



**NATIONAL INSTITUTE OF MENTAL HEALTH AND
NEUROSCIENCES**
(Institute of National Importance), Bengaluru – 29
CENTRE FOR ADDICTION MEDICINE, TOBACCO CESSATION CENTER
AND NIMHANS DIGITAL ACADEMY VKN ECHO
COMPREHENSIVE TOBACCO CESSATION CERTIFICATE COURSE" (CTCCC). 6.0
(OCTOBER 2023 TO JANUARY 2024)
COMPLETED IN FEBRUARY 2024
SUMMARY: ENROLLED: 41, ACCREDITED: 15, CASES DISCUSSED: 23,
LIVES TOUCHED: 7655

LINK: https://vkn.nimhansdigitalacademy.in/CCTC6_0

Introduction

Tobacco use, a human created epidemic, kills one third to one half of all people who use it across the world. Nicotine, the principal constituent of tobacco, is highly addictive. A recent study in India reported that 83% of tobacco users wanted to quit, of whom 51% were unsuccessful. This commonly arises from a lack of trained health professionals to support quitting. In a study in Bihar, over two-thirds of medical doctors felt the need for increasing their training on tobacco cessation. Health providers may also lack the motivation to undertake smoking cessation activities. Inadequate training in health care facilities and lack of resources and government funding are factors that can impede health care providers from taking up tobacco cessation

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activities. Hence this certificate course is designed to increase the professional skills on tobacco cessation among counselors, dentists, physicians and specialists.

At the end of the course:

On course completion, the learner should be able to meet the following objectives:

- Identification and screening for tobacco abuse and Tobacco use disorder and factors influencing it.
- Assess the severity of tobacco addiction by using an objective scale
- Practice evidence-based counseling, communication skills, motivational interview and psychosocial interventions on preventing relapse
- Prescribe the counter Nicotine replacement therapy
- Decision-making about what can be managed by them and what needs to be referred

“Blended Online Training on Tobacco Cessation”

This online course in the Blended learning format spread over 3 months (12 live sessions and self paced reading materials on LMS) with 3 assessments as part of the course requirement for completion and certification.

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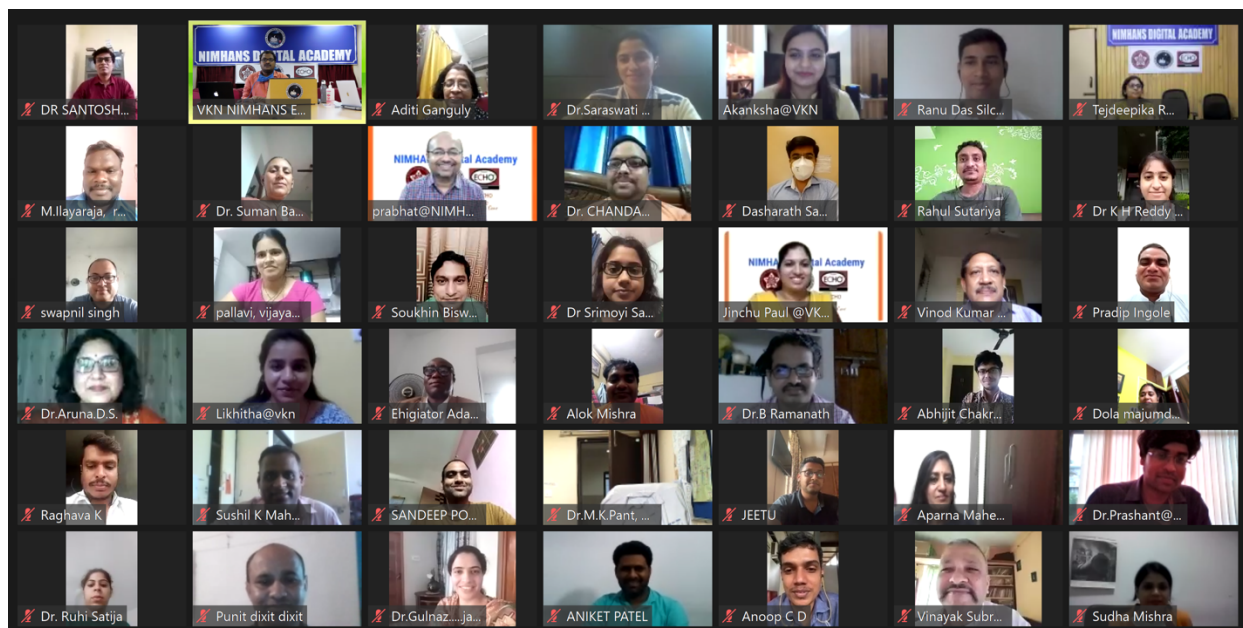


