



# Comprehensive Smoking Cessation Program at Firdaus Primary Care Clinic: Supporting Universitas Muhammadiyah Yogyakarta as a Smoke-Free Campus



KLINIK PRATAMA 24 JAM  
FIRDAUS



Oryzati Hilman<sup>1,2</sup> & Arlina Dewi<sup>1,2</sup>

<sup>1</sup> Department of Family Medicine & Public Health, School of Medicine, Faculty of Medicine and Health Sciences, Universitas Muhammadiyah Yogyakarta  
E-mail: oryzatih@yahoo.com; Mobile phone: +6287838756799

<sup>2</sup> Firdaus Primary Care Clinic, Universitas Muhammadiyah Yogyakarta, Indonesia

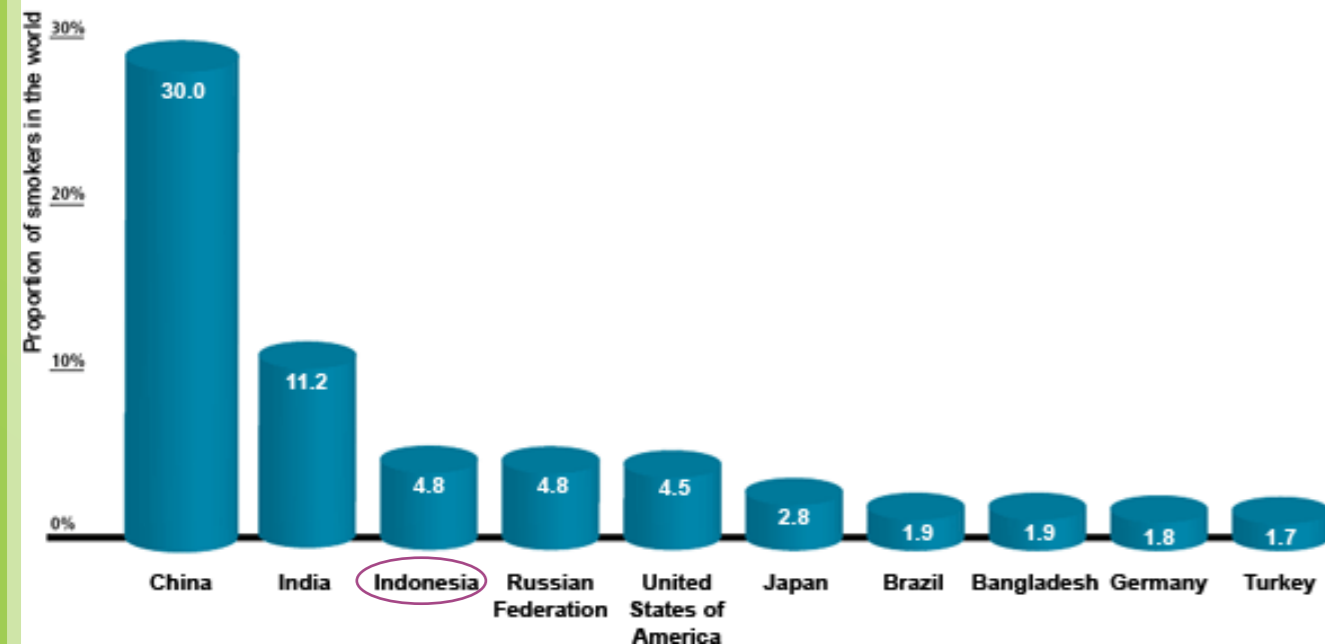


UMY Firdaus Primary Care Clinic: A Centre of Excellence for High Quality Primary Health Care Health Service – Education – Research

