



DENTAL COLLEGE & HOSPITAL

Recognized by Govt. of India MH & FW. No: V.12017/5/2019-DE 14.03.2019, Affiliated to Dr.NTR UHS, Vijayawada

7.3.1 Portray the performance of the Institution in one area distinctive to its priority and thrust within 500 words

TOBACCO CESSATION CENTER

KIMS Dental College is a global centre of excellence in learning, teaching, research, health care, and service to the community. The visionary entrepreneur Sri Kalidindi Chaitanya Raju Garu founded the dental institute in 2014 after founding KIMS Medical. Through the Mother Theresa Charitable Trust at Amalapuram, East Godavari District, the Chairman Sir provides his extensive medical and dental services. Our institution is accredited by the Dental Council of India and connected with the Dr. NTR University of Health Sciences in Vijayawada.

Health care professionals are crucial to abstinence from tobacco use and quitting. The dental health care providers can aid in early diagnosis with the aid of fundamental clinical abilities and academic understanding along with essential care, surgical support, and behavioural support, create referrals, and raise awareness.

Considering this, KIMS Dental College & Hospital has been aggressively promoting tobacco cessation through various initiatives like free oral health screenings at dental camps, counselling, and workshops. In addition to its usual indoor treatment facilities, the Department of Public Health Dentistry provides teaching, research, and community health services through a variety of outdoor activities, including dental camps, community-based comprehensive medical care, mobile and satellite clinics. To highlight the work of students and staff members who have been educating the general public about oral health, an oral health information centre has also been constructed in the department.



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Taking one step further in this KIMS Dental College & Hospital, Amalapuram through its Department of Public Health Dentistry had set up Tobacco Cessation Cell. The centre was formally inaugurated by Kalidindi Ravi Varma garu Managing Director, KIMS, on 26.03.2018.



Fig: tobacco cessation center

The centre has all the facilities for counseling of the patients. We designed a registration form to recognise people who have tobacco habit and score the patients based on dependency and counsel the patients and follow-up them to stop tobacco. In order to motivate the patients and to find out the compliance of the patients the centre has Carbon Monoxide Smokelyser an effective tool which measures the Carbon Monoxide level in the patient's breath. Regular Follow up is done on weekly and fortnightly basis of the patients to check for

their compliance and to provide them with moral support and help in quitting the habit of smoking and chewing tobacco.

KIMS DENTAL COLLEGE & HOSPITAL, AMALAPURAM
Tobacco Cessation Center - Registration Form

Date: _____ TCC Regd. No: _____
OPD No.: _____ Referred From: _____

Informed Consent

I have been informed about the various aspects of this in-depth interview and would cooperate with the therapist to the best of my knowledge. Any treatment initiated would be mutual and after understanding side effects and all other aspects. I am allowed to withdraw from treatment any time after consulting the therapist.

Signature of Therapist: _____ Signature of Participant: _____

పేషంట్ అనుమతి పత్రం

దీనిని ముందు వారీ తీర్మానం వారసు నుంచి పచ్చి వేళ్ళు దాక్షు గారు పూర్తిగా వివరించారు. క్రింది ప్రశ్నల ద్వారా, నా పూర్తి సహకారాన్ని అందించడానికి అంగీకరిస్తున్నాను. దాక్షు గారు సూచించిన విధంగా మందులు వారలాగే పూర్తి అంగీకారం తెలుపుతున్నాను. అందువలన మందులు చేరకపోవడం నుంచి కానీ, ఏ చిట్టచివరి అవసరమైనప్పుడు తప్పకుండా దానికి దాక్షు ముందు సిద్ధుడని కానీ, దాక్షులు కాదు.

వైద్యుడు సంతకం: _____ పేషంట్ సంతకం: _____

Oral Health Status & History of Dental Treatment

Chief dental complaint: _____

Intra-oral examination:

Oral Condition	Present/Absent	Description
Leukoplakia:	Yes No	
Sub-mucous fibrosis:	Yes No	
Erythroplakia:	Yes No	

Investigations:
Biopsy: _____
Blood Investigations: _____
Any other: _____

Provisional Diagnosis:
Carbon Monoxide Breath Analysis Test:
Done, CO level _____ ppm Not Done
CO levels: 0-6N, 7-10N, >10N

Intervention:
Cold turkey _____
Behavior counseling _____
Behavior counseling + NRT (type of NRT _____)
Behavior counseling + Medication _____
Behavior counseling + Medication + NRT (type of NRT _____)

Instructions on possible side effects & adverse drug reactions have been explained. Yes/No

Details of pharmacotherapy

Follow up details:

FU visit	Date	Use status	Cotinine Test (Done or not)	CO Breath Analysis (Yes or -Yes)	CO level (Done or not)	Treatment	Medication/ NRT
0-2 wks							
2-4 wks							
4-8 wks							
8 wks - 3 months							
3-6 months							
6-9 months							
9-12 months							

Treatment:
1. Behavioral counseling 2. Behavioral counseling + medication
3. Behavioral counseling + NRT 4. Behavioral counseling + NRT + Medication

Status:
1. No change (+30% change) 2. Reduced use (+50-80% change) 3. Stopped use 4. Lost to follow up 5. Relapse

Source of Information:
Follow up: _____ Phone call: _____ Email: _____ Mail: _____

Other remarks: _____

Name of Therapist: _____ Signature: _____

Date: _____

Fagerstrom Nicotine Dependence Scale - Smoking

- How soon after you wake up do you smoke your first cigarette?
 Within 5 minutes (3 points)
 5 to 30 minutes (2 points)
 31 to 60 minutes (1 point)
 After 60 minutes (0 points)
- Do you find it difficult not to smoke in places where you shouldn't, such as in church or school, in an office, at a library, on a bus, in court or in a hospital?
 Yes (1 point)
 No (0 points)
- Which cigarette do you most have to give up, which cigarette do you treasure the most?
 The first one in the morning (1 point)
 Any other (0 points)
- How many cigarettes do you smoke each day?
 10 or fewer (0 points)
 11 to 20 (1 point)
 21 to 30 (2 points)
 31 or more (3 points)
- Do you smoke more during the first few hours after waking up than during the rest of the day?
 Yes (1 point)
 No (0 points)
- Do you still smoke if you are so sick that you are in bed most of the day or if you have a cold or the flu and have trouble breathing?
 Yes (1 point)
 No (0 points)

Scoring: 7 to 10 points = highly dependent; 4 to 6 points = moderately dependent; less than 4 points = minimally dependent.

Fig: Registration Form

Ever since it began several patients have been screened in Tobacco cessation Centre and around 15% of the patients have quit the habit of smoking and chewing tobacco with the help of our centre.

Our aim is in a clear, strong, and personalized manner, every tobacco user should be urged to quit.



Fig: patient counselling

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