

# 6.7

## Indian Experience with Tobacco Cessation

Tobacco cessation services are among the areas that have to be addressed as per the Framework Convention on Tobacco Control (FCTC). With the establishment of the National Tobacco Control Cell as part of the Government of India and World Health Organization (WHO) initiative on tobacco control in India, it was felt that tobacco cessation services have to be developed to help tobacco users in India give up their habit. The Ministry of Health and Family Welfare, Government of India, in recognition of this need, has started such clinics on a pilot basis in 13 centres.

In 2002, the WHO supported the setting up of 12 tobacco cessation clinics (TCCs) in diverse settings (cancer treatment centres, psychiatric centres, medical colleges and non-governmental organizations [NGOs]) to help people stop tobacco use.

### Methodology

Initially, 12 centres across India were selected in various settings such as regional cancer centres, psychiatry centres, medical colleges and NGOs. After initial training in Thailand, the individuals involved were further trained at the Institute of Human Behaviour and Allied Sciences, New Delhi. All centres were provided with support for additional human resources in the form of a clinical psychologist and medical social worker. Infrastructure augmentation in the form of computer and audiovisual equipment were supplied. Cotinine test kits and bupropion tablets were also provided. An algorithm was developed for cessation services at the various centres. The algorithm consisted

of initial assessment, three steps of intervention and evaluation at regular intervals, preferably with urinary cotinine estimation as an objective measure of cessation.

Extensive community interaction programmes were organized by all the centres. The clinics were physically placed within major hospitals except at the Goa centre. This helped to attract subjects who presented themselves to the hospitals as patients or as attendants. Patients who presented with various co-morbidities were referred to these clinics for tobacco cessation. Periodic monitoring of the centres was carried out and mid-course corrections were introduced as required. The thirteenth centre was added in a specialty centre for chest diseases.

Behavioural change counselling was the most common intervention. Given the varied setting, pharmacotherapy with bupropion was not uniformly utilized. Some of the centres with strong support of the clinical psychiatry department did introduce pharmacotherapy. Cotinine tests were tried initially, but did not add to self-reported cessation.

Self-help tips and behavioural change counselling modules were developed and over a period of one year, the centres were stabilized with regard to the cessation services. Some centres had large numbers of tobacco chewers and similar interventions as for tobacco smoking were used in this group.

The intake and follow-up proforma has been standardized and will be made available on the internet shortly with data entry and analytical facilities. A resource manual for tobacco cessation services is also being developed. The centres have developed modules for tobacco cessation in Indian languages, as per local needs.

### Outcome

The tobacco cessation clinics were established in 2002 and, over the past two years, they have aggregated a large number of subjects, which

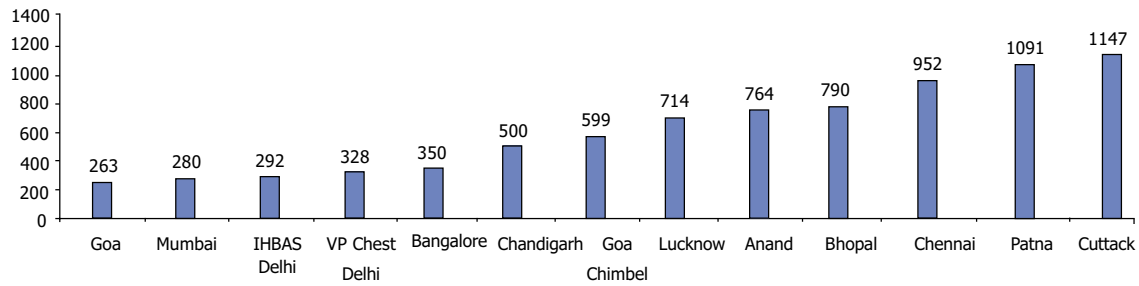


Fig. 6.20 Number of subjects seen at various centres

has provided strength to this initiative. As on 30 September 2003, 8070 subjects were seen in these clinics with a total of 9551 follow-up visits. There were 7494 men and 576 women. The distribution of the subjects seen at the various centres are given in Fig. 6.20.

As per the original algorithm, a step-wise approach was suggested, but given the variation at the centres, an analysis based on the level of intervention was not carried out. The interventions were grouped into counselling alone, and counselling and pharmacotherapy. The outcome of the intervention was ascertained at 6 weeks and was classified as complete abstinence or reduced to more than 50% of the initial use. The prevalence of tobacco use by type is given in Fig. 6.21. The outcomes at 6 weeks are shown in Figs 6.22–6.24.

