

ENSP actions to support WHO FCTC Article 14 implementation in Europe

*Marketplace for Best Practices in NCD
Prevention*

30 June & 1 July 2021



ENSP

The Network

“You have to know the past to understand the present.”

Carl Sagan



**24 years
Of Tobacco Control
history in Europe**



Back in time.....

THE NETWORK AND 20 YEARS OF HISTORY OF TOBACCO CONTROL

How ENSP started

'Based on over 20 years of experience, we know that collaboration, co-ordinated activity, alliance-building and capacity-building are vital components of any successful tobacco-control initiative, be it at purely NGO level, or between governmental and non-governmental organisations, to encourage NGO participation, stakeholder dialogue and input in areas of expertise'.

The idea to create a European Network for Smoking Prevention (ENSP) was generated within the Europe against Cancer ('EaC') Programme, to promote networking at European level and to create a true European added value for EU funded projects.

The 'EaC' programme was initiated by EU Heads of State and Government in 1985. A 'Committee of Cancer Experts' was convened, which proposed a preliminary Action Plan for the years 1987-89, including the establishment of an Advisory Committee involving Ministries of Health and NGOs representing national coordination committees. Regular meetings of the Committee of Cancer Experts and the Advisory Committee were organised by the 'EaC' team at the European Commission. National coordination committees met at national level generally under the guidance of the national representative of the Committee of Cancer Experts. Meetings with the anti-tobacco organisations were held every 6 months, funded through the EAC programme and organised by the EAC team. The European Code against

Cancer set the terms of reference for action and for project funding. The first action plan was evaluated positively and, according to the evaluators, it had successfully brought together health professionals and other interested parties in the fight against cancer in Europe.

This experience led to a second and more ambitious plan for 1990-94, based on three clear and separate strands: cancer prevention, early diagnosis and treatment, and quality assurance of treatment services.

Tobacco use was identified as the most significant cause of avoidable cancer, and addressing the tobacco 'problem' became the most significant priority for the prevention strand. This decision had consequences for the Commission Services and for the tobacco industry.

The Commission had no in-house expertise, able to document, quantify, compare and analyse the scale and consequences of tobacco use throughout the Member States; nor to recommend appropriate counter-measures. In 1988 the Commission invited proposals for the establishment of a tobacco information service to provide data collection and analysis in support of the programme. The contract was awarded to a Brussels-based group: The European Bureau for Action on Smoking Prevention (BASP). BASP produced quarterly newsletters on tobacco-control developments within the EU, at Member State level and internationally.



Who we are today:





