

## **Tobacco Counseling Training Module**

### **Objectives:**

- ✓ To assess the need for a customized tobacco counseling training program for dental undergraduate students
- ✓ To develop and validate a customized tobacco counseling training program (TCTM) for dental undergraduate students.
- ✓ To implement TCTM as a pilot project on a group of third BDS students.
- ✓ To assess improvement in knowledge, attitude, ability of undergraduate dental students to correctly identify oral manifestations and their skills in tobacco counseling following implementation of TCTM
- ✓ To assess student and faculty satisfaction on TCTM.

### **Outcomes:**

- ✓ Dental graduate with basic knowledge in identifying a tobacco addict using oral manifestations.
- ✓ Dental graduate with basic skills in tobacco counseling.

## **Session 1: Global pattern, trends and impact of tobacco consumption,**

### **Learning objectives:**

- ✓ To appraise the participants on magnitude of tobacco consumption with updates on global, national, regional/local trends
- ✓ To appraise the participants on global, national, regional/local pattern of tobacco consumption
- ✓ To make participants understand the social, economic, health and environment related impact of tobacco consumption

### **Learning outcomes:**

- ✓ At the end of this session participants will have increase in their knowledge on global, national, regional/local trends and pattern of tobacco consumption.

### **Teaching material that will be used:**

- ✓ Power point presentation
- ✓ Resource material for further reading and reference
- ✓ Activity sheets
- ✓ Flipchart and markers
- ✓ Videos on tobacco consumption pattern

**Total duration of session:** 90 minutes

**Trainees:** Ten third BDS students

**Training time:** Second round of clinical postings in Public Health Dentistry

**Facilitator:** Public Health Dentist

### **Mode of training:**

- ✓ Pre-session evaluation – 5 minutes
- ✓ Introduction that includes brainstorming – 5 minutes
- ✓ Lecture using power point presentation: 25 minutes
- ✓ Video demonstration on pattern of tobacco consumption – 20 minutes
- ✓ Interactive group discussion (Group Activity) – 20 minutes
- ✓ Post – session evaluation using MCQs / quiz – 10 minutes
- ✓ Feedback on session – 5 minutes

## **Session 2: Role of health and oral health care providers in reducing the tobacco burden**

### **Learning objectives:**

- ✓ To make participants realize the role of oral health care providers in helping a tobacco user to quit
- ✓ To make participants understand the simple tools of recording level of tobacco dependence
- ✓ To make participants understand the applicability of “STAR”, “5A” and “5R” in tobacco counseling
- ✓ To motivate participants to undertake tobacco counseling as a routine in their practice

### **Learning outcomes:**

- ✓ At the end of this session participants will realize their responsibility towards reducing tobacco burden in society and will be motivated to adopt tobacco counseling as a routine in their practice.
- ✓ Participants will be able to use Fagerstorm Scale for assessing nicotine dependence among smokers and smokeless tobacco users
- ✓ Participants will be able to adopt a suitable approach for tobacco counseling

### **Teaching material required:**

- ✓ Power point presentation
- ✓ Resource material for further reading and reference
- ✓ Activity sheets
- ✓ Flipchart and markers
- ✓ Experience sharing

**Total duration of session:** 90 minutes

**Trainees:** Ten third BDS students

**Training time:** Second round of clinical postings in Public Health Dentistry

**Facilitators:** Public Health Dentist, Oral physician, Oral Surgeon, Periodontist, Private dental practitioner (At least two of these specialists will handle the session)

### **Mode of training:**

- ✓ Pre-session evaluation – 5 minutes
- ✓ Introduction that includes brainstorming – 5 minutes
- ✓ Lecture using power point presentation: 20 minutes
- ✓ Demonstration on how to use Fagerstorm Test for Nicotine Dependence (FTND) for smokers and smokeless tobacco users using role play/ Standardized patients – 15 minutes

- ✓ Experience sharing on how a dentist can contribute in reducing tobacco burden – 15 minutes
- ✓ Interactive group discussion (Group Activity) – 15 minutes
- ✓ Post – session evaluation using MCQs / quiz – 10 minutes
- ✓ Feedback on session – 5 minutes

### **Session 3: Alarming oral manifestations in a tobacco user**

#### **Learning objectives:**

- ✓ To enable participants to identify and differentiate the most common oral manifestations in a smoker and smokeless tobacco user
- ✓ To enable participants to link the oral manifestations to tobacco use with general and oral health
- ✓ To make participants realize the importance of utilizing this opportunity to motivate tobacco user to quit his habit

#### **Learning outcomes:** At the end of this session participants will demonstrate

- ✓ An increase in their ability to correctly identify various oral manifestations in a smoker and smokeless tobacco user.
- ✓ An improvement in their attitude towards tobacco counseling

#### **Teaching material required:**

- ✓ Power point presentation
- ✓ Resource material for further reading and reference
- ✓ Activity sheets
- ✓ Flipchart and markers
- ✓ Videos on various oral manifestations in smoker and smokeless tobacco user

