

# Inderprastha

## Dental College & Hospital

### BEST PRACTICE 2-

## “Quit Tobacco- A Mission of IPDC”

#### OBJECTIVES-

1. To create awareness about health issues related with use of tobacco habit.
2. To motivate patients to quit tobacco use.
3. To emphasise health benefits of Tobacco Cessation.
4. To educate our students in providing tobacco cessation therapy confidently.

#### THE CONTEXT:

Tobacco use is described as the single most preventable cause of morbidity and mortality globally, with the World Bank predicting over 450 million tobacco-related deaths in the next fifty years. In India, the proportion of all deaths that can be attributed to tobacco use is expected to rise. Thus, Tobacco Cessation is the most effective way of health intervention to reduce the impact of tobacco related mortality and morbidity.

Consumption of Gutka is common in this area and needs reinforcement / counselling among patients to quit the dreadful habit – making Tobacco Counselling Centre (TCC) an absolute necessity. Our college is surrounded by many industries, provides us opportunity to cater industrial workers in whom the use of tobacco is very common.

The Department of Public Health Dentistry, Inderprastha Dental College & Hospital, Sahibabad has state of the art TCC along with Nicotine Replacement Therapy (NRT) regimes to make it simple and easy for patients to motivate



# Inderprastha Dental College & Hospital

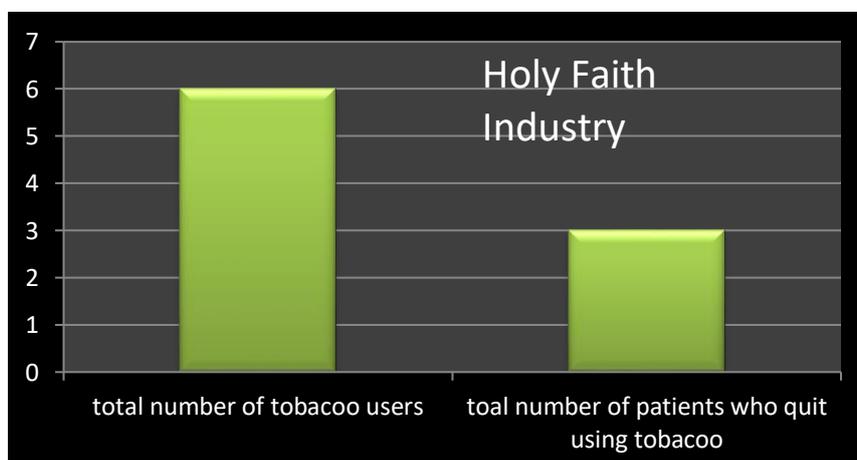
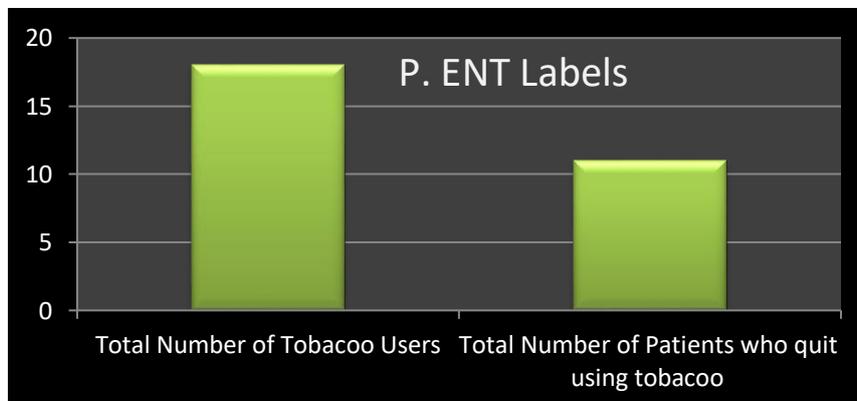
them to quit the habit. It is the most effective way of health intervention to reduce the impact of tobacco related mortality and morbidity.

## THE PRACTICE:

IPDC has been conducting Industrial Camps for several years. It was observed that the industrial workers were committed to tobacco use and lesions associated with the use of tobacco like OSMF, Leukoplakia, Keratosis etc were common. Thus IPDC committed itself to get these workers quit the habit.

