

## Applied Clinical Research/Implementation Science

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### **Adapting and implementing very brief advice on smoking to save lives in low and middle-income countries**

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#### **Applied Clinical Research/Implementation Science Results Abstract**

**Aim:** Stopping smoking reduces risk of premature death and improves current and future health. Very Brief Advice on smoking (VBA) is a proven clinical intervention that identifies smokers, advises them on the best method of quitting and supports subsequent quit attempts. We aimed to determine whether the VBA training can be adapted to low and middle income countries, and investigate whether training healthcare workers in delivering VBA results in changes to clinical practice.

**Method:** Mixed methods implementation science study. The standard UK model for the delivery of VBA, was reviewed by stakeholders in Crete, Vietnam and Kyrgyzstan and adapted to ensure sensitivity to the local context. Healthcare workers were trained in the knowledge and skills needed to deliver VBA. Participant recruitment, knowledge acquisition, training, behaviour change, feasibility and acceptability and cost analysis, were assessed through questionnaires before, immediately after and one month following the training, and interviews at one week.

**Results:** Minor local adaptation was made to the original model for the delivery of VBA prior to implementation. Train-the-trainer model was adopted to address concern about effective delivery of VBA training by English speakers, to healthcare workers via a translator and long term sustainability. Training was delivered by local trainers in the local language. 126 healthcare workers were trained in VBA (Crete 29; Vietnam 60; Kyrgyzstan 37). Initial findings suggest that for the majority, VBA training improved their skills and they would recommend the training to others. Significant increases in self-efficacy in advising patients on the best methods of quitting and providing support to smokers were reported between the pre and post assessment. The ACT element of VBA was most challenging due to lack of access to affordable stop smoking medications.

**Conclusion:** VBA can be adapted, is acceptable and results in self-reported behaviour change in health professionals in LMICs

#### **Declaration of Interest**

#### **Conflict of Interest statement: Andy McEwen**

Andy McEwen has received travel funding, honorariums and consultancy payments from manufacturers of smoking cessation products (Pfizer Ltd, Novartis UK and GSK Consumer Healthcare Ltd) and hospitality from North51 who provide online and database services. He also receives payment for providing training to smoking cessation specialists and receives royalties from books on smoking cessation.

Andy is an associate member of the New Nicotine Alliance (NNA), a charity that works to foster greater understanding of safer nicotine products and technologies.