## Discussion

Tobacco cessation services have been found to be feasible in Indian settings (Table 6.6). The quit rates achieved with behavioural change

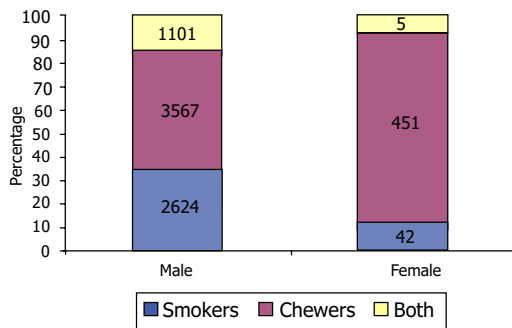


Fig. 6.21 Prevalence of tobacco habits among attendees

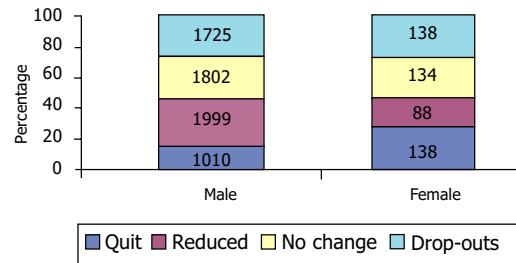


Fig. 6.22 Outcome at 6 weeks by gender

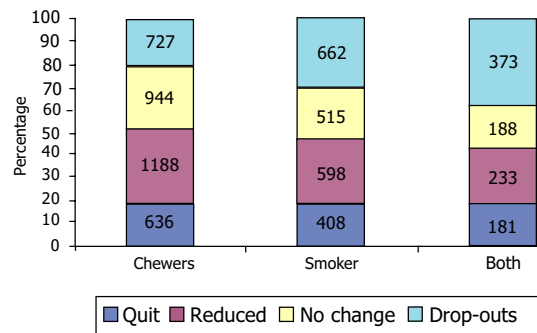


Fig. 6.23 Outcome at 6 weeks by type of tobacco use

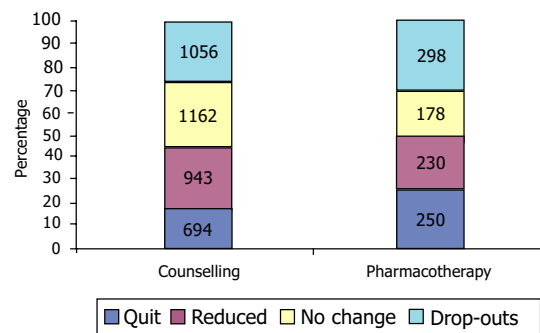


Fig. 6.24 Outcome at 6 weeks by type of intervention

counselling, which is the least expensive and most feasible option, are satisfactory and provide scope for further improvement.

The overall quit rate at 6 weeks was around

16%. The addition of pharmacotherapy improved the quit rates. Counselling is cost-effective and can be the preferred option for expanding the services. Pharmacotherapy may be limited to services which have good clinical support.

**Table 6.6** List of 13 tobacco cessation clinics in India

S. No.	Contact person(s)	Name of the centre	Contact details
1.	Dr Surendra Shastri Professor and Head	Tata Memorial Hospital Department of Preventive Oncology Dr Ernest Borges Road, Parel, Mumbai 400012	Tel 022-24154379 email: shastri@vsnl.com
2.	Dr Savita Malhotra Professor and Head Department of Psychiatry Dr Anil Malhotra De-addiction Centre	Postgraduate Institute of Medical Education and Research Chandigarh 160012	Tel 0172-2744503 email: savita@ch1.dot.net.in
3.	Dr Nimesh G. Desai Professor and Head of the Department of Psychiatry Dr S. N. Sengupta Additional Professor Dr R. A. Singh Associate Professor Dr Uday K. Sinha Associate Professor Dr Deepak Srivastva Assistant Professor Dr Rupali Shivalkar Senior Resident	Institute of Human Behaviour and Allied Sciences G.T. Road, Dilshad Garden, Post Box No. 9250, Delhi 95	Tel 011-22113395 email: tccihbasrc@hotmail.com
4.	Dr Girish Mishra Professor and Head of the ENT and Head and Neck Surgery	Pramukhswami Medical College and Shree Krishna Hospital Karamsad 388325, Gujarat <i>Satellite centres</i> • Mayank Jayant Foundation, Anand • Urban Health Centre Petlad • Rural Health Centre, Ardi	Tel 02692-223010 Contact nos. 02692-223254, 223256 email: dakshagiri@yahoo.com
5.	Dr U. R. Parija Head of the Department of Head and Neck Oncology Division	Acharya Harihar Regional Cancer Centre Medical Road, Manglabad, Cuttack 753007 <i>Satellite centres</i> • Tobacco Cessation Clinic, Sub-centre, Bentkar PHC, Cuttack • Tobacco Cessation Clinic, Sub-centre, Kishore Nagar PHC Cuttack	Tel 0671-2302535 email: urparija@csmti.com
6.	Dr Mahabir Das Principal Investigator	Indira Gandhi Institute of Cardiology	Tel 0612-2532848 email: mdasnotebihar@sify.com
7.	Dr Rama Kant Department of Surgery	Chatrapati Shahuji Maharaj Medical University Lucknow 226016	Tel 0522-358230 email: ramakant@globallink.org
8.	Dr B. Sanyal Radiation Oncologist Dr K. S. Saluja Medical Officer	Jawaharlal Nehru Cancer Hospital and Research Centre P.O. Box No. 32, Idgah Hills, Bhopal 462001 Madhya Pradesh	Tel 0755-2666611 email: jnchwhotcc@sify.com