Figure 1: Example of a live tele-ECHO session

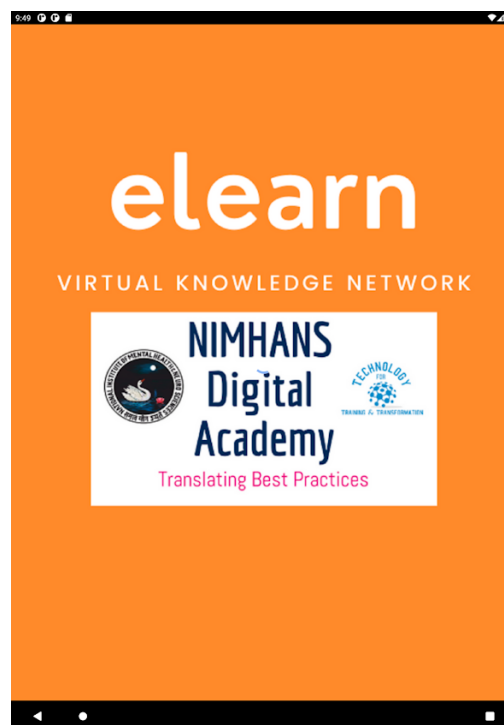


Figure 2: Elearn webpage and app for self-paced learning/assignment etc.

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Why?	As per the studies, there is a need to upskill tobacco cessation skills among health care providers. Hence this professional development programme is designed to train, and mentor the HCP in the area of tobacco cessation.
For whom (Eligibility)	Health care providers (HCPs) i.e. Dentists, Nurses, Physicians, Counselors etc. who are directly involved with people using tobacco and interested in Tobacco cessation Bachelor degree or above Writing, speaking and understanding English.
Objectives at the end of this course	● Identification, screening for tobacco abuse and Tobacco use disorder and factors influencing it. ● Assess the severity of tobacco addiction by using an objective scale ● Practice communication skills, Brief Intervention and basic psychosocial intervention to prevent relapse ● Prescribe over the counter Nicotine replacement therapy and knowledge about other pharmacotherapy ● Decision making about what can be managed by them and what needs to be referred to.
Digital platform (click on the links)	Duration of each live tele-ECHO : Weekly (Monday: 2.30 to 4:00 PM) once 90 min 1. Live tele-ECHO : zoom telehealth ECHO video conference and iECHO.org 2. Case record proforma: Jotform HIPAA compliant 3. E-learning, Assignment, chat and forum: elearn.vknnimhans.in and android app. 4. Pretest and post test: jotform 5. Interaction and engagement during VKN ECHO: slido.com 6. Feedback: iecho.org
Duration of Blended Certificate course	Total 30hrs ● Synchronous learning (Live tele-ECHO): 18hrs ● Asynchronous learning: 12hrs
Enrolment flow	Step 1: Expression of Interest with a 100 word write up about