ENSP

European Network
for Smoking and Tobacco Prevention

The Network

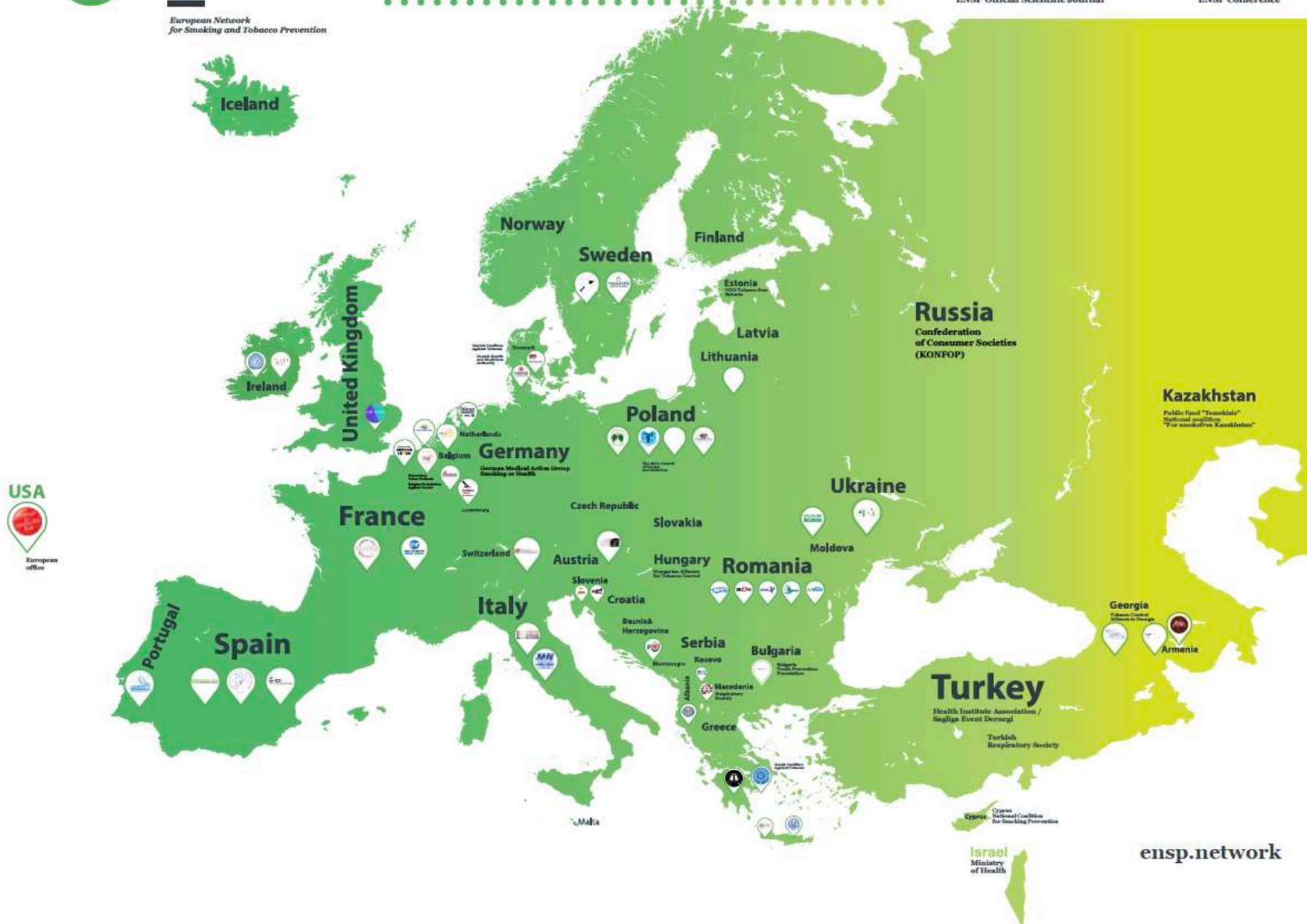


ENSP Official Scientific Journal



ECTC

European Conference
on Tobacco Control
ENSP Conference



ensp.network

ENSP Members

- 61 Full Members (including national coalitions)
- 9 Associated Members
- 23 Individual Members
- 34 Countries
 - 20 EU
 - 14 Non-EU

