



Smoking cessation and anti-smoking promotion

Action-based guidance process 5

Purpose and goal

The purpose of the project is to offer customers guidance about smoking cessation as part of lifestyle change and encourage thinking through gamification.

The goal is to increase awareness and lifestyle management skills with regard to smoking. The prerequisites for the sessions are: a smoking cessation guidance plan, action-based sessions according to an agreed schedule, descriptions of the health impacts of smoking, assessment of smokers' dependence, and smoking cessation motivation.

Target group, group size, time use

The target group is young people ages 16–18. Approx. 20 people per group, two sessions lasting two hours each and one session lasting one hour.

Preparation, supplies, facilities and equipment

Information about the group: quantity of participants, what ages, vocations, etc. Session planning, task allocation and implementation. Scheduling, booking facilities and arranging the materials.

Process description / Method description / Task and work instructions

SESSION 1

Introduction (approx. 10 min)

We explain who we are, the purpose of the sessions and the contents of the first session. We create an open and relaxed mood by explaining the following:

- If any personal information is disclosed during the sessions, please keep this information to yourself and do not share it outside the group.
- You don't have to tell us anything you don't want to. If you do want to talk, we are happy to listen and will not judge anyone or anything. The purpose of these sessions is to generate open discussion, and everyone's opinions and thoughts are important.



"My relationship to smoking"

The group was split into teams of five. Each team was then given four questions, which were first discussed within the teams and then with the whole class. This way everyone's opinions and experiences with smoking could be heard. This component is based on the "My relationship to smoking" exercise published on the Tupakatta blog.

The four questions were the following:

1. When do you first remember seeing/hearing about smoking?
2. When/where were you offered cigarettes for the first time?
3. At which point in your life did you smoke?
4. In what situations do you deal with the subject matter (smoking) today?

PEF measurement, oxygen saturation and analysis of results (20 min)

"PEF refers to the measurement of peak expiratory flow. It measures the patient's ability to exhale after deep inhalation.

The PEF meter requires a specific technique which the patient learns at the treatment facility. The patient should exhale three times, and the average value is taken as the measurement. The reference values depend on age, gender and size (height). For example, a healthy, 30-year-old male measuring 170cm can exhale on average 600 l/min (litres per minute), and a 50-year-old female measuring 160 cm can exhale on average 450 l/min. If the PEF value is 80 l/min or more below the average reference value, obstruction of the bronchi is likely. A healthy person's PEF values can vary 5–8 % within a 24-hour period. For example, if the average PEF value is 450 l/min, the variable range in a healthy person is 415–485." (Mustajoki & Kaukua 2008.)

The idea is give a concrete demonstration of the effects of smoking on lung health. If possible, we will also take blood pressure and oxygen saturation measurements.

- An easy to use website for calculating PEF reference values, originally designed for physicians: <http://www.gfr.fi/pef.html> Also suitable for calculating reference values for children.
- The website of the Asthma Federation contains a PEF value chart: <http://www.allergia.fi/astma/pef-taulukko-ja-pef-viitearvot/>
- The Tohtori website contains a PEF monitoring form: <http://www.tohtori.fi/files/PEF.pdf>

Oxygen saturation shows how much oxygen is available to cells. The value indicates the adequacy of oxygen levels. The reference value is 97–100%. (Vänttilä 2013, 9.)

Team usernames for the next session (15 min)

The participants are divided into four teams and each team chooses a name for the next session.

Supplies:

- Pef measurement equipment (devices + accessories)



- Oxygen saturation meter
- Reference value charts

SESSION 2

Information about electronic cigarettes (15 min)

A brief PowerPoint presentation about electronic cigarettes followed by discussion.

The game idea and preparation (10 min)

We briefly describe the Milla character of the Seppo online game and let the players start the game in their own time. Supervised - give scores and assist if necessary.

