
QUALITATIVE EVALUATION OF THE NATIONAL PROGRAM OF TOBACCO CONTROL AT FEDERAL UNIVERSITY OF MINAS GERAIS (UFMG) CLINICAL HOSPITAL AND ITS PATIENTS' SATISFACTION.

L.T. Souza Corgosinho¹, F.D. Garcia², P.M.S. Roggi³, D.S. Melo¹, L.N. Dangla¹, K.S. Pereira¹, L.L. Oliveira¹

¹Faculty of Medicine, Federal University of Minas Gerais, Belo Horizonte, Brazil ; ²Department of Mental Health - Addictology and Chemical Dependency Ambulatory, Federal University of Minas Gerais, Belo Horizonte, Brazil ; ³Graduate Program in Molecular Medicine UFMG., Federal University of Minas Gerais, Belo Horizonte, Brazil

Introduction: The National Program of Tobacco Control was recently implemented in the Addictology and Chemical Dependency Ambulatory of UFMG Clinical Hospital. The program is performed with group sessions and it has cognitive behavioral therapy and pharmacological treatment as theoretical basis. The protocol followed was proposed by National Cancer Institute (INCA) and it is set as 4 weekly group sessions, with 10 to 15 people, lasting 90 minutes. All sessions hold 4 steps know as: individual attention, strategies and information, revision and discussion, and at last, home assignments orientations are given. In addition to informative material, some topics are taught, such as techniques to avoid relapses, skill training, stress management, and psychoeducation.

Objectives: Evaluate qualitatively the efficiency of this program on stopping patient's smoking habits according to criteria's suchs as associated factors with treatment outcome and the grade of patients' satisfaction.

Methods: Transversal and qualitative study, using focal interviews conducted by telephone and a default questionnaire for evaluation of users. Then, patients who completed the program were compared to those who have discontinued.

Results: A low adherence rate to the program was observed in comparison to other anti-smoking groups. In spite of this, the project was very highly rated by patients and well recommended by them. The participants evaluated themselves with low scores of willpower.

Conclusions: However the original approach strategies must be further elaborated on, new strategies need to be considered, and individual stimuli must also be incorporated in order to make this program even more successful.