**Covering approximately
750.000.000 citizens**



ENSP Partners



ERS EUROPEAN
RESPIRATORY
SOCIETY
every breath counts



European Federation of Allergy and Airways
Diseases Patients' Associations



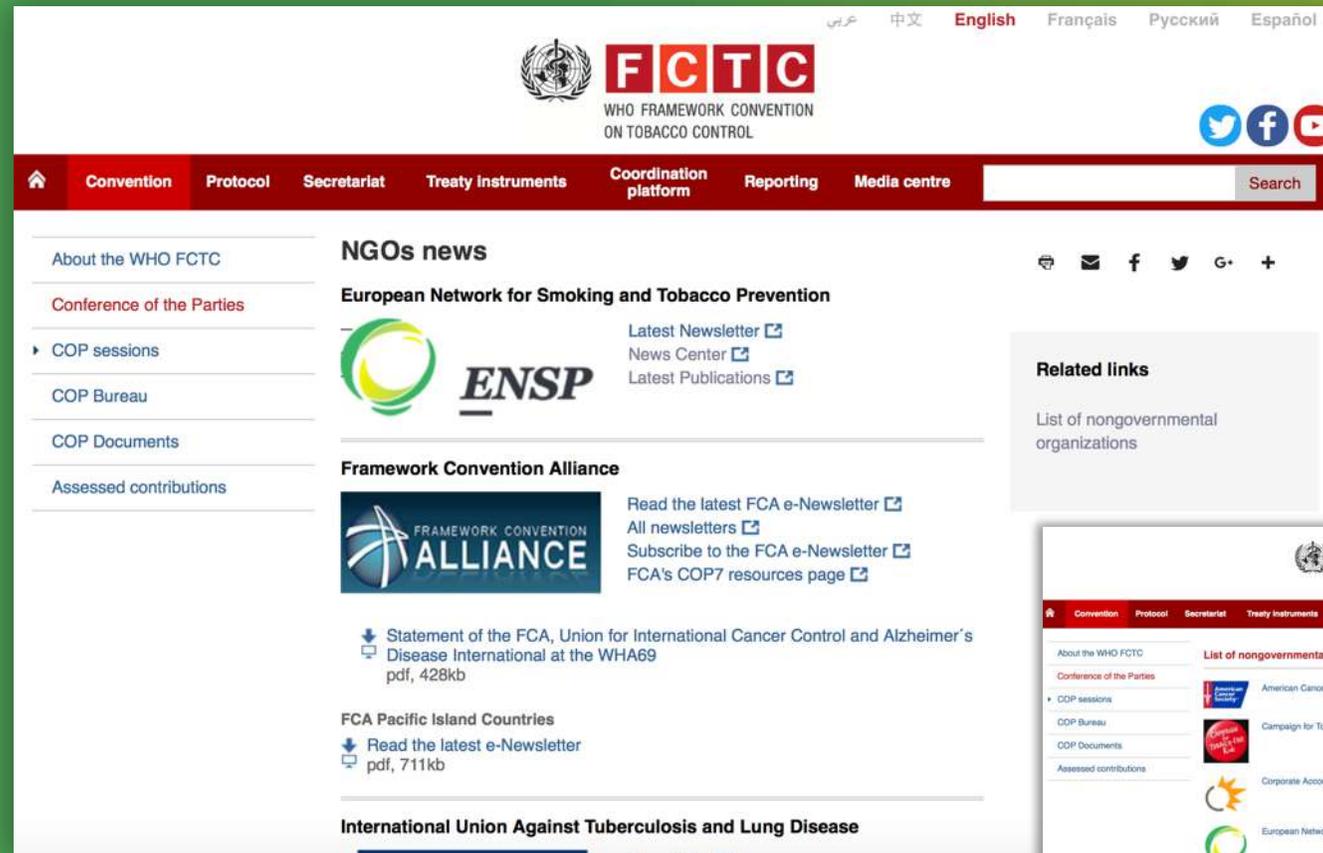
European Cancer
Patient Coalition

Global  Bridges™

Healthcare Alliance for Tobacco Dependence Treatment

unfairtobacco.org **EVERY
TOBACCO
IS UNFAIR
TOBACCO**

ENSP: WHO-FCTC Official Observer Status



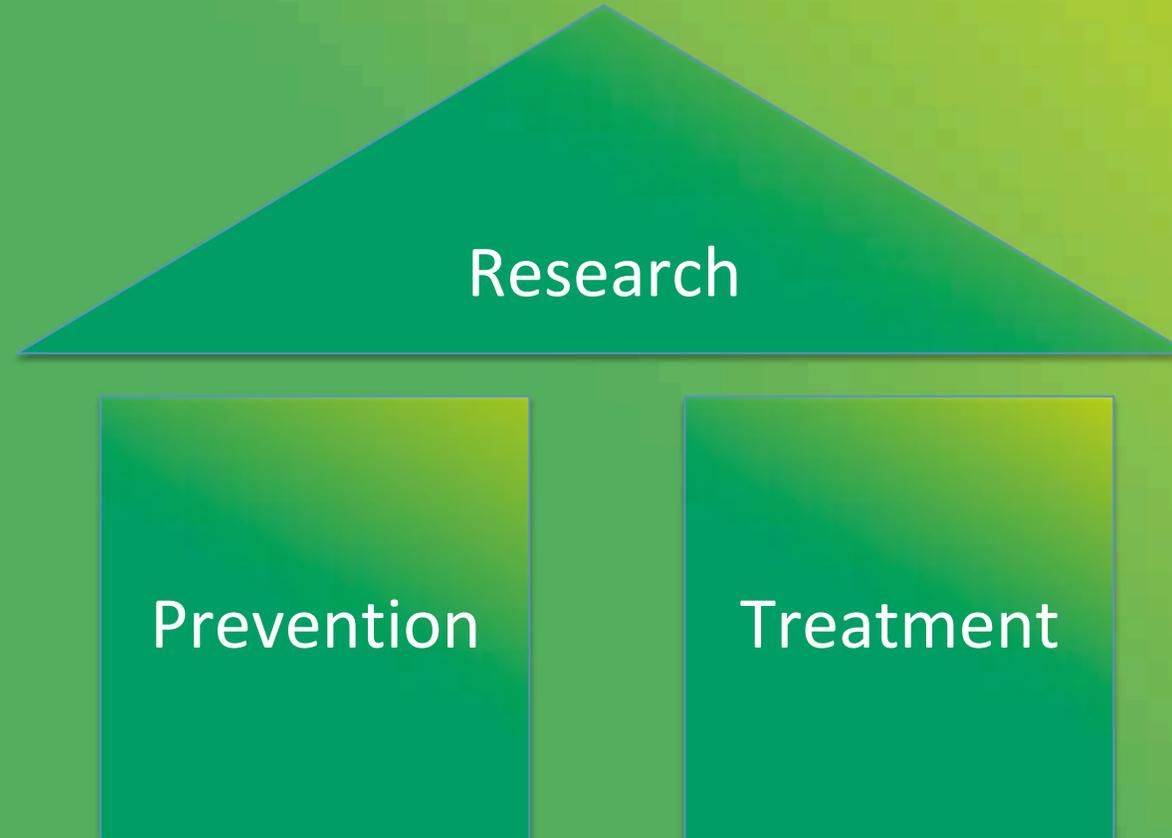
The screenshot shows the WHO-FCTC website home page. At the top, there are language options: عربي, 中文, English, Français, Русский, Español. The FCTC logo is prominently displayed, along with the text 'WHO FRAMEWORK CONVENTION ON TOBACCO CONTROL'. A navigation menu includes: Home, Convention, Protocol, Secretariat, Treaty Instruments, Coordination platform, Reporting, and Media centre. A search bar is located on the right. The main content area features a sidebar on the left with links: 'About the WHO FCTC', 'Conference of the Parties', 'COP sessions', 'COP Bureau', 'COP Documents', and 'Assessed contributions'. The main content is titled 'NGOs news' and includes a section for the 'European Network for Smoking and Tobacco Prevention' (ENSP) with links to 'Latest Newsletter', 'News Center', and 'Latest Publications'. Below this is the 'Framework Convention Alliance' section with links to 'Read the latest FCA e-Newsletter', 'All newsletters', 'Subscribe to the FCA e-Newsletter', and 'FCA's COP7 resources page'. A download icon is next to the text 'Statement of the FCA, Union for International Cancer Control and Alzheimer's Disease International at the WHA69 pdf, 428kb'. Another download icon is next to 'Read the latest e-Newsletter pdf, 711kb'. At the bottom, the 'International Union Against Tuberculosis and Lung Disease' is mentioned.



The screenshot shows the 'List of nongovernmental organizations' page on the WHO-FCTC website. The navigation menu is the same as in the previous screenshot. The main content area is titled 'List of nongovernmental organizations' and features a list of logos and names of NGOs, each with a link icon. The NGOs listed are: American Cancer Society, Campaign for Tobacco-Free Kids, Corporate Accountability International, European Network for Smoking and Tobacco Prevention, FDI World Dental Federation, and Framework Convention Alliance on Tobacco Control. A 'Related links' box on the right contains: 'NGOs news', 'NGOs reports - 2016', and 'List of international intergovernmental organizations'. Social media icons for Twitter, Facebook, and YouTube are visible at the top right of the page.

