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Feasibility and effectiveness of training program in Very Brief Advice for smoking for GPs and Family doctors in Kyrgyz Republic — a FRESH AIR study

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AIMS: Evaluation of possibility and effectiveness of training program in Very Brief Advice (VBA) for smoking for GPs, family doctors and nurses in the Kyrgyz Republic.

METHODS: Training program in Very Brief Advice for smoking was started 2017 in Kyrgyz Republic as part of a FRESH AIR study and the Global Bridge and IPCRG project "Teaching the teachers of primary healthcare professionals to treat the tobacco dependence". Training program in VBA was developed by the National Center for Smoking Cessation and Training teachers (UK). All educational and training materials were translated into the local language and adapted to local conditions. The training program included two levels: teaching of teachers and education of family doctors and GPs, and nurses too in all regions of the Kyrgyz Republic. Before and after each training, the level knowledge of all participants have tested with using special pre- and post-questionnaires. We also collected data about using VBA for smoking by family doctors and GPs, they filled out special form-reports.

RESULTS: We invited and trained 39 active family doctors and GPs as trainers, who already had some experience in the treatment of tobacco dependence, with the support of experts from the National Center for Smoking Cessation (UK) and IPCRG. In second step together with trained teachers to started education GPs and family doctors in all regions of the Kyrgyz Republic. According to the first reports from the GP and Family doctors, they used the VBA in 482 people, and among them there were 248 (55%) of smokers. It is important that 6 (3%) people stopped smoking, and 38 (17%) smokers were ready and think about quitting smoking, and health care workers continue to keep in touch with them.

CONCLUSION: Preliminary results demonstrate feasibility and effectiveness of training program in Very Brief Advice for smoking for GPs and family doctors in Kyrgyz Republic. All family doctors and GPs who used VBA in their practice have good reviews and found it necessary for smokers to quit smoking. Very important that VBA for smoking will be included in the National program on the protection of the health of citizens of the Kyrgyz Republic from the harmful effects of tobacco for 2017-2025.

Declaration of Interest

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