## YEAR 2022

IPDC signed MOU with two industries P ENT labels and Holyfaith where camps were organised and tobacco users identified. Then these tobacco users underwent counselling and treatment regime on regular basis. With IPDC efforts **61 % and 50 %** Tobacco users quit the use of tobacco in the respective industries.





# Inderprastha

## Dental College & Hospital

### YEAR 2023

Keeping up the target **IPDC in year 2023** identified two more industries. The management of industry were approached and informed about our mission “Commit to Quit”. Memorandums of understanding were signed between **Ahluwalia Contracts India Ltd.** and IPDC and **Jain Enterprises** and IPDC. All the workers of the industry were screened for oral health status and tobacco users were identified. Thereafter, tobacco cessation habit counselling was done. The identified workers are then regularly counselled to quit the habit.

### EVIDENCE OF SUCCESS:

- In year 2022 with IPDC **61 % and 50 %** Tobacco users quit the use of tobacco that got enrolled in quit tobacco mission in P.ENT labels and Holyfaith Industries respectively.
- IPDC became the winner by enrolling all the tobacco users into this program.
- IPDC successfully managed to create awareness among the employees of the factory
- IPDC successfully assisted patients in reducing the habit.
- Our students at IPDC handles all implication related with TCC confidently.

### Challenges encountered and resources required:

As our college is first to cater Tobacco cessation centre in the locality, creating awareness among the public was difficult.

Identifying the industries that were willing to give space for dental screening and allow workers to utilize the screening facility during their working hours.



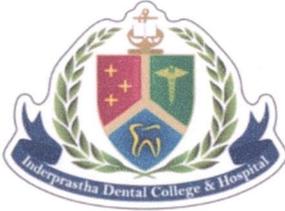
# Inderprastha Dental College & Hospital

## Camp at P.ENT Labels



## Camp at Holyfaith

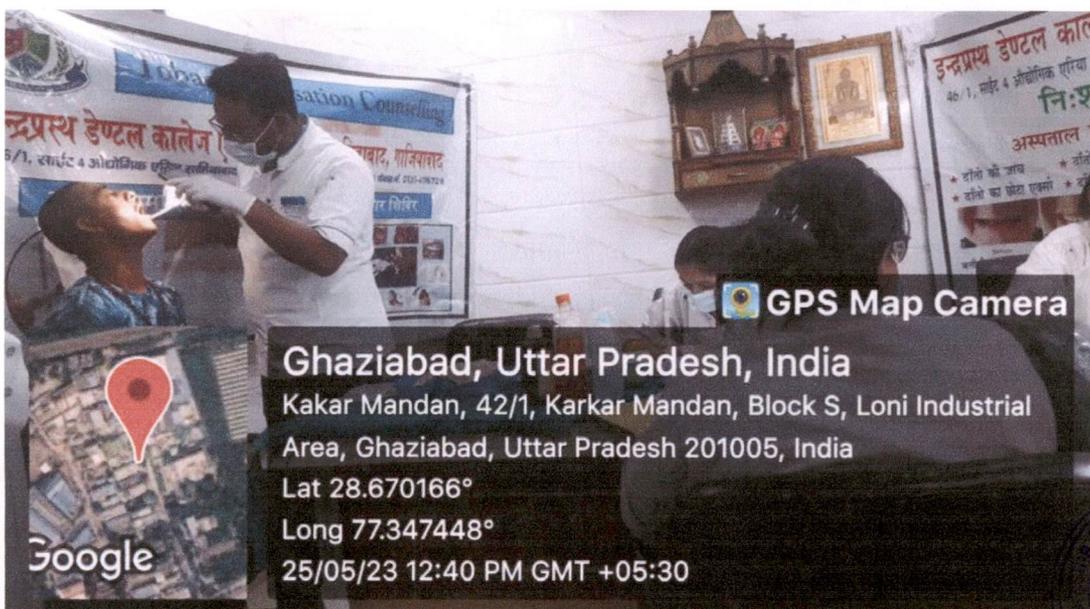
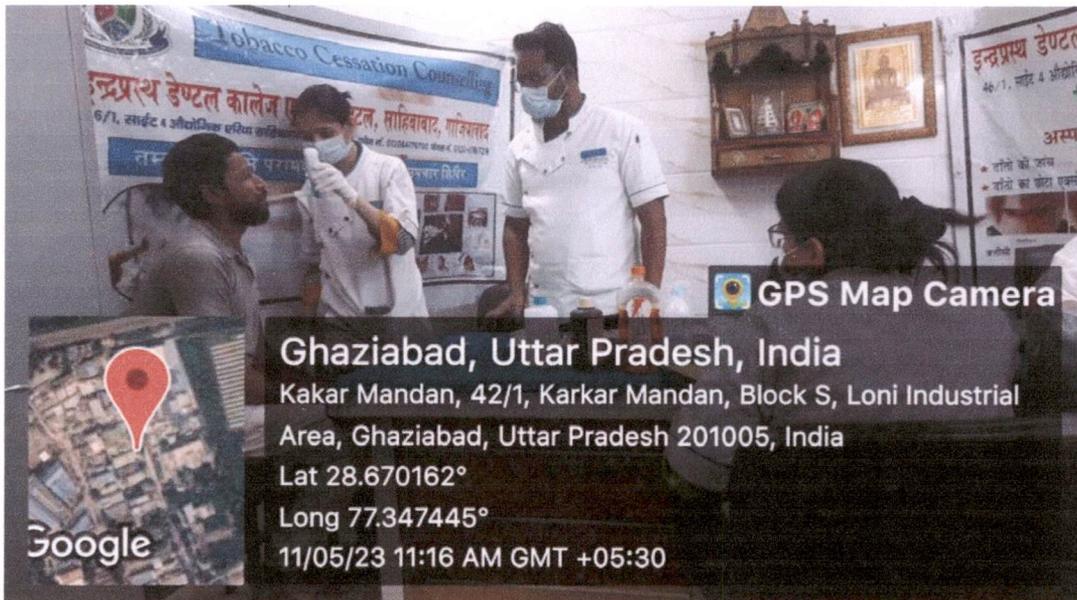