Game playing (60 min)

A game related to smoking cessation and awareness is created on the Seppo.io online platform. The students are split into five teams and each team plays the game to help the Milla character quit smoking. Link: <http://seppo.io/>

Supplies:

- iPads
- Straws

SESSION 3

Kahoot quiz (30 min)

The questions are based on information provided on the Röökkikroppa website. They are multiple choice questions. The game is played individually, and players can use their own phones. The questions are:

- To what does smoking make you more susceptible?
- According to studies, what percentage of people have left their partner due to smoking?
- Are smokers more stressed than non-smokers?
- How does smoking affect your hair?
- Why does a smoker's skin look unhealthy?
- What percentage of lung cancer cases is caused by smoking?
- How does smoking affect the lungs?
- What are the effects of smoking on the female body?
- What does smoking increase?
- On average, do 16-24-year-old smokers weigh more than their non-smoking peers?
- What are the effects of smoking on the male body?



- What does tobacco contain?
- How does smoking affect a foetus?
- Are smokers at a greater risk of stomach ulcers?
- How does smoking affect erectile function?

Fressis videos and discussion about dependences (15-20 min)

The idea is to provoke thoughts and views about smoking cessation, provide information about withdrawal symptoms and tips on how to anticipate and alleviate them.

The questions are:

- What are the withdrawal symptoms after quitting?
- What should you do when you get symptoms?

The first video shown from fressis.fi (Fressis) is Dana – "Pelot haittavaikutuksista sai oman lopettamisen alkuun". The second video is Joel – "Vieroitusoireita kesti viikon, kaks. Sit ne meni ohi." Ask the preformulated questions and find the answers on the website.

Smoking dependence test and nicotine replacement therapies (20 min)

It is important for the students to familiarise themselves with the test.

- The Päihdekliniikka website contains a link to the test:
<http://www.paihdelinkki.fi/fi/testit-ja-laskurit/tupakka/tupakkariippuvuustesti>
- The Fressis website contains another test:
<http://www.fressis.fi/tupakka/riippuvuustesti>
- And there is also one at Nuortenlinkki:
<http://www.nuortenlinkki.fi/testialue/testit/tupakka>

There is plenty of information about nicotine replacement therapies on the Current Care Guidelines website (Tupakkariippuvuus ja tupakasta vieroitus 2012).

Relaxation (10 min)

During withdrawal symptoms, it is important to look after yourself by eating regularly and getting enough sleep and relaxation (Stumppi 2016; Tupakoinnista vieroittamisen ryhmäohjauksen käytännön toteutus 2011). The relaxation videos were found on YouTube, and they are most effective in a calm, well-ventilated, comfortable and slightly dimmed room.

The exercises can be done lying down or sitting down. The YouTube video "Mindfulness 3 minuuttia" (available: <https://www.youtube.com/watch?v=QyP1KeUU1R4>) encourages listeners to explore their thoughts, relax and accept themselves as they are. Leena Aijasaho made the video, which lasts 4 minutes.

This could be followed by "Mielikuvitusarjoitus stressin ja jännityksen poistamiseksi" (available: https://www.youtube.com/watch?v=6h_BARSvBGw). The duration is roughly five and a half minutes.



The YouTube video "Mindfulness – tietoisuustaidot 1 (osa ½): Tietoinen hengitys" (available: <https://www.youtube.com/watch?v=XGka2dzHLOI>) is the first part of the Tietoinen hengitys exercise of the Mindfulness audio recording made by student psychologist Jyrki Talvitie from Metropolia.

Feedback (10 min)

Feedback form questions:

1. What did you find interesting in the session?
2. What is your overall impression of the sessions?
3. Positives and negatives?

Supplies:

- Feedback forms
- Prizes for Seppo winners
- Coffee, cold refreshments and pastries

Debriefing instructions (feedback/assessment):

(assessment and feedback on the Seppo game)

The results of the Kahoot quiz were shown in real time during playing. Each player used a nickname, and the updated scores were shown after each multiple choice question. The final scores and ranking were shown at the end of the game. The correct answers had been programmed into the game.



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