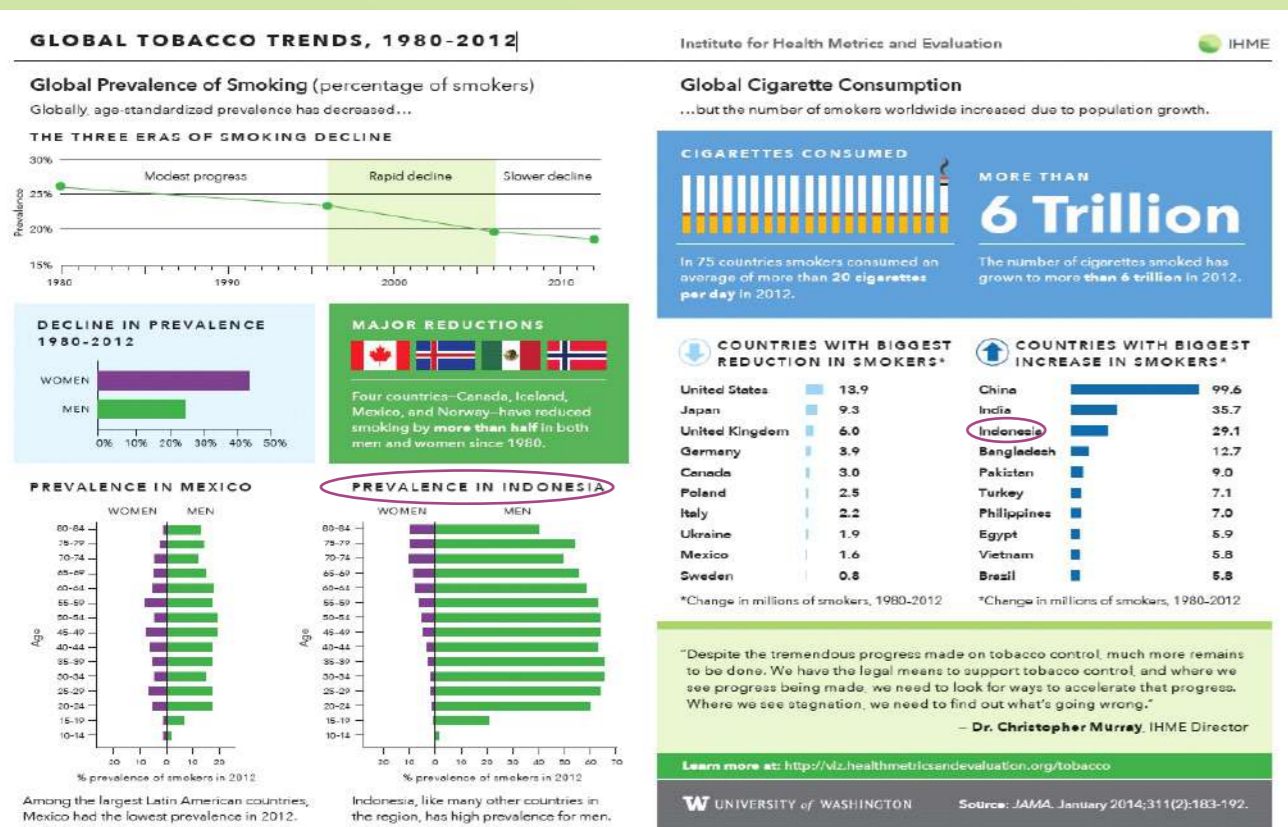
## Introduction

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.

### NEARLY TWO THIRDS OF THE WORLD'S SMOKERS LIVE IN 10 COUNTRIES



<http://www.who.int/tobacco/mpower/graphs/en/>



**MPOWER: Six policies which build on the WHO FCTC and are an integral part of the NCD Global Strategy Action Plan**

- Monitor tobacco use and prevention policies
- Protect people from tobacco smoke
- Offer help to quit tobacco use
- Warn about the dangers of tobacco
- Enforce bans on tobacco advertising, promotion and sponsorship
- Raise taxes on tobacco

Preventive interventions: the cost-effective "best-buys" | Riyadh | 10-12 September, 2012

### Why Don't They Just Quit...?

The three-link chain of tobacco addiction

- Biological
- Psychological
- Cultural

+ No Cessation Help

#### The Three Link Chain

- A is the addiction of nicotine – the "King" of addictions
- B is the behaviours or cues or triggers- a smoker "trains" to smoke
- C is the socio-cultural aspects of people around you

## 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

Jenkins M. (2009). Implementing the ABC Approach for Smoking Cessation: Framework and Work Programme. The Ministry of Health, Wellington, New Zealand.

### The 5 A's Counseling for Smoking Cessation: Individual Intervention

Medscape | www.medscape.com

Action	Tactics for Successful Intervention
1. Ask about tobacco use.	Identify and document tobacco use status for every patient at every visit.
2. Advise to quit.	In a clear, strong, and personalized manner, urge every tobacco user to quit.
3. Assess willingness to make a quit attempt.	Is the tobacco user willing to attempt quitting at this time?
4. Assist in quit attempt.	Use counseling and pharmacotherapy to help patients willing to make a quit attempt.
5. Arrange follow-up.	Schedule follow-up contact, preferably within the first week after the quit date.

Source: Fiore MC, Bailey WC, Cohen SJ, et al. *Treating Tobacco Use and Dependence: Clinical Practice Guideline*. Washington, DC: US Dept of Health and Human Services; June 2000. Public Health Service publication no. 000032.

Source: Cancer Control © 2003 H. Lee Moffitt Cancer Center and Research Institute, Inc.