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(30-35 HCPs per batch)	- Your current practice about tobacco cessation - How upskilling in tobacco cessation will be helpful in your practice Step 2: Depending on your responses, a committee will decide the enrollment. If selected, you will be invited to be part of this course Step 3: Invitation will be sent for the enrollment (There will be nominal fees for this course (approx 1000 INR) for the cost of secured software, HIPAA compliant intake form and server cost for Learning Management System)LMS. You will have life long access to the content
Accreditation Criteria for Certificate	• Participants are expected to attend at least 75% of the sessions (9/12 weekly VKN tele-ECHO sessions), held weekly once where more than 50 mins video screen presence is mandatory and measured by the software and zoom recording. • One case summaries presentation during live-teleECHO session • At Least >75% score in all the camera (proctored) enabled assignments (through website elearn.vkn.nimhans.in) Assignments to be taken only in Mobile/laptop/PC / tablet. (In case a participant is not able to secure >75% in the first attempt can utilize the second attempt to ramp up the score >75% within a time frame of 48hrs. The second attempt will be provided after one week. Participants can no longer give the assignment post 48hr as the software will close. All attempts will be mentioned in final certificate) • Monthly reports of patients seen: We will provide a sample form • Completion of pre-test and Post-test
<u>Overview about Assignments:</u> <u>Platform</u> http://elearn.vknnimhans.in	1. There are three online assignments 2. Assignments to be taken only in Mobile/laptop/PC /tablet 3. This will cover the all previous sessions and accessible at elearn.vknnimhans.in 4. Have case based, multiple answers, match the following, short essays, 5. The questions will carry negative marks

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	There will be two attempts for each assignment 6. Unless you take first attempt, second attempt will not be allowed 7. Each assignment attempts will have different set of questions
A typical tele-ECHO live session structure Thursday 2.30 to 4:00 PM	Introduction-announcement-updates-clarification: 5 min Brief Didactic in the form of interactive quiz : 15 min QA in didactic: 5 min Case presentations (by participants):25 min Anonymous Feedback:5 min
Funding support including time of experts	• NIMHANS, Centre for Addiction Medicine • Bajaj Electricals Foundation • ECHO India
Conflict of interest	The funding agency has no role in designing the course content, its delivery nor its scientific merit. There is no financial conflict between the funders and course coordinator.
Recognition status	This is a continued Professional Development programme. It is approved by the Board of Studies of NIMHANS. It is not recognized by RCI/NMC/ etc.

Hub team members role and Responsibilities

Activities	Core Hub Team
Course Coordinator: planning, design, development and implementation	Core Hub team 1. Ms Saeed Patwardhan, M.Phil. (Clinical Psychology) : course coordinator 2. Dr Abhishek Sharma MD : Chief Facilitator 3. Ms. Mahasweta Chakraborty, MA Psychology : Edutech expert

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	4. Mr. Manjunatha, ECHO India : Communication specialist 5. Ms. Rakshitha, : Communication specialist 6. Ms Sanchitha, CAM: Support 7. Prabhat Chand, Professor of Psychiatry, Centre for Addiction Medicine 8. Senior Residents of CAM Support and Guidance team 9. Arun K Addl Professor of Psychiatry, Centre for Addiction Medicine 10. Jayant M, Asst Professor of Psychiatry, Centre for Addiction Medicine 11. Lekhansh Shukla, Asst Professor of Psychiatry, Centre for Addiction Medicine 12. Lakshmanan S, Senior Occupational therapist Centre for Addiction Medicine 13. Vivek Benegal, Professor and Officer in charge, Centre for Addiction Medicine 14. Pratima Murthy Senior Professor of Psychiatry and Director NIMHANS
Coordinator for day to day managing the programme including iECHO	Ms. Sae Patwardhan, M.Phil (Clinical Psychology), Course Coordinator and Mr. Manjunatha, relationship manager NIMHANS ECHO
Official/Administration support	Ms Sanchitha, CAM
Contact email	spatwardhan@vknnimhans.in

Proposed Blended curriculum
(Focus is Real Case based learning)

