# **QLL 13**

### INCREASING PERCENTAGE OF ACTIVE SMOKERS ATTENDING THREE TOBACCO CESSATION INTERVENTION SESSIONS IN SMK SERI PAYONG

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1KLINIK PERGIGIAN MERCHANG, MARANG, TERENGGANU 2KLINIK PERGIGIAN BUKIT PAYONG, MARANG, TERENGGANU 3KLINIK PERGIGIAN MARANG, MARANG, TERENGGANU



100%

#### 1. SELECTION OF OPPORTUNITIES FOR IMPROVEMENT

# INTRODUCTION

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Identify students who smoke and those at high risk of smoking

Shows > 43,000 schoolchildren smoked in 2022



Percentage of active smokers attending≥3x smoking cessation intervention sessions

### 2. KEY MEASURES FOR IMPROVEMENT

### LITERATURE REVIEW

More than Main factor half of that influence active students smokers smoking were start to stress & smoke nicotine <11yo addiction Bo Xi et al. Wee L. H, 2016 2016

A school based smoking cessation program involve counseling, social support, education on negative effects on smoking AB Rahman et al

2020, Lee et al 2019

### **CAUSE AND EFFECT CHART**



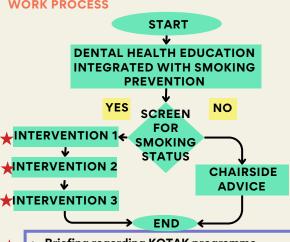
To increase the percentage of active smokers attending three tobacco cessation intervention sessions in SMK Seri Payong

# **STANDARD & INDICATOR**

INDICATOR	Active smokers attending three tobacco cessation intervention sessions  Total of active smokers
STANDARD	KPI AGENDA NASIONAL MALAYSIA SIHAT, $\geq$ 60%

# 3. PROCESS OF GATHERING INFORMATION

# WORK PROCESS



- **Briefing regarding KOTAK programme**
- Identify students smoking addiction level
- Increase students awareness
- Preparation for cessation with method
- to stop smoking
  Target: to set QUIT DATE

## WITH QUIT DATE

- Overcome urge to smoke WITHOUT QUIT DATE
- Encourage and give additional intervention sessions

#### **METHODOLOGY**

### **VERIFICATION STUDY**

**PHASE AUG 22** 

**PHASE** 

П

**AUG 22-**

JUN23

- Borang PPIM 03-2020 Laporan Prestasi PKPD Marang
- **Rekod Intervensi Program KOTAK**
- (Questionnaires KAP of operators & smokers)

Study of factors

- **Data collection**
- Data analysis & interpretation
- Implementation of remedial measures

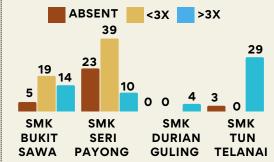
#### **PHASE RE-EVALUATION STUDY** Ш **MAY 23-AUG 23**

Questionnaires KAP of operators & smokers

Active smokers in Inclusion SMK Seri Payong criteria

Smoker who is not interested Exclusion Ex-smoker criteria Transferred smoker

# 4. ANALYSIS AND INTERPRETATION



**Active smokers in SMK Seri Payong** attending intervention sessions is THE LEAST.

# KAP OF DENTAL OFFICERS BEFORE STUDY

Knowledge on 5A's component	53.3%		46.7%
CPG are not relevant	53.3%		46.7%
Effort helping smoker not well rewarded	40%	6	60%
Repetition giving advice is beneficial	86.6%		13.3 <mark>%</mark>
5A's not fully utilized during intervention	33.3%	e	57.7%

## KAP OF ACTIVE SMOKERS BEFORE STUDY

Nicotine content	40.7%	59.3%
Effects of chemicals	37%	63%
Motivations to quit smoking	46.3%	53.7%
Efforts to quit smoking	11.7%	88.3%

# 5. STRATEGY OF CHANGE

## One to one intervention

Hari Kesihatan (Rokok: Setiap sedutan membawa padah)

> **Sudut Info** Rokok

Organize promotional material workshop

CDE, training &dental promotion team for tobacco cessation

**Certified smoking** cessation service provider programme (CSCSP)









# 6. EFFECTS OF CHANGE

Knowledge on

# KAP DENTAL OFFICERS AFTER STUDY

5A's component 93.4% CPG are not relevant Effort helping smoker 80% not well rewarded Repetition giving 100%

advice is beneficial 5A's not fully utilized 100% during intervention

## KAP ACTIVE SMOKERS AFTER STUDY

Nicotine content 100% Effects of chemicals 100% Motivations to quit 80% smoking Efforts to quit smoking 92.6%

> KAP OF DENTAL OFFICERS PRE POST 100% 93.5% 91.1% 57.8% 53.3% 39.9%

KNOWLEDGE ATTITUDE **PRACTICE** KAP OF ACTIVE SMOKERS PRE **POST** 97.18% 84% 62.98% 51.85% 42.6% 41% KNOWLEDGE ATTITUDE **PRACTICE** <u>ABNA BEFORE & AFTER QA STUDY</u>

100% 60% 13.8% PRE **POST STANDARD** 

## COST SAVINGS

**GOVERNMENT DENTAL** CLINIC RM40-2747

KLINIK **BERHENTI MEROKOK** RM30-1000++

ABNA =

-40

**ORAL CANCER TREATMENT** RM12000++

**OTHER CANCER TREATMENT** RM60,000++

# 7. NEXT STEP

Monitoring the smoking status of the active smokers in SMK Seri Payong after 6 months.

**Expanding** this program to other selected secondary schools.

Engaging officers and nurses to attend **CSCSP** programme

To establish dental promotion team for KOTAK in every clinic.