6)</td>
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<tr>
<td></td>
<td>Abdominal aortic aneurysm</td>
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<tr>
<td></td>
<td>Respiratory</td>
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<tr>
<td></td>
<td>COPD</td>
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<td></td>
<td>Pneumonia</td>
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<td></td>
<td>Poor asthma control</td>
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<tr>
<td></td>
<td>Reproductive</td>
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<tr>
<td></td>
<td>Low-birth weight</td>
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<td></td>
<td>Pregnancy complications</td>
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<td></td>
<td>Reduced fertility</td>
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<tr>
<td></td>
<td>Sudden Infant Death Syndrome</td>
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<tr>
<td></td>
<td>Other</td>
</tr>
<tr>
<td></td>
<td>Adverse surgical outcomes/wound healing</td>
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<td></td>
<td>Hip fractures</td>
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<tr>
<td></td>
<td>Low-bone density</td>
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<tr>
<td></td>
<td>Cataract</td>
</tr>
<tr>
<td></td>
<td>Peptic ulcer disease(^6)</td>
</tr>
</tbody>
</table>

Estimated mortality from tobacco use in Australia in 2004–05

- Lung cancer: 30%
- COPD: 21%
- Vascular disease: 23%
- Other respiratory: 2%
- Other medical: 10%
- Upper aero-digestive cancer: 5%
- Other cancers: 9%
COPD prevalence by periode of survey publication

Eur Respir J 2007; 30: 993-1013
COPD Cases in Persahabatan Hospital 2000 - 2008
Lung cancer Cases in Persahabatan Hospital 2000 - 2009
Mortality prevented or postponed

SMOKING CESSATION

IS ONE OF MANY WAY TO PREVENT CHRONIC DISEASE
SMOKING CESSATION CLINIC
PERSAHABATAN HOSPITAL
JAKARTA
# Levels of smoking cessation intervention

<table>
<thead>
<tr>
<th>Intervention level</th>
<th>Smoker</th>
<th>Intervention type</th>
<th>Health staff involved</th>
</tr>
</thead>
<tbody>
<tr>
<td>First</td>
<td>Healthy smoker</td>
<td>Minimal</td>
<td>Primary care</td>
</tr>
<tr>
<td>Second</td>
<td>Healthy smoker, difficult cases</td>
<td>Intensive Multimodality</td>
<td>Specialist (Hospital base)</td>
</tr>
<tr>
<td></td>
<td>Unhealthy smoker</td>
<td></td>
<td></td>
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</tbody>
</table>
70% of smokers want to quit but ............

1/3 of them try to stop smoking each year

Only 5%-10% can do it unassisted
Why difficult? Multidimensional

- Physiology
  - Nicotine addiction
  - Withdrawal effect
- Psychological
  - Behavioral
  - Environment
SMOKING CESSATION THERAPY

- Non pharmacology:
  - Psychological therapy and behaviour therapy
  - Counseling
    - Short
    - Multi-session support
    - Group
  - Family support

- Pharmacology
Recommendation: The combination of counseling and medication is more effective for smoking cessation than either medication or counseling alone. Therefore, whenever feasible and appropriate, both counseling and medication should be provided to patients trying to quit smoking. (Strength of Evidence = A)
Pharmacotherapy

- Nicotine replacement therapy (NRT)
  - Long acting
    - Patch
  - Short acting
    - Gum
    - Inhaler
    - Nasal spray
    - Sublingual tablets/lozenges
- Antidepressant
  - Bupropion SR4
- Varenicline

Strength of evidence = A
History of smoking cessation clinic
Persahabatan Hospital

In 1990

- First time smoking cessation clinic at Persahabatan Hospital was declared
- Declared by some of pulmonologist doctor
- Place at Asthma Building
- Concept:
  - Counseling
  - Without pharmacotherapy
- That clinic vacuum approximately 18 years
- There is no patient
- Because drugs medication for smoking cessation is no available
- Counselling alone is not effective in patient perspective
Okt 2008
Smoking Cessation Team at Persahabatan Hospital were declared

November, 7th 2008 → re-opening smoking cessation clinic
New concept

- Multimodality approach
- Combined non pharmacotherapy and pharmacotherapy
- Continuous programme
OUR CLINIC STRATEGY