**Total duration of session:** 90 minutes

**Trainees:** Ten third BDS students

**Training time:** Second round of clinical postings in Public Health Dentistry

**Facilitators:** Public Health Dentist, Oral physician, Oral Surgeon, Periodontist, Private dental practitioner (At least two of these specialists will handle the session)

#### **Mode of training:**

- ✓ Pre-session evaluation – 5 minutes
- ✓ Introduction that includes brainstorming – 5 minutes
- ✓ Lecture using power point presentation: 20 minutes

- ✓ Video Demonstration on various oral manifestations in smoker and smokeless tobacco user – 15 minutes
- ✓ Experience sharing by experts on how to identify, differentiate and link these findings to tobacco counseling – 15 minutes
- ✓ Interactive group discussion (Group Activity) – 15 minutes
- ✓ Post – session evaluation using MCQs / quiz – 10 minutes
- ✓ Feedback on session – 5 minutes

#### **Session 4: Introduction to behavioral theories and motivational interview**

##### **Learning objectives:**

- ✓ To introduce the basic theories on behavior management among adults
- ✓ To make participants understand the principles of behavior management among adults
- ✓ To make participants understand the various stages a person may undergo before any behavior change

##### **Learning outcomes:** At the end of this session participants will demonstrate

- ✓ An increase in their knowledge on behavioral theories that can be applied in tobacco counseling.
- ✓ An increase in self confidence to apply these theories in tobacco counseling

##### **Teaching material required:**

- ✓ Power point presentation
- ✓ Resource material for further reading and reference
- ✓ Activity sheets
- ✓ Flipchart and markers
- ✓ Videos on how the behavioral theories could be adopted for tobacco counseling

**Total duration of session:** 90 minutes

**Trainees:** Ten third BDS students

**Training time:** Second round of clinical postings in Public Health Dentistry

**Facilitator:** Clinical Psychologist/ Psychiatrist, Public Health Dentist, Pedodontist (At least two of these specialists will handle the session)

##### **Mode of training:**

- ✓ Pre-session evaluation – 5 minutes
- ✓ Introduction that includes brainstorming – 5 minutes

- ✓ Lecture using power point presentation: 20 minutes
- ✓ Video Demonstration on how motivational interview principles could be adopted for tobacco counseling – 15 minutes
- ✓ Interactive group discussion (Group Activity) – 15 minutes
- ✓ Post – session evaluation using MCQs / quiz – 10 minutes
- ✓ Feedback on session – 5 minutes

**Session 5: Tobacco counseling using Expanded Calgary - Cambridge Communication Skill framework**

**Learning objectives:**

- ✓ To introduce the basic concepts in Expanded Calgary - Cambridge Communication Skill framework
- ✓ To adopt Expanded Calgary - Cambridge Communication Skill framework for tobacco counseling
- ✓ To increase awareness among participants on referral centers in the region for further follow up

**Learning outcomes:** At the end of this session participants will demonstrate

- ✓ An improvement in their communication skills in tobacco counseling
- ✓ An increase in self confidence in undertaking tobacco counseling using Expanded Calgary - Cambridge Communication Skill Framework
- ✓ An increase in awareness on nearby referral centers for further follow up and management

**Teaching material required:**

- ✓ Power point presentation on Expanded Calgary - Cambridge Communication skill framework
- ✓ Resource material for further reading and reference
- ✓ Activity sheets
- ✓ Flipchart and markers
- ✓ Videos on do and don'ts (good and poor counseling videos)

