**OFERTĂ CURSURI OPŢIONALE**

**AN UNIVERSITAR 2020-2021**

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| ***Items*** | ***Requests*** |
| **Course name** | **BASICS IN SMOKING CESSATION** |
| **Objectives** | General objectives: Managing correctly oral diseases caused by tobacco use exposure, by integrating patients into a complex approaching algorithm, that includes also smoking cessation. Improving knowledge in the field of tobacco use consequences, contributing to prevention and cure of tobacco exposure effects on oral health. To become aware of the effect of tobacco sue and consumption on inducing numerous oral disorders encountered in clinical dentist practice  Specific objectives: Best clinical practice for smokers with tobacco induced oral diseases, by routinely approaching tobacco use as an oral health risk factor. To routinely screen tobacco use in all patients addessed in their current practice in dentistry and in the same time to offer them brief advice to quit smoking or address them to specailized smoching cessation centers. |
| **Target group** | Students 3-rd year Dentistry – English series |
| **Participants** | Number of students: 30-40 |
| **Topics proposed** | 1. Chemicals in tobacco smoke. Basics of nicotine dependence.  2 hours  2. Tobacco use related general diseases. Tobacco use related oral diseases. 2 hours  3. The process of stopping smoking- general approach. The „5 A-s”  Brief advice to quit smoking. 2 hours  4. Smoking cessation non pharmacological treatments. Smoching cessation cognitive-behavioural counseling. 2 hours  5. Smoking cessation pharmacological treatment. 2 hours  6.Assisting smokers to quit in a dentistry practice: dentists’role. Smoking cessation in patients with oral and general, particularly respiratory co-morbidities. Smoking cessation in difficult situations (young people <18 ani, pregnancy Prevention of relapse to smoking. 2 hours  7. Approaching novel tobacco products (e-cigarette, IQOS, heat not burn, roll your own cigarettes, etc.) – dentist’s role. 2 hours |
| **Bibliography** | 1. Behrakis P.K., Bilir N., Clancy L., Dautzenberg B., Demin A.K, Papadakis S., Gilljam H., Trofor A., Vardavas C. 2018 Guidelines For Treating Tobacco Dependence. published by the European Network for Smoking and Tobacco Prevention (ENSP), EU European Publishing. Brussels, Belgium. 2018. ISBN: 978-618-82526-9-1 . www.ensp.org. nr. pag. 132. |
| **Professional and transversal competencies** | To gain basic notions about the effects of tobacco consumption on general health and in particular on risks for oral diseases. To be capable of providing brief advice to stop smoking in a dentistry practice and to address smokers willing to quit to a smoking cessation expert. |
| **Teaching methods and course materials** | Courses in power point format  Debates, free discussions  Practical demonstrations with specialized methods to assess biomarkers of tobacco exposure and clinical case presentations with smoking patients |
| **Course responsible** |  |
| **Associated lectors** | Senior Lecturer Dr. Radu CRIȘAN-DABIJA  Asist.Prof. PhD student Ioana Buculei |
| **Key words** | Tobacco, oral disease, smoking cessation |