A typical tele-ECHO session of 90 min will consist of

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Every Monday 2.30-4.00 PM

Introduction-announcement-updates-clarification: 5 min
 Brief Didactic along with Recap : 15 min (Didactic will be accessible in the Elearn platform)
 QA in didactic: 5 min
 Case presentation: 25 min
 Anonymous Feedback: 5 min

Syllabus/Curriculum

	Live tele-ECHO Monday 2.30-4.00 PM	Pretest		
Participants will be given access to PPT/Pre recorded videos of didactics				
Sl No	Case discussions (case will be presented by participants)	Interactive didactic quiz (15 minutes only)	Self-directed Reading materials (elearnapp)	
Module 1: <u>Tobacco Addiction-Overview</u> <u>Objectives:</u> 1. To recognise and describe the epidemiology and etiopathogenesis of Tobacco Addiction 2. To define and explain the public health challenges and tobacco control policies and legislations				
Week	Case Presentations	Didactic Topic:	Self-Directed Learning	Case Facilitators
Wk 1 Monday 16th October, 2023	—	Overview of the course, Digital tools,	Curriculum; Case Record Proforma	—

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Wk 2 Monday 23rd October, 2023	Case Record Form Demonstration	Tobacco: Public health challenges Tobacco Control FCTC, MPOWER	Policies and Legislations: COTPA Act	
Wk 3 Monday 30th October, 2023	Case presentation and discussions from Hub team Dr. Narayanaswamy Thimmadasiah Doctor, Bangalore Dr. Vidhya.S Psychiatrist, Madurai, TN	Addictive property of tobacco	Tobacco use in Practice in India	Ms. Antara/ Dr. Abhishek
<u>Module 2 - Tobacco Addiction -Assessment and Management</u> <u>Objectives:</u> 1. To evaluate the patient's tobacco addiction 2. To formulate a management plan for tobacco use disorders				
Wk 4 Monday 6th November, 2023	Case presentation and discussions from Hub team Dr. Rachana Prabhu, Dentist, Yenapoya Manaluru. Dr. Drashti Shah, Doctor, Gujarat	How to initiate a conversation Part 1 Communication Skills(Case History Taking) A - Ask/Assess - Identification and Assessment with case LIVE demonstration /recording	Addiction: a chronic Brain disorder	
<u>Assignment I-1st attempt: 10th November</u> (Objective type based on Module 1 + case discussions)				

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Wk 5 Monday 13th November 2023	Case presentation and discussions from Hub team Dr. Priyaranjan, Dentist, Jharkhand Dr. Ravada Kinneresh, Dentist, Visakhapatnam	How to initiate a conversation Part II Communication Skills(Case History Taking) A - Ask/Assess - Identification and Assessment with case LIVE demonstration /recording	Effective Communication skills	
Wk 6 Monday 20th November, 2023	Case presentation and discussions from Hub team Dr. Manmohan Singh Khichi, Educator, Mount abu, Rajasthan Dr. Johncy James, Psychiatrist, Lakshadweep	How to initiate a conversation :Assessment of severity	Fagerstrom scale	
Wk 7 Monday 27th November, 2023	Case presentation and discussions from Hub team Dr. Vivek P Singh, Doctor, Patna Dr. Anusha CM, Pulmonologist, Bangalore	A -Advice (Brief Intervention) 5As	Chew and park method - demo AV aid	Dr. Shivam Gakkhar
Wk 8 Monday	Case presentation and	NRT	Non-NRTs	Dr. Sandeep Kondepi