**Total duration of session:** 90 minutes

**Trainees:** Ten third BDS students

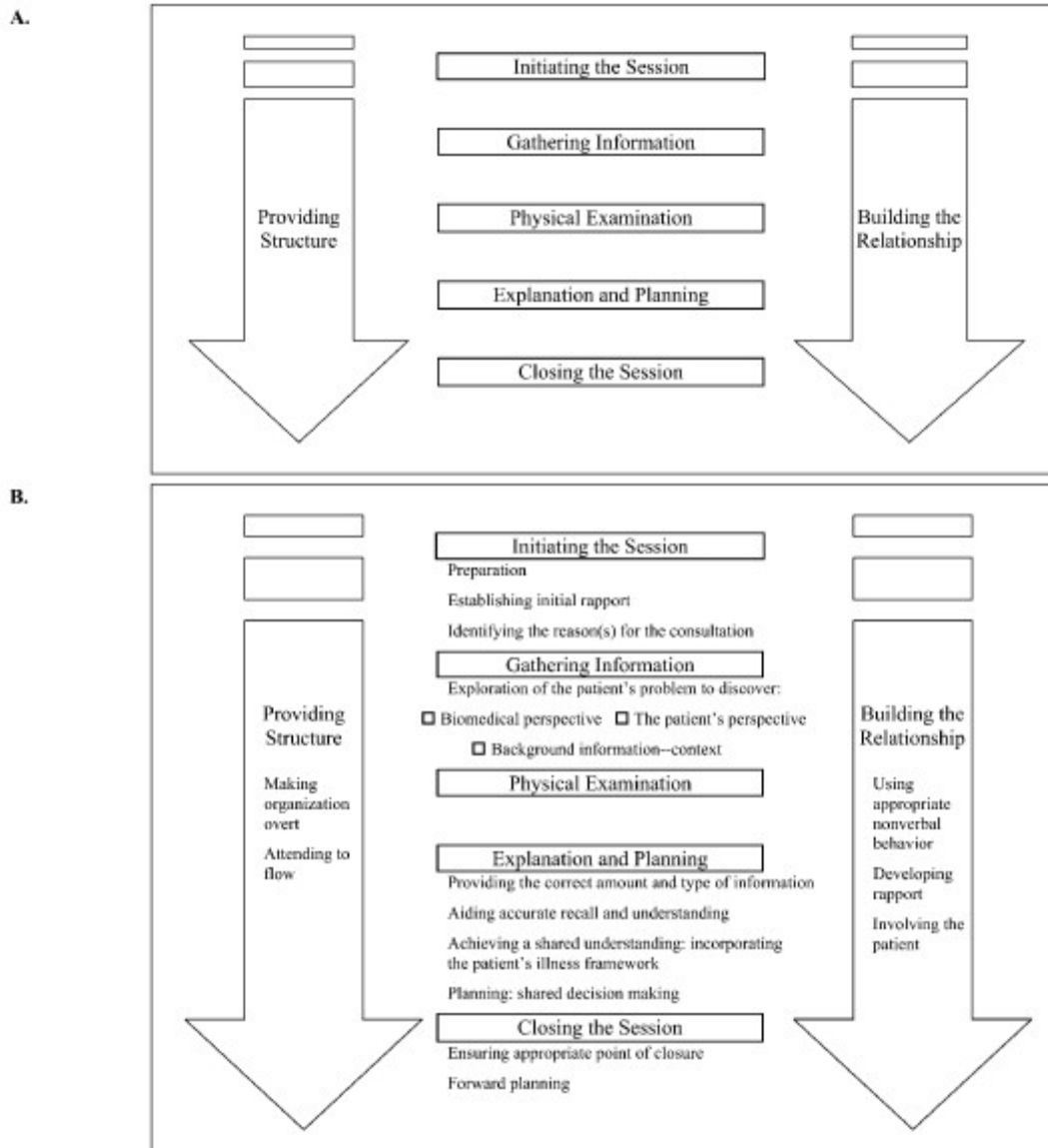
**Training time:** Second round of clinical postings in Public Health Dentistry

**Facilitator:** Clinical Psychologist/ Psychiatrist, Public Health Dentist, Pedodontist (At least two of these specialists will handle the session)

**Mode of training:**

- ✓ Pre-session evaluation – 5 minutes
- ✓ Introduction that includes brainstorming – 5 minutes
- ✓ Lecture using power point presentation: 20 minutes
- ✓ Video Demonstration on a how a good and bad tobacco counseling look like – 15 minutes
- ✓ Interactive group discussion (**Small group Activity – students in pairs or triads doing role-play on tobacco counseling**) – 15 minutes
- ✓ Post – session evaluation using MCQs / quiz – 10 minutes
- ✓ Feedback on session – 5 minutes

**Expanded Calgary – Cambridge Communication skills framework**



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<b>Gathering Information</b>	
<u>Process Skills for Exploration of the Patient's Problems</u>	
Patient's narrative	
Question style: open to closed cone	
Attentive listening	
Facilitative response	
Picking up cues	
Clarification	
Time-framing	
Internal summary	
Appropriate use of language	
Additional skills for understanding the patient's perspective	
<u>Content To Be Discovered</u>	
<i>The biomedical perspective (disease)</i>	<i>The patient's perspective (illness)</i>
Sequence of events	Ideas and beliefs
Symptom analysis	Concerns
Relevant systems review	Expectations
	Effects on life
	Feelings
<i>Background information—context</i>	
Past medical history	
Drug and allergy history	
Family history	
Personal and social history	
Review of systems	

## Session 6: Deliberate practice and evaluation of program outcomes

**Duration:** 120 minutes

**Facilitator:** Public Health Dentist

**Participants:** Students and Faculty

**Method: Deliberate practice of tobacco counseling using standardized patients and evaluation**

- ✓ Evaluation of Knowledge, attitude and confidence in tobacco counseling using a pre-designed learning outcomes questionnaire
- ✓ Evaluation of Counseling skills on standardized patients using Kalamazoo Essential Elements Communication Checklist (Adapted)
- ✓ Evaluation of ability to correctly identify oral manifestations using MCQs and extended item MCQs
- ✓ Evaluation of student and faculty satisfaction using a questionnaire