**Table 6.6 (cont.)** List of 13 tobacco cessation clinics in India

S. No.	Contact person	Name of the centre	Contact details
9.	Dr Shekhar Salkar Surgical Oncologist General Secretary NOTE India	Salgaokar Medical Research Centre Chicalim, Goa 403711, Vaidya Hospital, 1st Floor, Panaji, Goa 403001 <i>Satellite centres</i> <ul style="list-style-type: none"> <li>• Bambolim: Medicine OPD of Goa Medical College</li> <li>• Bicholim: Cairo's Hospital</li> <li>• Chicalim: Salgaoncar Medical Research Centre (SMRC)</li> <li>• Vasco: Goa Shipyard Ltd., Vasco</li> <li>• Margao: Dr Gopal Vaidya's clinic</li> <li>• Canacona: Dr Sadanand Prabhu's clinic</li> <li>• Chimbhel: Lifeline Foundation (Community-based unit)</li> <li>• Mapusa: Teldulkar Hospital</li> </ul>	Tel 0832-2423366 email: sssalkar@yahoo.co.in
10.	Dr Vivek Sharma Consultant Physician	Bhagwan Mahaveer Cancer Hospital and Eradication Jawahar Lal Nehru Marg, Jaipur 302017  <i>Satellite centres</i> <ul style="list-style-type: none"> <li>• Ayurvedic Clinic, University Campus Dispensary, University of Rajasthan, Jaipur</li> <li>• Room No. 217, OPD Block, Santokba Durlabhji Memorial Hospital and Research Centre, Bhawani Singh Marg Jaipur 302015</li> </ul>	Tel 9829049363 email: vivek_9sharma@yahoo.com
11.	Dr Mohan Issac Professor of Psychiatry Dr Partima Murthy Associate Professor Dr Vivek Benegal Associate Professor	National institute of Mental Health and Neuro Sciences (NIMHANS), Bangalore	Tel 080- 26995311 email: mki@nimhans.kar.nic.in
12.	Dr Rohini Prem Kumari Professor of Radiation Oncology	Cancer Institute (WIA) Adyar, Chennai 600020 <i>Satellite centres</i> <ul style="list-style-type: none"> <li>• Dr Anitha's Clinic, Ashok Nagar, Chennai (private clinic)</li> <li>• Unique Psychological Research and Development Centre, Velachery Chennai-42 (NGO)</li> <li>• Sugam Psychological Counselling and Research Centre Anna Nagar (private clinic)</li> <li>• Counselling Centre, National Service Scheme, University of Madras, Chennai</li> <li>• Presidency College, Chennai 05</li> <li>• Corporation Dispensary, Kamarajar Nagar, Thiruvanmiyur, Chennai</li> <li>• Corporation Maternity and Child Welfare Centre, Thiruvanmiyur, Chennai</li> <li>• Shree Ramakrishna Institute of Oncology and Research, Coimbatore 44</li> <li>• Shree Chandraprabhu Jain College, Minjur 03</li> <li>• Professor of Radiation Oncology, Cancer Institute 18 Sardar Palil Road, Adyar, Chennai 600029</li> </ul>	Tel 044-24910754 email: drpremkumari@rediffmail.com
13.	Dr Raj Kumar Senior Lecturer	Department of Respiratory Medicine Vallabhbhai Patel Chest Institute University of Delhi, Delhi 110007	Tel 011-27667102 email: rajkumar_27563@yahoo.co.in