Introduction

Tobacco epidemic is one of the biggest public health threats globally. The World Health Organization (WHO) developed MPOWER (monitoring-protecting-offering-warning-enforcing-raising) strategy to defeat the global tobacco epidemic. Smoking prevalence in Indonesia is ranked the third highest in the world. Universitas Muhammadiyah Yogyakarta (UMY) declared itself as a smoke-free campus in 2011. However, many active smokers are still observed smoking on the campus. In order to support the global and local initiatives in defeating tobacco epidemic, a comprehensive smoking cessation program within UMY campus has recently been developed.

Methods

After reviewing existing literature and considering available resources, UMY Firdaus Primary Care Clinic (Klinik Pratama Firdaus) has been preparing to provide comprehensive smoking cessation services.

Results

Regular Patient and Public Education on the Danger of Smoking: At the Clinic, Campus and in the Community

Screening of Tobacco Use in Every Patient Visit: Using the ABC Approach

A - Ask whether a person smokes
B - Give brief advice to quit to all people who smoke, and
C – Make an offer of, and provide or refer for cessation treatment

The 5 A’s Counseling for Smoking Cessation: Individual Intervention

1. Ask about smoking status
2. Assess the person’s willingness to quit
3. Advise to quit
4. Assist in quitting
5. Arrange follow-up

The Spiritual EFT (Spiritual Emotional Freedom Technique) (SEFT) for Smoking Cessation: Individual or Group Intervention


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Why Don’t They Just Quit…?

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Conclusion

Comprehensive smoking cessation program has been developed in Firdaus Clinic and ready to be provided to active smokers for supporting UMY as a smoke-free campus.

References


UMY Firdaus Primary Care Clinic: A Centre of Excellence for High Quality Primary Health Care Health Service – Education – Research

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