



Smoking control program and occupational therapy: experience report

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1 INTRODUCTION

Nicotine dependence is characterized by a strong desire to use the substance and difficulty to control the use, among other aspects, so smoking is considered a pandemic, besides being a causal factor for approximately four other potential diseases incapacitating or fatal (MINISTÉRIO DA SAÚDE, 2020). Due to the consequences of smoking on the health of individuals, in 1986 the Ministry of Health, in partnership with the National Cancer Institute José de Alencar Gomes da Silva- INCA, articulated the actions that make up the National Program for Tobacco Control -PNCT, to reduce the prevalence of tobacco users and morbidity and mortality resulting from the tobacco consumption and its derivatives (INCA, 2022). The PNCT is intended for people who have the desire to quit smoking, providing information and strategies necessary for participants to better direct their efforts, it consists of an active and pragmatic approach, where individuals are encouraged to apply in their daily lives what they learn in the sessions (INCA, 2019). Thus, a program cycle has four total sessions, with up to fifteen participants, believed to be more effective than longer groups, dealing with the themes: (1) entender why one smokes and how it affects health, (2) the first days without smoking, (3) how to overcome obstacles to stay without smoking and (4) the benefits after quitting smoking (INCA, 2019). After this period, fortnightly maintenance meetings took place. This work will address the experience as an intern of Occupational Therapy in a Basic Health Unit - UBS, of the Federal District that carried out pnc groups, aiming to present the functioning of the groups and the contributions of the Occupational Terapia for their development.

2 METHODOLOGY

This is an experience report elaborated from the experience in a supervised internship, linked to the Occupational Therapy course of the University of Brasília, in a Basic Health Unit of the Federal District and participation in the groups of the National Program for Tobacco Control. Thus, three complete cycles of the program were followed, from the capture and evaluation of participants to maintenance meetings after the end of the groups, in the period between January and May of the year 2022.



3 CONCLUSION

Concerning the participants, the group is open to the community, without restriction regarding the area of coverage served by the UBS, the capture was made through posters scattered throughout the Health Unit so that users could inform professionals who would like to quit smoking or who knew someone from their life that they would have this desire. After this moment, the interested parties go through an interview where their level of dependence and the biopsychosocial aspects and are invited to the group were evaluated. The meetings took place at a community site near UBS's home, each lasting an average of one and a half hours. Performed by the multidisciplinary team of the Family Health Support Center, with occupational therapy, physiotherapy, social work, and pharmacy professionals. It was observed in the three cycles followed that the public is very varied, in age and gender. The first group had seven participants, five women and two men, between 35 and 75 years, already in the second group there were six participants, four women and two men, between 18 and 75 years, in the third cycle had three participants, one woman and two men, entre 40 and 75 years. Occupational therapy played an essential role when talking about changes in habit, mood, and routine since several patients brought this as a difficulty in the process of quitting smoking, such as downtime, sleep changes, stress, anxiety, and nervousness. With this, the occupational therapy professional performed, at the end of the sessions, the application of auriculotherapy, an integrative practice recognized by the Unified Health System. Regarding the results, there was good support from the participants, most of them actively participated in the four sessions, while in the subsequent sessions of maintenance the support is a little lower. The number of patients who completely quit smoking was lower than those who continue, out of the total of sixteen patients, only three stopped completely, but there was a significant decrease in the number of cigarettes consumed per day. Still, patients reported liking the group and that they could not reach this point without going to meetings. In addition, the performance of group visits caused patients to form bonds with each other, building a significant support network over the weeks. Patients reported that the performance of auriculotherapy helped with sleep and anxiety, thus becoming extremely important at the end of the sessions. To Occupational Therapy, in addition to participation in integrative practices in health, is a profession that contributes greatly to changing habits, increasing self-esteem and assertiveness, improvement of quality of life, and resignification of life.



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