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4th December, 2023	discussions from Hub team Ms. Roma Prabhudesai, Psychologist, Goa Mr. Ravikanth K, Psychologist, Visakhapatnam, AP			
Assignment II 1st attempt: 8th December (Objective type) (25% from Module 1 and 75% Module 2 + case discussions+ self-learning materials and quizzes)				
Module 3: <u>Enhancing Motivation and preventing Relapse</u> Objectives: - To define and explain the process of motivation enhancement and relapse prevention - To integrate the techniques of motivational enhancement and relapse prevention to the management plan				
Wk 9 Monday 11th December, 2023	Case presentation and discussions from Hub team Ms. Sakshi Gupta, Psychologist, Gurgaon, Haryana Dr. Deepu George Mathew, Dentist, Ernakulam, Kerala	Assist: Enhancing motivation I	Importance of Motivational Interviewing OR Three core communication styles in MI	Dr. Tanmay Agarwal
Wk 10 Monday	Case presentation and discussions from Hub team	Assist: Enhancing motivation II and Change talk	Gordon's 12 roadblocks to Active listening	

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18th December, 2023	Mr. Akarshan Agarwal, Counselor, Aurangabad, Bihar Dr. Neha Dhiman, Doctor, Panchkula, Haryana		OR Misconception s and clarification about MI	
25th December 2023 and	Holiday			
Wk 11 Monday 1st January 2024	Case presentation and discussions from Hub team Dr. Shalini Sharma, Doctor, Kangra, Himachal Pradesh Dr. Priya Arora, Doctor, Chandigarh	Arrange: Relapse Counseling I	Change plan worksheet	
Wk 12 Monday 8th January, 2024	Case presentation and discussions from Hub team Dr. Antarika Gogoi, Dentist, Dibrugarh Assam Ms. Vidhika Danwani,	Arrange: Relapse Counseling II		

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	Counsellor, Bhopal, MP Ms. Harwinder Saraswat, Counsellor, Delhi Dr. Dogendra Singh Parihar, Doctor, Raipur, Chattisgarh Dr. M Mercy Jaffrin, Doctor, Pondicherry Ms. Thanisha Aswani, Counsellor, Indore, Madhya Pradesh			
<u>Assignment III (first attempt) ;12th January, 2024 - Subjective essay</u>				
<u>Post test- 2023 to 2023</u>				

Timeline

The timeline has to be followed stringently to get accredited in this course.

Assignments to be taken only in laptop/PC webcam/tablet+webcam
(A pop will come to allow webcam/camera at the beginning. Please allow it)

Event	Starts/Attempt 1	Close/Attempt 1
Course	16th October 2023	15th January 2024
Pretest	9th October 2023 @ 10.00 AM	14th October 2023 @ 10.00 AM

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Warm up Quiz	13th October 2023 @ 10.00 AM	15th October 2023 @ 10.00 AM
One Case submissions into software (LINK)	21st October 2023 @ 10.00 AM	21st November 2023 @ 10.00 AM
Assignment I (Objective)	10th November 2023 @ 10.00 AM	12th November 2023 @ 10.00 AM
Assignment II (Objective)	8th December 2023 @ 10.00 AM	10th December 2023 @ 10.00 AM
Assignment III (Subjective)	12th January 2024 @ 10.00 AM	14th January 2023 @ 10.00 AM
Post test	23rd January 2024 @ 10.00 AM	29th January 2024 @ 10.00 AM
Accreditation Criteria Verification, Congratulations mail and Certificate Preparation	29th January 2024	5th February 2024
Certificate posted out only for those who accredited	9th February 2024	Within one month of course completion

1/3rd of the questions will be from previous modules

Competencies

Once accredited

WHAT THEY CAN DO?

Can assess for tobacco use among patient/client/persons

Can estimate the severity of tobacco use by using structured scales

Can provide brief intervention as well as extended interventions based on motivation enhancement skills

Can plan and implement relapse prevention strategies

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For all : Can provide Nicotine gum 2mg as an over the counter agents (for everyone)

for Physicians and dentists, can provide other NRT and Non-NRT

What they can't do?

will refer to higher center

Patients having comorbid moderate to severe psychiatric disorders

Patients having associated severe substance use disorders

Q & A

Q. I missed the warm up quiz. What can be done now?

A. Warm up quiz was scheduled just to give you an orientation about the programme. It was not a mandatory criteria for accreditation. Hence kindly do not worry if you missed it.