# Inderprastha Dental College & Hospital

Best Practise – Quit Tobacco A  
Mission of IPDC

Camps At  
Jain Enterprises, Sahibabad



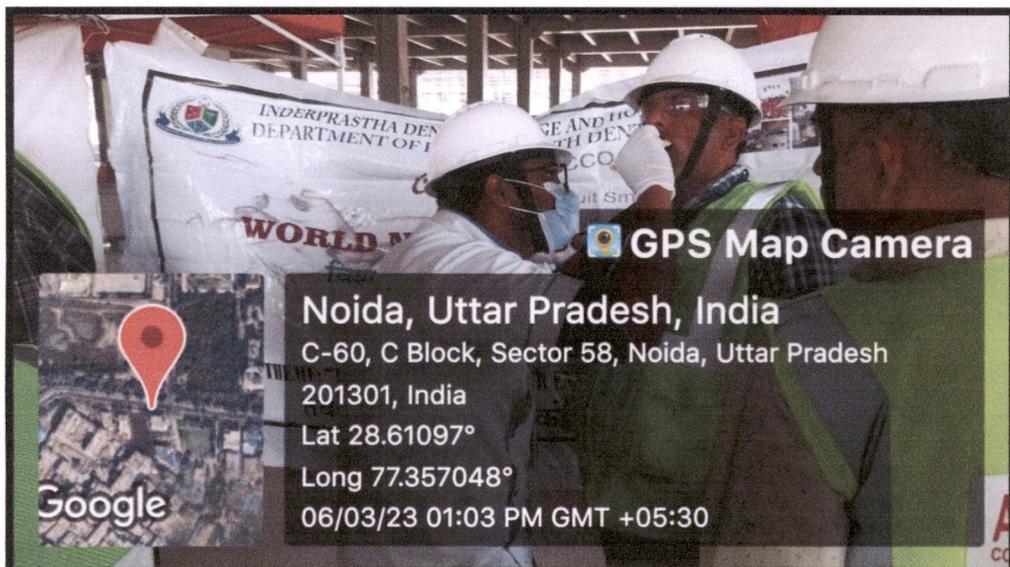
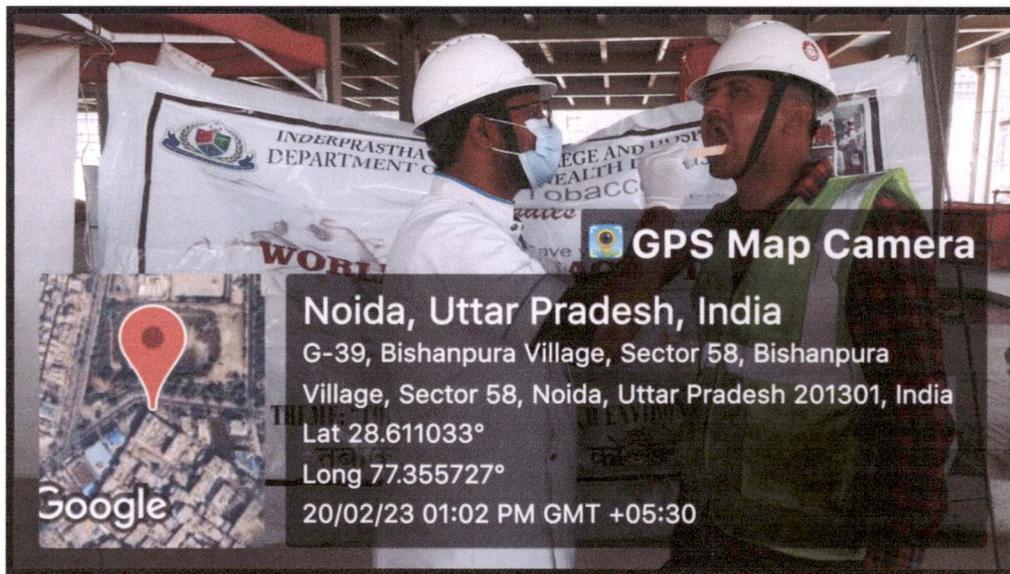