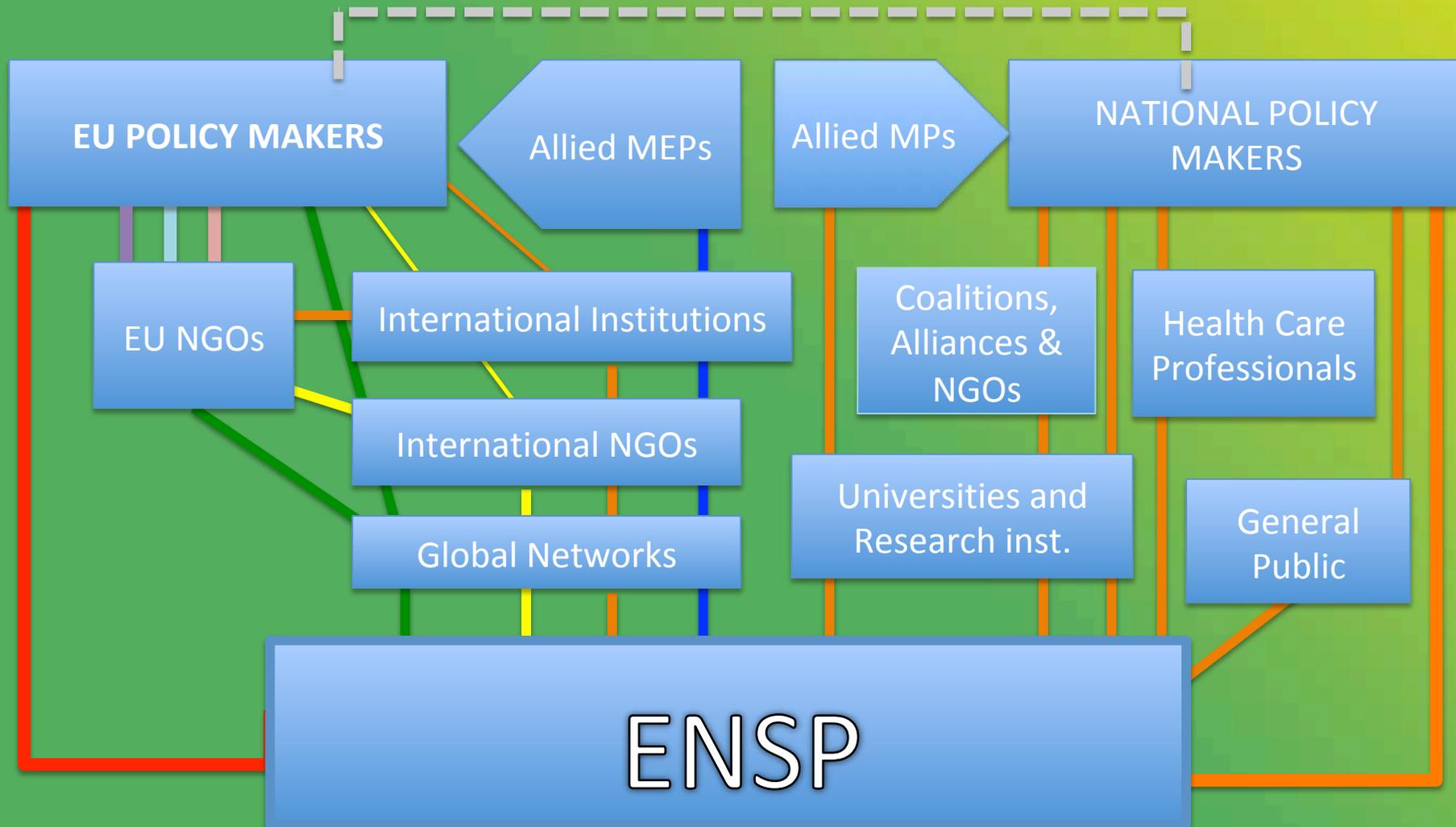


ENSP 3 streams of work



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How does ENSP does that?



What do we do?





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*European Network
for Smoking and Tobacco Prevention*

The Network



ECTC

*European Conference
on Tobacco Control*



next
ENSP

*Fighting Tobacco Use
in Europe*

**@ Learning
ENSP**

Empowering healthcare providers



Tobacco
Prevention
& Cessation

Tobacco Dependence Treatment



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WHO FCTC

The WHO Framework Convention on Tobacco Control (FCTC) - The “*Northern Star*” on Tobacco Control and Treatment of Tobacco Dependence

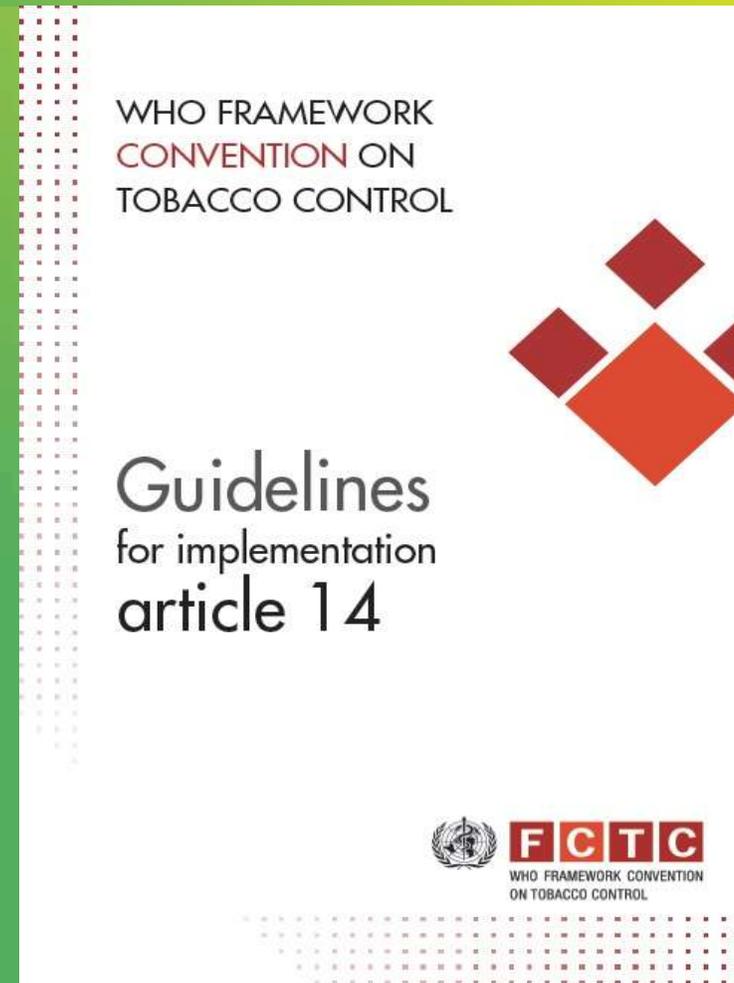
Key articles:

- Art. 6 Price and tax measures
- Art. 8 Protection from smoke in public places
- Art. 9/10 Regulation of contents and disclosures
- Art. 11 Packaging and labelling
- Art. 12 Education and public awareness
- Art. 13 Advertising and promotion
- **Art. 14 Dependence and cessation**



Article 14

Article 14 of the WHO Framework Convention on Tobacco Control (WHO FCTC) states that “each Party shall develop and disseminate **appropriate, comprehensive and integrated guidelines based on scientific evidence and best practices**, taking into account national circumstances and priorities, and shall take effective measures to promote cessation of tobacco use and adequate treatment for tobacco dependence”.



WHO MPOWER

In 2008, the WHO introduced a package of measures under the acronym of MPOWER with the aim of assisting all 193 member state (MS) to prioritize tobacco control measures while implementing the various provisions of the WHO FCTC with the ultimate aim of reducing global morbidity and mortality associated with tobacco use.



Monitor tobacco use & prevention policies

Protect people from tobacco smoke

Offer help to quit tobacco use

Warn about the dangers of tobacco

Enforce bans on tobacco advertising, promotion, & sponsorship

Raise taxes on tobacco

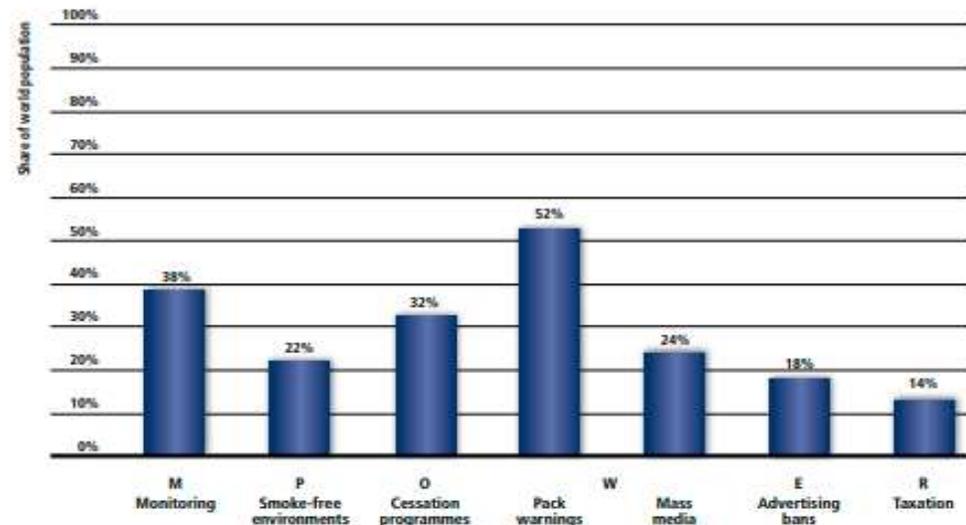


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The “O” of MPOWER

- ✓ The chances of quitting tobacco can more than double with the right support.
- ✓ Unfortunately, only 32% of world population (23 countries) have access to cessation services at best practice level.
- ✓ More needs to be done to encourage implementation of “Offer help to quit”.

SHARE OF THE WORLD POPULATION COVERED BY SELECTED TOBACCO CONTROL POLICIES, 2018



Note: The tobacco control policies depicted here correspond to the highest level of achievement at the national level; for the definitions of these highest categories refer to Technical Note 1.



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ENSP Objectives for Art. 14

- To update, adapt, translate and disseminate the ENSP European Guidelines for Treating Tobacco Dependence.
- To further develop and deliver a user friendly, accredited online training program in advanced tobacco treatment in **16 languages**.



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16 partner countries



- European Network for Smoking and Tobacco Prevention -
- AER PUR Romania- **Romania**
- American University of Armenia- **Armenia**
- Bulgarian Tobacco Control- **Bulgaria**
- Comité Nacional de Prevención del Tabaquismo - **Spain**
- Department of Healthcare, University of Vlora - **Albania**
- Foundation 'Smart Health – Health in 3D - **Poland**
- George D. Behrakis Research Lab - Hellenic Cancer Society - **Greece**
- Institute of Public Health of Serbia- **Serbia**
- Kosovo Advocacy and Development Center- **Kosovo**
- Kyiv Health Center- **Ukraine**
- Macedonian Respiratory Society - **FYROM**
- Russian Public Health Association- **Russia**
- Slovenian Coalition for Tobacco Control- **Slovenia**
- Società Italiana di Tabaccologia - **Italy**
- Tobacco Control Alliance of Georgia- **Georgia**
- University of Cantabria - **Spain**
- Wallonie Tabac Prevention- **Belgium**



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Tobacco Dependence Treatment Guidelines



- 4th edition, the most up-to-date evidence-based guidelines
- Translated and adapted in 15 languages (8 official EU languages)
- Adopted by Armenia as official national guidelines
- Submitted to the Ministry of Health in Romania and Georgia
- Adopted as official university curriculum in Albania (Vlora University)

<http://ensp.network/ensp-tdt-guidelines/>



PART ONE | Chapter 1

Assessment of tobacco use and tobacco dependence



PART ONE | Chapter 2

General recommendations for the treatment of tobacco use and tobacco dependence



PART ONE | Chapter 3

Brief advice on stopping tobacco use

"Engaging a smoker starts with one simple question, 'Do you currently use tobacco?'"