Q. How do I prepare myself for the next session slido quiz?

A. Kindly check the didactic and self directed learning topic in the [curriculum](#) according to the session date. Go through the materials available in elearn for the respective topics. Also you can have a look at the collection of books(e-library) under Information HUB in elearn.

Q. Will the session recordings be provided to us?

A. Session recordings are not provided due to it's larger file size. It makes the server slow. However, discussion focuses on the contents which have been already available in elearn. Case recommendation will also be shared once we start the discussion. You can access it anytime.

Q. What is Case Presentation? Will the hub team allot a topic to me for that?

A. On 27th July, we will discuss about the case presentation in detail. We will show you a demonstration on how to fill the case record form. You have to select a date for your presentation while filling the form. After you submit, your name will appear in the curriculum for the date which you have selected. Your submitted case file will also be shared with you one week prior to your presentation date.

Q. Can I get some notes for the video lessons (didactic presentation) that are available in elearn?

A. You can refer the e-library in the Information HUB. There you will find a good collection of books from CAM MOHFW.

Q. Can I get access to some of the reading material related to Tobacco Cessation? Where it is available?

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A. All the materials are available in elearn. You can access it on app and website as well. Login and explore the contents available in Information HUB. E-library has a very good collection of books. Didactic presentations, Self learning materials and some extra relevant materials are available under each session.

* Also in Elearn, you will find a **discussion forum** through which we all can interact with ourselves, ask doubts, share useful materials, etc. It is a secured platform. Click on "Subscribe to Forum" tab to get notifications. Do check and make use of it.

Feel free to drop a mail to **spatwardhan@vknnimhans.in** incase you need any clarifications.

Certificate (prototype)

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Department of Psychiatry
CERTIFICATE OF ACHIEVEMENT
 Proudly presented to
Dr. Prabhat Chand



Registration No.: CCTC2022NOV01
 has successfully completed
Comprehensive Tobacco Cessation Certificate Course 3.0
 November 22 - January 23

Faculty in-Charge

Officer in Charge, NDA

Officer in Charge, CAM

Head, Dept of Psychiatry

Director NIMHANS

Supported by



30hrs blended
online course

Date of issue:
10th March, 2023

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Dr. Prabhat Chand
 Registration No.: CCTC2022NOV01
 COMPREHENSIVE TOBACCO CESSATION CERTIFICATE COURSE 3.0 NOVEMBER 22 - JANUARY 23

Accreditation Criteria

- > 9 out of 12 live tele-ECHO session with 60 min of video presence
- One patient case summary presentation
- >75% in each three proctored assignments
- Monthly report of the patient evaluated
- Pre and post-test submission

Score Card

- 9 out of 12 live tele-ECHO sessions with 60 min of video presence
- One patient case summary presented
 - a. Assignment I: 75%
 - b. Assignment II: 75%
 - c. Assignment III: 75%
- Reported evaluating 100 patients
- Pre and post-test submitted

Course Coordinator

Course facilitator

Communication Manager

Supported by



30hrs Blended online course
 This Professional Development digital Course is approved by Board of Studies

Date of issue: 10th March, 2023

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Reference book and article for further reading

1. World Health Organization. "Helping people quit tobacco: a manual for doctors and dentists." (2010).
2. Varghese, Cherian, Jagdish Kaur, Nimesh G. Desai, Pratima Murthy, Savita Malhotra, D. K. Subbakrishna, Vinayak M. Prasad, and Vineet G. Munish. "Initiating tobacco cessation services in India: challenges and opportunities." *WHO South-East Asia Journal of Public Health* 1, no. 2 (2012): 159-168
- 3.Video portal: <https://www.youtube.com/c/vknnimhans>

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