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

SEFT Untuk Berhenti Merokok

Informasi Training, Terapi dan Konsultasi Kesehatan :  
www.seftclub.com | arief@seftclub.com | Arief Wijaya 087.867.800.900 Pin BB: 21D7B838

## The Quit Now 7 Steps for Freedom: Group Intervention

**AMERICAN LUNG ASSOCIATION**  
**7 Steps to a Smoke-Free Life**

- Surviving Your First Week
- Keeping the Weight Off
- Overcoming Cravings
- Identifying Your Danger Zones

EDWIN B. FISHER JR., Ph.D.  
with TONI L. GOLDFARB  
Foreword by C. Everett Koop, M.D., Sc.D., former U.S. Surgeon General

### Benefits of Quitting

It's never too late to quit smoking! From the moment you quit your health will begin to improve. See how you will benefit:

- Within 8 Hours:**
  - oxygen level goes back to normal
  - carbon monoxide level drops
- Within 48 Hours:**
  - chances of having a heart attack start to decrease
  - taste and smell start improving
- Within 72 Hours:**
  - breathing will get easier as your airways relax
  - lung capacity begins to increase
- Within 2 Weeks to 3 Months:**
  - circulation improves and exercising becomes easier
  - lung capacity can increase by as much as 30%
- Within 6 Months:**
  - reductions in coughing, sinus congestion, tiredness, and shortness of breath and colds
- Within 1 year:**
  - 50% less likely to have a heart attack caused by smoking
- Within 10 Years:**
  - risk of dying from lung cancer will decrease by half
- Within 15 Years:**
  - risk of dying from a heart attack is the same as a person who has never smoked

**STOP SMOKING START REPAIRING**

EVERY CIGARETTE YOU DON'T SMOKE IS DOING YOU GOOD

[http://www.heart.org/HEARTORG/HealthyLiving/QuitSmoking/YourNonSmokingLife/Smoke-free-Living-Benefits-Milestones\\_UCM\\_322711\\_Article.jsp#WOCpqqixU2w](http://www.heart.org/HEARTORG/HealthyLiving/QuitSmoking/YourNonSmokingLife/Smoke-free-Living-Benefits-Milestones_UCM_322711_Article.jsp#WOCpqqixU2w)

## 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

- World Health Organization (WHO). Tobacco: Fact sheet: WHO; 2016 [10-02-2017]. Available from: <http://www.who.int/mediacentre/factsheets/fs339/en/>.
- Eriksen M, Mackay J, Schluger N, Gomeshtaph F, Drope J. The Tobacco Atlas Atlanta, USA: The American Cancer Society, Inc., 2015.
- WHO. WHO Global Report on Trends in Prevalence of Tobacco Smoking 2015. Geneva: WHO, 2015.
- WHO. WHO Report on the Global Tobacco Epidemic 2013: Enforcing bans on tobacco advertising, promotion and sponsorship. Luxembourg: WHO, 2013.
- Blatt B. Why Is Quitting Smoking So Difficult? The Science Behind Addiction: American Lung Association; 2016 [12-02-2017]. Available from: <http://www.lung.org/about-us/blog/2016/01/why-quitting-smoking-difficult.html>.
- Jenkins M. Implementing the ABC Approach for Smoking Cessation: Framework and Work Programme. The Ministry of Health, Wellington, New Zealand, 2009
- Larzelere MM & Williams DE. Promoting Smoking Cessation. American Family Physician. 2012; 85 (6),591-8
- Stapleton P, Porter B, Sheldon T. Quitting Smoking: How to use Emotional Freedom Techniques The International Journal of Healing and Caring. 2013;13(1).
- Look C. 80% Success Rate using EFT for Smoking Addiction: EFT Universe; 2015 [12-02-2017]. Available from: <http://www.eftuniverse.com/addictions/80-success-rate-using-eft-for-smoking-addiction>
- Zainuddin AF. Spiritual Emotional Freedom Technique - SEFT: For Healing + Success + Happiness + Greatness. Jakarta, Indonesia: Afzan Publishing; 2009.
- Baraja F. Hari Gini Masih Ngerokok... Apa Kata Dunia?! Yogyakarta: Pro-U Media 2013. 320 p
- LoGOS Institute. SEFT for Quit Smoking - Pecahkan Rekor MURI: LoGOS Institute; 2008.

Blatt B. Why Is Quitting Smoking So Difficult? The Science Behind Addiction: American Lung Association; 2016 [12-02-2017]. Available from: <http://www.lung.org/about-us/blog/2016/01/why-quitting-smoking-difficult.html>.