PART TWO | Chapter 5

Research and Scientific Recommendations for Evaluating Smoking Cessation

"Effective smoking cessation strategies should increase quit rates and create positive responses"



PART TWO | Chapter 4

Standard tobacco treatment interventions



PART THREE | Chapter 6

European Standards For Accreditation Of Tobacco Cessation Services and Training in Tobacco Cessation

"Training healthcare professionals is at the forefront of reducing tobacco use and dependence"



PART FOUR | Chapter 7

Smoking Cessation on high risk population groups



Tobacco Dependence Treatment – Tools & Materials



<http://elearning-ensp.eu/>

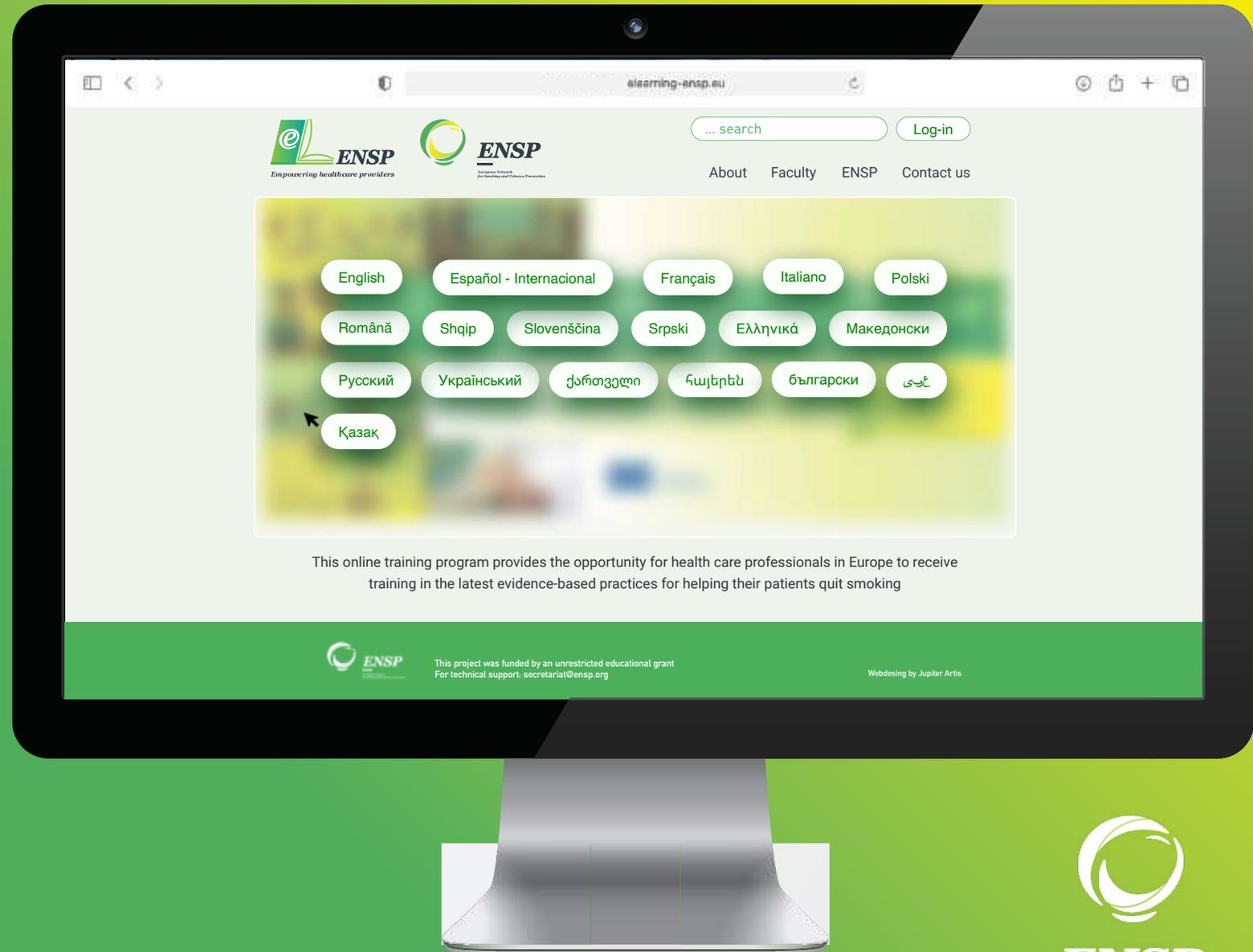
A screenshot of the ENSP website. At the top, there are two ENSP logos (one with an '@' symbol) and a search bar with the text '... search' and a 'Log-in' button. Below the search bar are navigation links: 'About', 'Faculty', 'ENSP', and 'Contact us'. The main heading is 'Tobacco Treatment - Tools & Materials'. Below this is a list of five numbered items, each with a green circular icon containing a white number: 1. Nicotine Addiction. Why do people smoke?; 2. Providing Effective Assistance with Quitting; 3. Behavioural counselling - Part. 1; Behavioural counselling - Part. 2; 4. Pharmacotherapy; 5. Harm reduction. Below the list is a horizontal line, followed by the text 'ENSP Tobacco control tools and factsheets' and 'ENSP contribution towards the implementation of the WHO-FCTC article 14 in Europe'. At the bottom of the list is a yellow button with the text 'Click on the above links to download the corresponding .pdf'. The footer contains the ENSP logo, a small text block stating 'This project was funded by an unrestricted educational grant. For technical support's email: info@ensp.org', and the text 'Webdesign by Juster Arts'.



