



INTRODUCTION

Nowadays, there is increasing trend of smoking and vaping among school students in Lipis district. Chronic smoking leads to health complications like lung cancer, oral cancer and eventually mortality. Treating tobacco-related illness is a great burden in terms of cost and resources. The government spent RM6 billion to treat three major smoking-related diseases in 2020.

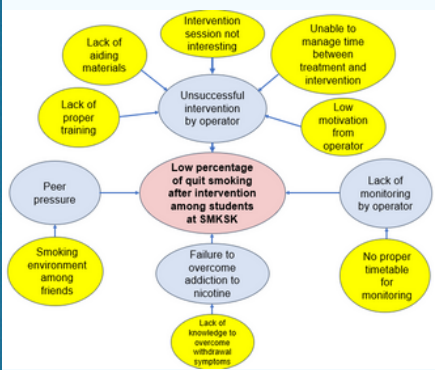
SELECTION OF OPPORTUNITIES FOR IMPROVEMENT

Problem	STD	2019	2020	2021
Low percentage of quit smoking among students after intervention at SMK (F) Sungai Koyan	35%	9.2%	N/A	0%

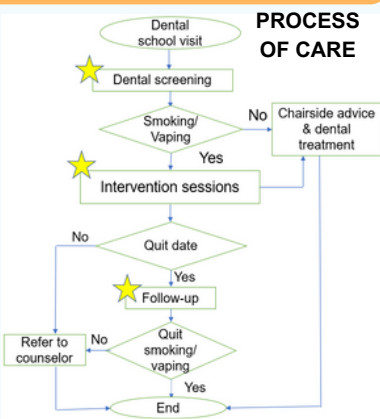
S	Smoking habit among students, if not intervened, will lead to nicotine addiction and they will become adult chronic smokers. In Malaysia, smoking kills around 20,000 people a year due to tobacco-related diseases. Prevalence of current tobacco smokers in Malaysia age 15 years old and above was 21.3%. Treating tobacco-related illness is a great burden in terms of cost and resource.
M	Data collected using Reten KOTAK cohort from Giret 2.0 and Program Pencegahan dan Intervensi Merokok (PPIM) form
A	Early intervention in accordance with National Agenda 'Generasi Bebas Asap Rokok' by 2045 and Tobacco-Free Nation by 2040
R	This study is remediable with suitable actions.
T	Study and remedial actions can be done within 1 year.

KEY MEASURES FOR IMPROVEMENT

CAUSE EFFECT ANALYSIS



PROCESS OF CARE



PROBLEM STATEMENT

- There is low percentage of quit smoking after intervention at SMKFSK since 2017.
- If the school children do not quit after intervention, the students will continue to smoke and will likely suffer from health hazards as the years of smoking start very early.
- Factors that may contribute to low percentage of quit smoking among students are unsuccessful intervention from operator, lack of monitoring, failure to overcome addiction to nicotine and peer pressure
- This study aims to increase percentage of stop smoking after intervention at SMKFSK

GENERAL OBJECTIVE

To increase the percentage of quit smoking among students at SMKFSK to 35%

SPECIFIC OBJECTIVES

- 1.To verify the percentage of quit smoking among students at SMKFSK
- 2.To identify the factors that lead to quit smoking among students at SMKFSK
- 3.To formulate remedial measures to overcome the identified factors.
- 4.To evaluate the effectiveness of remedial actions implemented.

INDICATOR

$$\frac{\text{Number of students who quit smoking after intervention at SMKFSK}}{\text{Total number of current smokers at SMKFSK}} \times 100\%$$

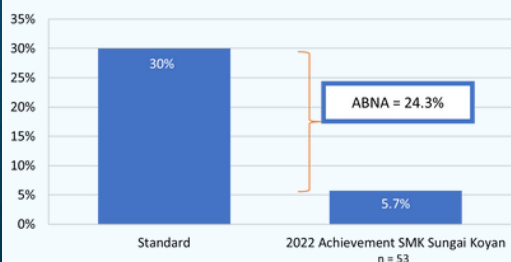
Standard: = 35% based on a research by Yu (2018)

