

TOBACCO CESSATION COUNSELLING SERVICE IN ESTONIA

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Introduction

Tobacco prevention and cessation need to be seen as integral parts of the quality management systems of hospitals and healthcare facilities. Hospitals have been identified as an important place to implement smoke-free environments and the protection of non-smokers, to provide quitting support for tobacco users and to ensure continuity of support for patients after discharge. It is clear from evidence that including health promotion in the patient pathway will improve treatment, results and prognoses.

Purpose/Methods

The National HPH Network in Estonia was set up fifteen years ago, in 2000. Twenty-two hospitals have joined the International HPH Network with seven of them also being active members of ENSH-Global. One of the main activities of the National HPH Network is the establishment of networking of Tobacco Cessation Clinics (consisting of 18 TCC) on the bases of HP hospitals and health centres. The service is free of charge and accessible for all smokers or tobacco users in Estonia. It includes a face-to-face consultation with a specially trained counsellor for up to 50 minutes, followed by telephone or e-mail support. More than 500 healthcare professionals (doctors, nurses, general practitioners, midwives, etc.) are trained as counsellors for tobacco cessation. The programme also includes a

motivational interview. National guidelines for intensive medical tobacco cessation and brief intervention are published and used.

Results

Smoking prevalence among the Estonian adult population has decreased about 4% compared to 2012. 22% of people aged 16-64 are everyday smokers (31.0% of men and 15.8% of women, NIHD 2014). Among schoolchildren, 3% of 11-15 year-olds are everyday smokers (3.7% of boys and 2.5% of girls, HBSC 2014, Estonia). Unfortunately, the use of alternative tobacco products, for example e-cigarettes, has meanwhile increased more than three times among adults (16% in 2014 vs 5% in 2012); everyday users 1.5% (vs 0.5% in 2012). About 33% of schoolchildren have tried e-cigarettes (38% of boys and 28% of girls), mostly a couple of times. Everyday users account for less than 1%.

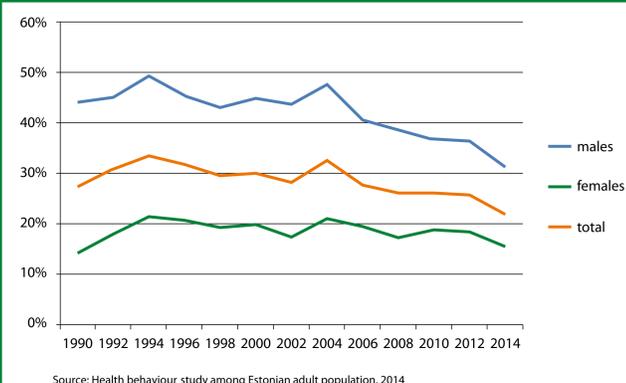
In 2015 we are ready to join all forces for better tobacco control: to provide a tobacco campaign, to establish a website on tobacco; to provide a tobacco-free health service, incl. tobacco-free surgery, tobacco-free mental health services and tobacco-free maternity care; to develop tobacco-free healthcare institutions and workplaces etc.

Conclusion

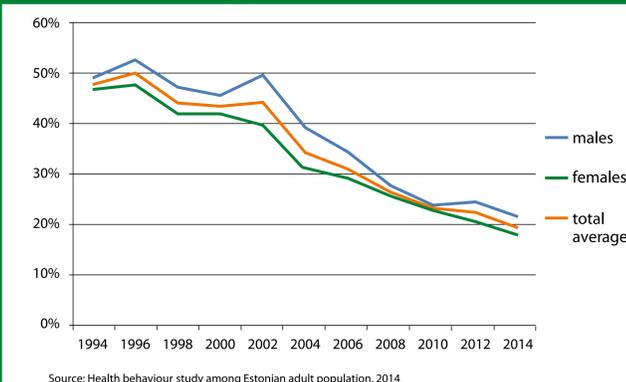
The Estonian Health Plan (2009-2020) has an aim to reduce the prevalence of daily smokers to 18% in 2020. We are trying to mobilize all forces and give our best in order to achieve this target.



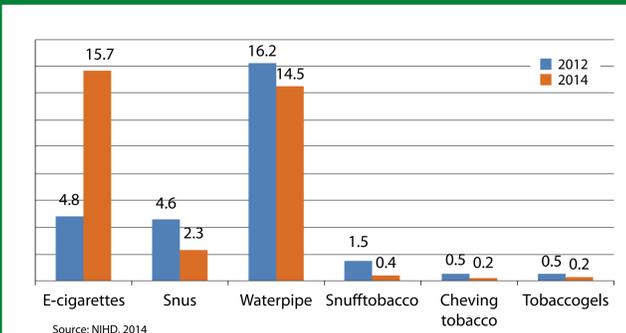
Daily smokers among Estonian adult population in 16-64 age group (%) by sex



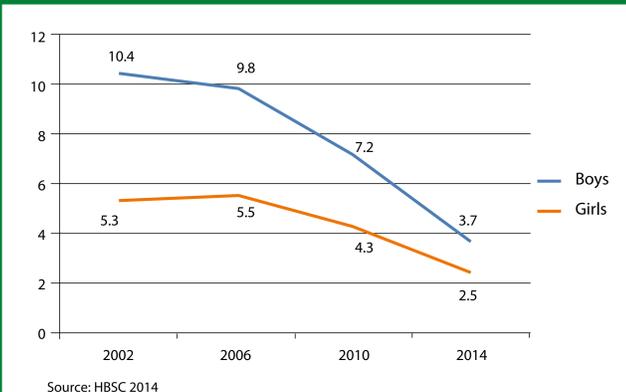
Distribution (%) of respondents by smoking at home in living quarters



Consumption of alternative tobacco products in the past 12 months (%)



Daily smokers among Estonian schoolchildren in 11-13-15 age group (%) by sex



Consumption of E-cigarettes among Estonian schoolchildren in age 11-15 group (%) by sex and age