# Inderprastha Dental College & Hospital

Best Practise – Quit Tobacco A  
Mission of IPDC

Camps At

Ahluwalia Conracts India Ltd., Noida





# Ahluwalia Contracts (India) Limited

ENGINEERING ♦ DESIGNING ♦ CONSTRUCTION

Date: 03/02/2023

## ACKNOWLEDGEMENT LETTER

To,  
The Principal  
Inderprastha Dental College & Hospital  
Sahibabad, Ghaziabad, UP

### Subject: Letter of Acknowledgement

Today team of dental doctors of your college is present here and they have conducted checkup of our employees, Project: Arrow, Noida, Sec 62 and provide us oral health education, technique of tooth brushing, oral health awareness and guidance regarding maintaining good oral hygiene. We are satisfied with the work of this team and this certificate is issued against the good service of the dental team, Public Health Dentistry Department, Inderprastha Dental College and Hospital.

*Agam. Rai*

**Authorized Signatory**  
**Ahluwalia Contracts India Ltd.**  
**Project: Arrow, Sector-62, Noida, UP**



# PARMESHTHI ENTERPRISES

## LABEL MAKERS & CREATERS

### P.ent

[www.pentlabels.com](http://www.pentlabels.com)

Unit : S :- 23, Site IV, Sahibabad Industrial Area, Ghaziabad,  
Uttar Pradesh - 201010

Contact : +91 93131 24252

Email : [anujain@pentlabels.com](mailto:anujain@pentlabels.com)  
[sales@pentlabels.com](mailto:sales@pentlabels.com)

