

**Training general practitioners in Greece in 'Very Brief Advice' on smoking: The FRESH AIR Project**

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

**Aim:** Greece has one of the highest rates of smoking in the European Union. However, rates of smoking cessation advice and treatment is limited, especially in Primary Care. The aim of this study was to explore whether a 'Very Brief Advice' on smoking (VBA) intervention can be adapted to the healthcare context on the island of Crete, Greece and whether training general practitioners (GPs) in providing VBA results in changes to their confidence in VBA delivery and practice behaviours.

**Method:** The content of the existing VBA training developed by the UK National Centre for Smoking Cessation and Training was adapted to the local context by the study investigators. A train the train model was used to prepare local GPs to deliver the VBA training. Two one-day training sessions were delivered which used the combination of didactic training, video, role-play and interactive discussions. GP participants' self-efficacy (assessed on a 1 to 5 scale) and self-reported practice behaviours related to VBA (Ask, Advise, Assist) was assessed through questionnaires before, immediately after and one month following the training.

**Results:** Twenty-seven GPs participated in the training (male 58.5%, mean age 45.9 years). The majority of GPs indicated the training improved their skills (79.3%) and they would recommend the training to others 93.1%. Significant increases in GPs self-efficacy in advising patients on the best methods of quitting (3.22 vs. 4.22;  $p=.001$ ) and providing support to smoker (3.32 vs. 3.89;  $p=.027$ ) were documented between the pre and post assessment. Increased in rates at which GP's asked, advised and assisted patients was documented however did not reach statistical significance.

**Conclusion:** The VBA training was well received by GPs in Greece and appeared to influence provider self-efficacy and rates at which they addressed tobacco use with their patients who smoke.

**Declaration of Interest**

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Presented data are only preliminary results of the European Horizon 2020 FRESH AIR (Free Respiratory Evaluation and Smoke-exposure reduction by Primary Health Care Integrated Groups) project. They offer a description of observations documented during field work. FRESH AIR is a three-year implementation science project to improve prevention, diagnosis and treatment of chronic respiratory diseases in low resource settings. It is the first time that this abstract is being submitted to an international scientific meeting.

Co-author Prof. Dr. Ioanna Tsiligianni serves as IPCRG president-elect.