MOTIVATION (SUPPORT)

ADDITION & WITHDRAWAL MANAGEMENT

FAMILY SUPPORT

QUITTER

FOLLOW UP
Place:
Griya Puspa Building,
2\textsuperscript{nd} floor

Time open:
Monday - Friday
09.00 – 15.00
Staff

- Major
  - General Practitioner (2)
  - Pulmonologist (3)
  - Psychiatric specialist (1)
  - Medical Rehabilitation specialist (1)

- Support:
  Cardiologist, Internist, radiologist, clinical pathologist, occupational, nutritionist, et.al
OUR PROGRAMME

1. Promotion and prevention programme
   - Education, meeting, symposium, training (personal, group, institution or company)
   - Addiction nicotine test

2. Early detection of disease related smoking
   - Screening programme for abnormality or disease correlated with smoking
   - Consultation with related specialist doctors

3. Smoking cessation programme
OUR ACTIVITIES

- Health education

- Talkshow
  " Health effect of smoking "
Health education about smoking cessation

- Outpatient clinic
Health education about health effect of smoking

- School
Health education about health effect of smoking

- In population
Health education about health effect of smoking

- In company
Smoking cessation programme

Outpatient clinic

Inpatient
Facilities

- Counseling for smoking cessation
  - Short counseling
  - Psychiatric counseling
- Pharmacotherapy
- Behaviour therapy
- Respiratory rehabilitation and exercise programme
- Withdrawal effect management
- Hypnotherapy
- Weight gain programme
- Measurement of urine nicotine
- Lung function test
- Measurement of CO exhalation
- Screening programme for disease related smoking
SMOKING CESSATION PROGRAMME AT PERSAHABATAN HOSPITAL

1st Month
- Initial evaluation
- Short counseling
- Psychiatric counseling
- Drugs (varenicline)

2nd Month
- Short counseling
- Psychiatric counseling
- Drugs (varenicline)
- Hypnotherapy *
- Group counseling

3rd Month
- Konseling singkat
- Konsultasi psikologis
- Obat (varenicline)
- Konseling kelompok

* In selected patient

Telephone counseling

Behaviour therapy *, Exercise programme *
Referral system (external)

- Clinic
- Primary Care
- Other hospital

Smoking Cessation Clinic Persahabatan Hospital

- Company doctor
- Private doctor
- Other health facilities
Referral system (internal)
Symposium
“Smoking Cessation Programme“

Workshop
→ workshop smoking cessation
Collaboration with PT Pfizer Indonesia to give workshop “smoking cessation programme“ for:

- Primary care doctor at Bekasi
- Primary care doctor at Jakarta
- Doctor in company or institution likely Pertamina, BPKP
- Primary care and private doctor at East Java
- Private doctor at Jakarta
- Medical student
Collaboration with PT Pfizer Indonesia in Quitter Are Champions (QAC) programme 2009-2010

➔ Free smoking cessation programme
➔ 18 participant
➔ 100% success to cessation in 3 months
Collaboration with PT Pfizer Indonesia in Quitter Are Champions (QAC) programme in:

- PEMDA Bekasi
- PT Pertamina
## Total patient in 2009

<table>
<thead>
<tr>
<th>Type</th>
<th>Total patient</th>
<th>Method</th>
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<tbody>
<tr>
<td>Outpatient</td>
<td>26</td>
<td>Counseling + pharmacotherapy</td>
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<tr>
<td>Inpatient</td>
<td>38</td>
<td>Counseling</td>
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<tr>
<td>Total</td>
<td>64</td>
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## Total patient in 2010

<table>
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<th>Type</th>
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<th>Method</th>
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<tbody>
<tr>
<td>Outpatient</td>
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<td>Inpatient</td>
<td>40</td>
<td>Counseling</td>
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<td>Total</td>
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## Total patient in 2011

<table>
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<th>Type</th>
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<th>Method</th>
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<tbody>
<tr>
<td>Outpatient</td>
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<td>Counseling + pharmacotherapy</td>
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<tr>
<td>Inpatient</td>
<td>24</td>
<td>Counseling</td>
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<tr>
<td>Total</td>
<td>32</td>
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THANK YOU