*Fast Growing Manufacturers,  
Suppliers & Exporters  
of Labels & PP Caps*

### APPRECIATION LETTER

Date: 23/06/22

To,

The Principal

Inderprastha Dental College and Hospital

Sahibabad, Ghaziabad, UP

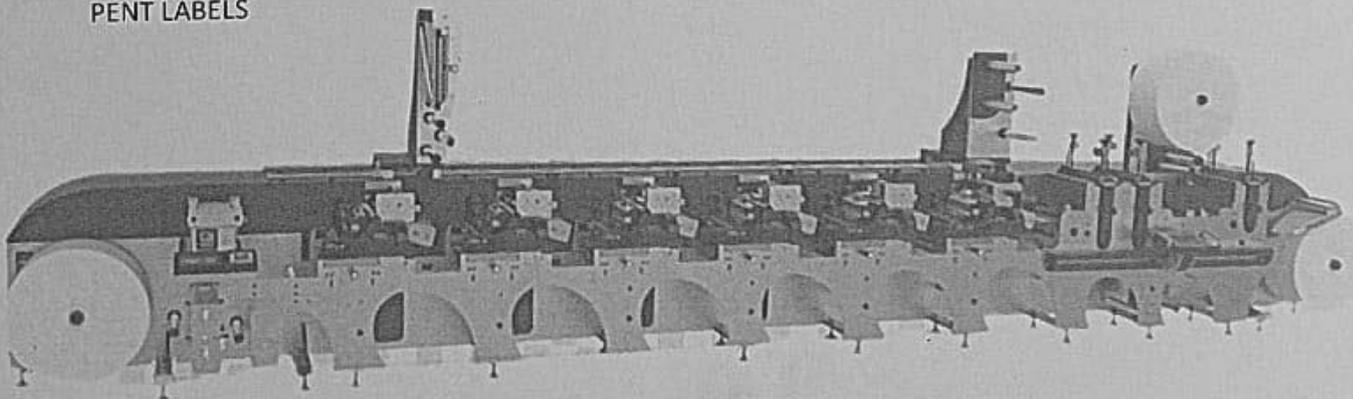
**Subject:** Letter of Appreciation

I thank Inderprastha Dental College and Hospital team of doctors on behalf of our entire team for your dedication and efforts for conducting tobacco awareness and tobacco counselling program. There has been an evident change in the usage of tobacco among the employees of our factory. We are satisfied with the work of this team and this certificate is issued against the good service of the dental team.

Mr. Vaibhav Baliyan

Commercial Manager

PENT LABELS



**MEMORANDUM OF UNDERSTANDING  
BETWEEN INDERPRASTHA DENTAL COLLEGE AND HOSPITAL  
AND AHLUWALIA CONTRACTS (INDIA) LIMITED**

1. **Parties.** This Memorandum of Understanding (hereinafter referred to as "MOU") is made and entered into by and between the INDERPRASTHA DENTAL COLLEGE AND HOSPITAL (herein after called as "COLLEGE"), whose address is 46/1, Site-IV, Industrial Area, Sahibabad, Ghaziabad-201010 (U.P), and the AHLUWALIA CONTRACTS (INDIA) LIMITED (herein after called as "FACTORY"), whose address is Noida, Sector-62 (U.P).

2. **Purpose.** The purpose of this MOU is to establish the terms and conditions under which the COLLEGE will provide dental screening services and provide Tobacco Cessation Counseling to the employees of FACTORY.

3. **Term of MOU.** This MOU is effective from - 2<sup>nd</sup> February 2023 to 2<sup>nd</sup> February 2024. This MOU may be terminated, without cause, by either party upon 1 month time written notice, which notice shall be delivered by hand or by certified mail to the address listed above.

4. **Responsibilities** The College will provide Dental screening services to the Factory employees free of charge. The college will set up schedules for follow up visits. The Factory will provide space for setting up the screening camp for the Doctor in charge and his/her team.

5. **General Provisions**

A. **Amendments** Either party may request changes to this MOU. Any changes, modifications, revisions or amendments to this MOU which are mutually agreed upon by and between the parties to this MOU shall be incorporated by written instrument, and effective when executed and signed by all parties to this MOU.

B. **Applicable Law** The construction, interpretation and enforcement of this MOU shall be governed by the laws of the State of Uttar Pradesh. The courts of the State of Uttar Pradesh shall have jurisdiction over any action arising out of this MOU and over the parties, and the venue shall be the, UP, India.

6. **Signatures** In witness whereof, the parties to this MOU through their duly authorized representatives have executed this MOU on the days and dates set out below, and certify that they have read, understood, and agreed to the terms and conditions of this MOU as set forth herein.

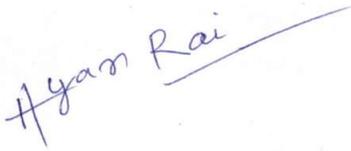
For Inderprastha Dental College & Hospital



Secretary

<sup>Mr.</sup>  
Dr. Nimish Agarwal  
Secretary  
Inderprastha dental college and hospital

Date 2/2/23



Authorized Signatory  
Ahluwalia Contracts India Ltd.  
Project: Arrow, Sector 62, Noida, UP

Date 2/2/23



# Ahluwalia Contracts (India) Limited

ENGINEERING ♦ DESIGNING ♦ CONSTRUCTION

To,

Dated: 02/02/2023

The Principal

Inderprastha Dental College & Hospital

Sahibabad, Ghaziabad, UP

**Sub: Permission for conducting Camp for Free consultation & Check-up**

Dear Sir,

We request you to send a team of expert doctors of your college to conduct a screening camp for our industry staff members on 3rd February 2023. Permission may kindly be accorded to conduct the above said camp for knowledge about the dental diseases and awareness about maintenance of good oral hygiene and keep teeth free from dental diseases.