Tobacco Dependence Treatment – ENSP E- learning platform



<http://elearning-ensp.eu/>



Tobacco Dependence Treatment – ENSP E- learning platform



<http://elearning-ensp.eu/>



Tobacco Dependence Treatment – ENSP E- learning platform



<http://elearning-ensp.eu/>

The screenshot displays the ENSP e-learning platform interface for the 'European Accreditation Curriculum on Tobacco Treatment'. At the top, there are navigation links for 'About', 'Faculty', 'ENSP', and 'Contact us'. The main heading is 'European Accreditation Curriculum on Tobacco Treatment'. Below this, there is a video player showing a man in a suit, with a 'Play' button. To the right of the video, there is introductory text about the course's purpose and accreditation. A 'Modules' section lists the course content: 'Nicotine Addiction - Why do people smoke?', 'Providing Effective Assistance with Quitting', 'Behavioural counselling', 'Pharmacotherapy', and 'Harm reduction'. The interface shows the first module, 'Nicotine Addiction. Why do people smoke?', with a 'Pretest Quiz' and a 'Course' section. The 'Pretest Quiz' includes a question: 'Nicotine Addiction - Why do people smoke?' with a 'Check' button. The 'Course' section includes a 'Quiz' and 'Answers' section for the same question. The second module, 'Providing Effective Assistance with Quitting', also shows a 'Pretest Quiz' and 'Course' section. The third module, 'Behavioural counselling', shows a 'Pretest Quiz' and 'Course' section. The fourth module, 'Pharmacotherapy', shows a 'Pretest Quiz' and 'Course' section. The fifth module, 'Harm reduction', shows a 'Pretest Quiz' and 'Course' section. At the bottom, there is a footer with the ENSP logo and the text 'The e-learning platform for the European Accreditation Curriculum on Tobacco Treatment'.



*Tobacco
Dependence
Treatment –
ENSP E-
learning
platform*



<http://elearning-ensp.eu/>

Accreditation of the eLearning content



The ENSP eLearning platform has also received accreditation by the European Accreditation Council for Continuing Medical Education (EACCME) to provide CME activity for medical specialists.



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ENSP E-learning platform results



Our study aimed to evaluate the effectiveness of an accredited eLearning curriculum to increase healthcare professionals' knowledge, change attitudes, normative beliefs, perceived behavioral control and intentions in delivering tobacco treatment interventions.



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ENSP E-learning platform results

Methods

- ✓ In the context of EPACKT-2 project, an accredited and freely available e-learning course on tobacco treatment delivery from healthcare professionals was developed in 16 European languages.
- ✓ From December 2018 to July 2019, 444 healthcare professionals took the courses and successfully completed all tests to receive certification.
- ✓ Participants completed relevant questionnaires at baseline, before and after each module and in the end.



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ENSP E-learning platform results

Summary of the main results

- ✓ Results indicated that the courses succeeded changing the participants knowledge in all 4 modules of the program ($p < 0.001$).
- ✓ The changes in the healthcare professionals attitudes and normative beliefs were tested with 6 and 5 statements respectively where statistically significant results were recorded.
- ✓ Intentions and self-efficacy were tested with 9 and 5 statements, respectively and these results indicated significant changes too.



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ENSP E-learning platform results

- ✓ At registration, 41.2% of the participants reported having asked their patients if they smoked.
- ✓ Advise to quit smoking was offered by 47.1% of the participants
- ✓ 29.5% reported offering assistance to their patients who smoked in order to quit.

Short Report Tobacco Prevention & Cessation

Current practices and perceived barriers to tobacco-treatment delivery among healthcare professionals from 15 European countries. The EPACTT Plus project

Charis Girvalaki^{1,2}, Enkeleint A. Mehilli^{2,3}, Sophia Papadakis^{1,2,4,5}, Katerina Nikitara¹, Andrey Demin⁶, Antigona Trofor^{7,8}, Arben Lila⁹, Arusyak Harutyunyan¹⁰, Aurela Saliaj⁷, Deska Dimitrievska¹¹, Francisco Rodriguez Lozano^{11,12}, George Bakhturidze¹³, Javier Ayesta¹⁴, Krzysztof Przewozniak^{15,16}, Maria Sofia Cattaruzza^{17,18}, Marija Zdraveska¹¹, Mihaela Lovše¹⁹, Biljana Kilibarda²⁰, Otto Stoyka²¹, Panagiotis Behrakis^{22,23}, Pierre Bize²⁴, Polina Starchenko¹, Shkumbin Spahija⁹, Cornel Radu-Loghin¹, Constantine I. Vardavas^{1,25}



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ENSP E-learning platform results

The results showed that an e-learning program can be a **valuable tool** for healthcare professionals by offering them knowledge on behavioral counseling techniques and pharmacotherapy and also by changing attitudes, normative beliefs, perceived behavioral control and intentions in delivering tobacco treatment interventions



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ENSP E-learning platform results

- ✓ From the total number of participants, 39.9% regarded the lack of patient compliance as a significant barrier.
- ✓ **Other key barriers were lack of:**
- ✓ interest from the patients (37.4%),
- ✓ healthcare professionals training (33.1%),
- ✓ community resources to refer patients (31.5%),
- ✓ adequate time during their everyday clinical life (29.7%).

Short Report

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Tobacco Dependence Treatment – Capacity building

To further support the Implementation of Article 14 of WHO FCTC, ENSP developed a hands-on training course for healthcare professionals who want to become champions of tobacco control by introducing smoking cessation into their daily clinical life.

