

WHAT IS THE TOB-G PROJECT ABOUT



The TOB-G project aims to develop and implement an innovative and cost effective approach to the prevention of chronic diseases related to tobacco dependence. The specialized guidelines for high risks groups will be developed according to ENSP's evidence based and good practices in tobacco cessation.

The high risk groups that the project focuses on are:

- ♦ **Chronic Obstructive pulmonary disease patients**
- ♦ **Cardiovascular Disease patients**
- ♦ **Adults suffering from Type 2 diabetes**
- ♦ **Adolescents**
- ♦ **Pregnant Women**

UNDERSTAND

In order to develop a set of scientific and specialized Tobacco Cessation Guidelines a situation analysis and needs assessment will be conducted. Research by health professionals scientific groups and extensive literature review will provide solid knowledge and scientific data that will be used for the development of the guidelines.

SMOKING CESSATION

The main project outcome is a set of smoking cessation guidelines. The guidelines developed will contain strategies and recommendations designed to assist health professionals in delivering and supporting effective treatment of tobacco dependence. Recommendations will be made as a result of scientific reviews and evidence of good practices from scientific groups that will consist of health professionals of different expertise in Europe.

Partnership network of health professionals



DEVELOP

The results of the situation analysis and needs assessment will be used for the development of a Draft Version of the smoking cessation guidelines. The draft guidelines will be tested and assessed in order to be modified and updated if necessary in order to result in the finalized version of the Tobacco Cessation Guidelines for each one of the target groups.

The smoking cessation guidelines will be developed based on the specific needs of high risk groups which are the target group of the project



ASSESS

A pilot implementation and assessment of the draft version of the developed guidelines will take place. The purpose of the pilot implementation is to assess their impact and provide feedback for improvements. Direct intervention with the patients will take place by health professionals and patient's follow up (questionnaires and urine- nicotine tests).

E-LEARNING COURSE

An e-course addressed to health professionals will be developed based on the finalized Tobacco Cessation Guidelines. The e-course will be hosted on an e-learning platform designed for the needs of the TOB-G project. The e-course and the platform will be available after the end of the project



TRAINING ON TOBACCO CESSATION GUIDELINES FOR MORE THAN 100 HEALTH PROFESSIONALS

E-learning training sessions will be offered to a minimum of 100 health professionals at the end of the project on how to successfully implement the Tobacco Cessation Guidelines to their patients.



For more information, you can contact the project partners or visit the project website: **tob-g.eu**



Co-funded by
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PARTNERSHIP

ENSP

European Network for Smoking and Tobacco Prevention

ENSP is a European Network with significant experience on matters relevant to tobacco prevention and smoking cessation. ENSP members are organizations representing most of the EU Member States, as well as other European countries. ENSP, which has published general Smoking Cessation Guidelines, serves also as a platform of best practices for policy analysis, advocacy, research and capacity building.



KEELPNO

The Hellenic Center for Disease Control and Prevention

The Hellenic Center for Disease Control and Prevention (KEELPNO) is a leading National Public Health Organization in Greece engaging, also on prevention, increasing awareness of community; on health promotion; and emphasizing upon issues related to tobacco cessation.

KEELPNO's highly qualified, multi-disciplinary personnel has a strong experience in managing and coordinating projects of the Public Health Sector while it is staffed by experts on financial, project and risk management.



TFRI

The Tobacco Free Research Institute Ireland

TFRI is an Irish organization, aiming at providing an evidence base for creating a tobacco free society. TFRI has experience in research and monitoring of tobacco related issues throughout Europe and has published several scientific papers on smoking cessation services, while it has also delivered Smoking Cessation Services in Dublin.



CMT Prooptiki Ltd

CMT is a consulting firm with significant experience in the Health Care Sector offering among other evaluation services on interventions, projects and programmes mainly in issues to health promotion and social policy.



S.C.ANLET MED S.R.L

S.C.ANLET MED S.R.L. is an organization that specializes on clinical research in respiratory diseases and offers consultancy and training services, as well as support in the field of tobacco use and addiction.

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Tobacco Cessation Guidelines for High Risk Groups



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