You are therefore, requested to kindly visit our place as per the scheduled date.

Thanking You,

Your's faithfully,

**Authorized Signatory**  
**Ahluwalia Contracts India Ltd.**  
**Project: Arrow, Sector-62, Noida, UP**

**MEMORANDUM OF UNDERSTANDING  
BETWEEN INDERPRASTHA DENTAL COLLEGE AND HOSPITAL  
AND JAIN ENTERPRISES**

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2. **Purpose.** The purpose of this MOU is to establish the terms and conditions under which the COLLEGE will provide dental screening services and provide Tobacco Cessation Counseling to the employees of FACTORY.

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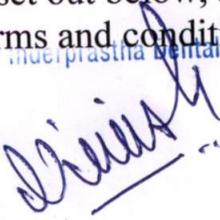
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For Inderprastha Dental College & Hospital



Secretary

Dr. Nimish Agarwal  
Secretary  
Inderprastha dental college and hospital

For Jain Enterprises



Authorized Signatory

Authorized Signatory  
Jain Enterprises,  
4/7 Site ,4, Sahibabad Industrial area Site 4,  
Sahibabad, UP

Date 4/4/23

Date 4/4/23

**MEMORANDUM OF UNDERSTANDING  
BETWEEN INDERPRASTHA DENTAL COLLEGE AND HOSPITAL  
AND P.ENT LABELS**

1. **Parties.** This Memorandum of Understanding (hereinafter referred to as "MOU") is made and entered into by and between the INDERPRASTHA DENTAL COLLEGE AND HOSPITAL (herein after called as "COLLEGE"), whose address is 46/1, Site-IV, Industrial Area, Sahibabad, Ghaziabad-201010 (U.P), and the P.ENT LABELS (herein after called as "FACTORY"), whose address is S-23, Site 4, Sahibabad Industrial Area, Ghaziabad -201010 (U.P).

2. **Purpose.** The purpose of this MOU is to establish the terms and conditions under which the COLLEGE will provide dental screening services and provide Tobacco Cessation Counseling to the employees of FACTORY.

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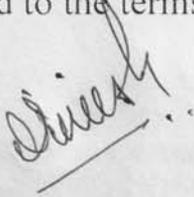
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Dr. Nimish Agarwal  
Secretary  
Inderprastha dental college and hospital  
**For Parmeshthi Enterprises**

Date 02.04.2022



Authorized Signatory

Mr. Vaibhav Balayan  
Commercial Manager  
P.ENT LABELS

Date 02.04.2022

**MEMORANDUM OF UNDERSTANDING  
BETWEEN INDERPRASTHA DENTAL COLLEGE AND HOSPITAL  
AND HOLYFAITH INTERNATIONAL Ltd.**

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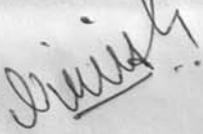
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For Inderprastha Dental College & Hospital



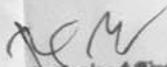
Secretary

Dr. Nimish Agarwal  
Secretary  
Inderprastha dental college and hospital

Date: 02.04.2022

For Holy Faith International Pvt. Ltd

Mr. Rakesh Tiwari  
Senior Press Manager  
HOLYFAITH INTERNATIONAL Ltd.



Authorized Signatory

Date: 02.04.2022



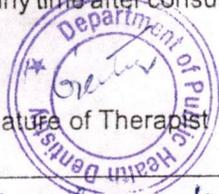
Tobacco Cessation Center – Registration Form

Date: 6/5/23	TCC Regd. No:
OPD No.:	Referred From:

Informed Consent

I have been informed about the various aspects of this in-depth interview and would cooperate with the therapist to the best of my knowledge. Any treatment initiated would be mutual and after understanding side effects and all other aspects. I am allowed to withdraw from treatment any time after consulting the therapist.