So far ENSP along with national partner organizations has co-organized 7 hands-on trainings:

• 27 Feb 2017: Tobacco treatment specialists' training
Pristina, Kosovo.
Organizer: KACD – Kosovo Advocacy & Development Center, ENSP



• 23 Nov 2018: Tobacco treatment specialists' training, Moscow, Russia.
Organizers: Department of Healthcare of Moscow city Government; Moscow Scientific Practical Center of Narcology, ENSP



13 Dec 2018: Tobacco treatment specialists' training, Ljubljana, Slovenia.
Organizers: Ministry of Health of the Republic of Slovenia; Slovenian Coalition for Public Health, Environment and Tobacco Control – SCTC;



• 8 Jun 2019: Tobacco treatment specialists' training, Bucharest, Romania.
Organizers: Romanian Society of Pneumology (SRP); ENSP



- Conducted on-site trainings in Slovenia, Greece, Romania, France, Ukraine, Russia, Albania, Georgia, Kosovo and online
- More than 450 health professionals trained in 2018-2021

Tobacco Dependence Treatment – Scientific articles

The screenshot shows the website www.tobaccopreventioncessation.com with search results for the term "cessation". The page features the journal's logo, navigation menu, and a list of search results. On the right side, there are links for "Submit your paper", "Instructions to Authors", and "Home", along with a video player and a badge indicating the journal is indexed in PubMed and Scopus.

Search results for *cessation*
Results count: 362

CORRIGENDUM
Corrigendum: Effectiveness of mobile applications to quit smoking: Systematic review and meta-analysis
2021-04-22
April/2021 vol. 7

RESEARCH PAPER
Evaluation of tobacco screening and counseling in a large, midwestern pediatric emergency department
2021-05-25
May/2021 vol. 7

RESEARCH PAPER
Evaluation of spin in the abstracts of systematic reviews and meta-analyses of treatments and interventions for smoking cessation
2021-05-20
May/2021 vol. 7

RESEARCH PAPER
Cue restricted smoking increases quit rates with varenicline
2021-05-13
May/2021 vol. 7

RESEARCH PAPER
Program uptake of a parent-tailored telephone smoking cessation counselling: An examination of recruitment

Submit your paper
Instructions to Authors
Home

INDEXED IN
PubMed
Scopus®

Tobacco Prevention and Cessation Journal

<http://www.tobaccopreventioncessation.com>



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Tobacco Dependence Treatment – Key Achievements

Key achievements- Direct impact of EPACTT PLUS project

- 1 Armenia:** Armenian partners have officially presented the guidelines in local level and also received local accreditation of the eLearning course from the Ministry of Health (2 CME). Announcement on the official page extra regional accreditation from Armenia's Ministry of Health for the eLearning curriculum of ENSP.
- 2 Albania:** The Albanian guidelines are officially adapted as a lesson in the Public Health Master course of University of Vlora Albania (50 students each semester).
- 3 North Macedonia:**
 - Promotion of the printed form of the ENSP guidelines on a dedicated professional meeting of the Macedonian respiratory society (MRS)
 - Dissemination of the printed guidelines and the Electronic educational program to all of the members of the Macedonian Respiratory Society, the staff of the Clinic of Pulmology and Allergy and Centers for public health.
 - Presentation and distribution of the ENSP Guidelines and the Electronic educational program to the teaching personnel (professors and assistant prof.) of the Section for Internal medicine at the Medical faculty in Skopje.
 - Samples of the guidelines are distributed to the libraries of the Medical faculty in Skopje, the Ministry of health and the University " Sts. Cyril and Methods", for public use.

- Guidelines and eLearning from **Romania, Ukraine, Italy, Spain** were officially presented in local Conferences.
- **The Georgian version** of the eLearning and Guidelines were presented to the Georgian Minister of Health by ENSP delegation during our support visit in 2019.
- **The Slovenian version** of the Guidelines is shared with many Health Care Centers within the country under the patronage and support of the Ministry of Health and also presented at the National WNTD 2020 Symposium via Zoom application : https://www.youtube.com/watch?v=kzEzj1rRs_g
- **The Greek version** was disseminated through the General Practitioners network of the country and in Cyprus (approx. 200 members).
- During the 4th ENSP – SRP International Conference 2019 in Bucharest, **Romania, Guidelines** were printed and shared with the local participants while both Guidelines and eLearning platform were disseminated in a booth dedicated for this purpose.
- The Guidelines and eLearning platform were also disseminated in other important events and conferences such as WCTOH 2018, ECTOH 2020, ERS Conferences and previous ENSP Conferences.
- The EPACTT project is also disseminated through the Global Bridges blog (<https://globalbridges.org/>)
- All the introductory videos of the EPACTT participating countries and promotional videos of international experts on the topic are available in the project's Youtube channel (https://www.youtube.com/channel/UC3w2exm3u60P42Zg07R2lew?view_as=subscriber)



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European Network
for Smoking and Tobacco Prevention

ENSP
actions to support
the implementation
of **WHO FCTC**
Article 14

<http://ensp.network/ensp-art-14-brochure/>

What next?

- ✓ Update Guidelines and E-learning according to latest scientific evidence
- ✓ Translate materials in more languages (Portuguese, Spanish, Kazakh, Arabic)
- ✓ Include additional chapters and online modules for vulnerable populations, on harm reduction & novel tobacco products
- ✓ Organize training sessions tailored to country needs (planned in 2021: France, Kazakhstan, Georgia, Russia, Romania)
- ✓ Develop patients-dedicated sections (cancer, mental health)



Scale-up activities

- ✓ ENSP plans to roll-out advocacy activities in collaboration with country members to adopt ENSP Guidelines as official tobacco dependence treatment guidelines across EU countries.
- ✓ ENSP will expand training activities to EU countries not initially involved in the project and merge efforts with local programs on smoking cessation (e.g. End-gaming tobacco with Personalised and Integrated Care (EPIC), Midtjylland, Denmark)



ENSP

Thank you!

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