PROCESS OF GATHERING INFORMATION

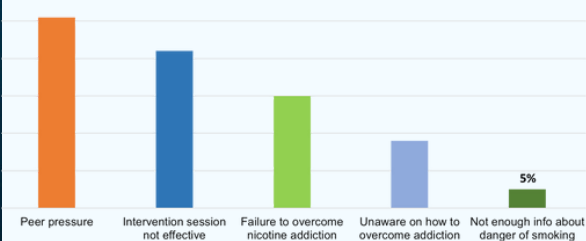
Study population	Active smokers in SMKFSK (47 students)	Klinik Pergigian Sungai Koyan (6 officers)
Study design	Interventional study with purposive sampling technique	
Inclusion criteria	All smokers and vapers among students	All dental officers in KPSK
Exclusion criteria	Students who fail to attend	No exclusion criteria
Study tools	<ul style="list-style-type: none"> Dental treatment cards Structured questionnaires 	Self-administered questionnaires

ANALYSIS AND INTERPRETATION

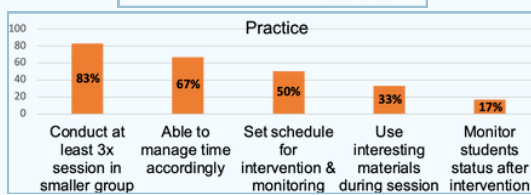
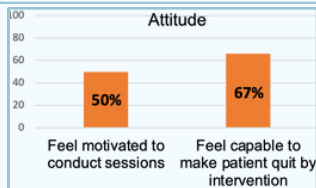
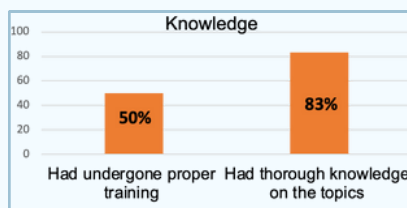
Percentage of Students SMK F Sungai Koyan Who Quit Smoking after Intervention



Factors leading to failure to quit smoking



Assessment on Operators' KAP



STRATEGIES FOR CHANGE

REMEDIAL ACTION CYCLE 1 (AUG - OCT 2023)

1. Implementation of Innovation Project "Modul KOTAK Kendiri"
2. Training Operators through Certified Smoking Cessation Service Provider Level 1 and Level 2
3. Demonstration of Innovation Project Anna The Smoker
4. Impactful materials
5. Reward for operators
6. Implementation of F.U.S (Follow Up System)

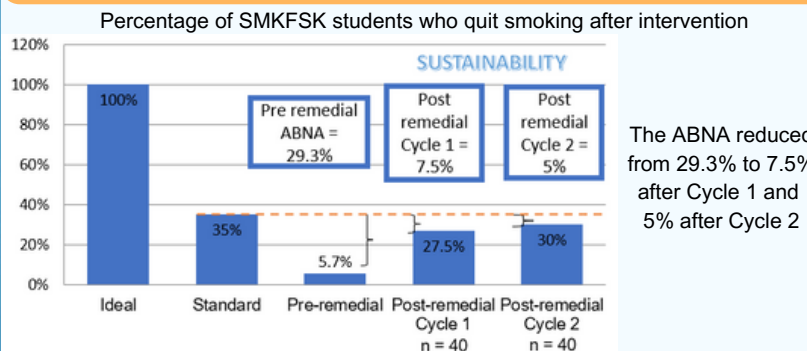
7. BTS (Brighten The Smiles) at SMK Felda Sungai Koyan

8. Emphasising on 12M Technique

REMEDIAL ACTION CYCLE 2 (NOV 2023 - JAN 2024)

1. "Ikon Gigi Pelajar" selection
2. "Kempen Hidup Sihat Cegah Rokok dan Vape"
3. "Karnival Kekal Sihat MYCHAMPION"
4. Sugar-free chewing gum
5. Discussion with school counselor

EFFECT OF CHANGE



THE NEXT STEP

- To strengthen collaboration with school and parents association.
- Improving innovation product to focus on e-cigarettes.
- Remedial actions replication for all schools under Kuala Lipis district, Pahang and all states in Malaysia.

CONCLUSION

- The percentage of students who stop smoking after intervention has increased from 5.7 % to 30%.
- Among factors that lead to low percentage of students who stop smoking after intervention are unsuccessful intervention from operator, failure to overcome addiction towards nicotine, lack of monitoring and peer pressure.
- Percentage of ABNA was reduced after all remedial actions implemented.

ACKNOWLEDGEMENT

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