Signature of Therapist



Signature of Participant

SK

Name:	Satyendra Kumar	
Age:	35	Sex: Male <input checked="" type="checkbox"/>
		Female
Address:	Jain enterprises.	
Phone No.:		Email:
Education (no. of years of formal education):		
Marital Status:	Unmarried	
	Married <input checked="" type="checkbox"/>	
	Widowed	
	Separated or Divorced	
	Not applicable	
No. of years of marriage:		
Occupation:	Professional or Semi-professional	
	Skilled, semi-skilled or unskilled worker <input checked="" type="checkbox"/>	
	Retired	
	Housewife	
	Student	
	Other	
	Unemployed	
No. of years in present service:	8 years	No. of working hours per day: 8 hrs
Income per month:	Rs 15,000/-	
No. of members in household:	5	No. of dependents: 4
Physical activity (no. of hours per week):	No	

**Reasons for relapse:** Craving, insomnia, irritability, headaches, constipation, social pressure, lack of productive work or concentration, psychological stress, family tensions, financial tension, chronic illness, pain, any other

Stage of behavior change:	Pre-contemplation
	Contemplation
	Preparation
	Action
	Maintenance
Alcohol Use:	Yes
	No
Pattern of alcohol use in last one year:	Daily drinking
	Regular drinking (3 or more a week)
	Social drinking (less than 3 a week)
	None
Average no. of units per drinking day: (1 unit = 30 ml spirit/ 60 ml wine/ half mug beer)	

**Other substance use: Yes/ No**

Substance used	Pattern of use in past one year	Dependence (Yes/ No)	Avg amounts/ units per day	Remarks

Family history of tobacco use in first degree relatives:	Smoked	
	Smokeless	
	Both	
	None	✓
History & symptoms suggestive of:		
Cough	Cough with sputum	Yes/ No ✓
	Sputum with blood	Yes/ No ✓
Bronchial	Breathlessness	Yes/ No ✓
Cardiac	Chest pain	Yes/ No ✓
	Hypertension	Yes/ No ✓
Others	Cancer	Yes/ No ✓
	Diabetes	Yes/ No ✓
	TB	Yes/ No ✓
	Weight gain	Yes/ No ✓
	Weight loss	Yes/ No ✓

**Physical Examination:**

Height (cm):	Weight (kg):	Body Mass Index:
Pulse:	Systolic Blood Pressure	Diastolic Blood Pressure

## Details of pharmacotherapy

**Follow up details:**

F/U visit	Date	Use status	Cotinine Test (Done or not) (+ve or -ve_)	CO Breath Analysis (Done or not)	CO level	Treatment	Medication/ NRT
0-2 wks	20/5/23	2	-	-	-	4	✓
2-4 wks	3/4/23	2	-	-	-	4	✓
4-6 wks	17/6/23	2	-	-	-	3	✓
6 wks- 3 months	22/7/23	2	-	-	-	3	✓
3-6 months	28/10/23	2	-	-	-	3	✓
6-9 months							
9-12 months							

**Treatment:**

1. Behavioral counseling	2. Behavioral counseling + medication
3. Behavioral counseling + NRT	4. Behavioral counseling + NRT + Medication

**Status:**

1. No change (<50% change)	2. Reduced use (>=50% change)	3. Stopped use	4. Lost to follow up	5. Relapse
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**Source of information:**

Follow up	Phone call	Email	Mail

**Other remarks:**

Name of Therapist: D. Guterka

Signature: \_\_\_\_\_

Date: 6/5/23



## Modified Fagerstorm Nicotine Dependence Scale – Smokeless Tobacco

### The Fagerstrom Test for Nicotine Dependence - Smokeless Tobacco (FTND- ST)

Item	Answers	Points
1. How soon after you wake up to do you place your first dip?	Within 5 min	3
	6-30 min	2 ✓
	31-60 min	1
	After 60 min	0
2. How often do you intentionally swallow tobacco juice?	Always	2 ✓
	Sometimes	1
	Never	0
3. Which chew would you hate to give up most?	The first one in the morning	1
	Any other	0 ✓
4. How many cans/ pouches per week do you use?	More than 3	2
	2-3	1
	1 ✓	0 ✓
5. Do you chew more frequently during the first hours after awakening than during rest of the day?	Yes	1
	No	0 ✓
6. Do you chew if you are so ill that you are in bed most of the day?	Yes	1
	No ✓	0

Source: Ebbert JO, Patten CA, Schroeder DR. The Fagerstrom Test For Nicotine Dependence Smokeless Tobacco (FTND-ST). Addictive Behaviours 31(9), 2006, 1716-1721. doi:10.1016/j.addbeh.2005.12.015

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