

Global Bridges Japan Full Proposal English Translation

Request ID: 35683067 (LOI#18)

Organization name: Faculty of Life Sciences, Kumamoto University

Project name: *Development of a network for training health care professionals in smoking cessation in medical check-ups in Kumamoto*

C. Main Section of Proposal

1. Overall Goal and Purpose

This project aims to promote and enrich smoking cessation advising (short-term intervention) with healthcare providers at healthcare facilities in Kumamoto Prefecture, centrally in organizations connected to the applicant (Hisamitsu Omori, Kumamoto University) and collaborating research institutions, such as the Japanese Red Cross Society's Kumamoto Health Administration Center.

This project will train advisors in the treatment of tobacco dependency to build and strengthen the network of doctors and healthcare professionals employed at health examination facilities, mainly those in Kumamoto and organizations of which the applicant is a member, and to improve those healthcare professionals' approach to tobacco dependency treatment.

Early in the first year of the project, we will establish and strengthen said network and obtain permission for our research from the ethics committee. Afterwards, we will conduct a survey of the status of smoking cessation support provided in Kumamoto health examination facilities and collect data from the start of the research period (baseline data). Healthcare professionals at health examination facilities will undergo training to become advisors in the treatment of tobacco dependency, with those completing training beginning tobacco cessation support in their health examination facilities. We will conduct two evaluations, one each at the middle and end of the research period, and compare the results. We will also compare results to a control group of non-participants. We will then publish and disseminate results.

2. Assessment of Current Needs in the Target Area

In Japan, there are many opportunities for one to receive a medical examination, such as those presented by the Industrial Safety and Health Law, and in those examinations, information on smoking habits is collected. However, the support given to patients for smoking cessation during medical examinations is not sufficient. According to the results of research conducted in 2017 on the state of tobacco cessation support in Ningen Dock health examination facilities (Interim Report), 14% of all smokers reported receiving tobacco cessation advising, and only 12% of those receiving specialized examinations received advising. [Japan Society of Ningen Dock, Scientific Committee, Smoking Control Subcommittee; Subcommittee Chair Masakazu Nakamura (Research Collaborator), Subcommittee Member Hisamitsu Omori (Research Collaborator)] The same is true for Kumamoto

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Prefecture, where each healthcare facility has its own method of providing this support, with no firm grasp on the situations in which it should be provided. Additionally, the overall evaluation of the results of said tobacco cessation support is not sufficient.

To prevent smoking-related diseases such as cancer and COPD, it is necessary to establish a system of providing tobacco cessation support at health examination facilities. Short-term support provided in the workplace is the only realistic way to establish said system. Dr. Nakamura's research has reported that short-term support is effective. To carry out this short-term tobacco cessation support, we must first improve healthcare professionals' approaches to said support.

This research project will utilize the network that the applicant (Hisamitsu Omori, Kumamoto University) has already constructed and examine the rate of smoking and implementation of smoking cessation support (methods, implementation rates) in patients at health examination facilities in Kumamoto prefecture by conducting a survey through a network of health examination facilities, and use that survey data as a baseline for the project. Additionally, we will conduct a survey before and after the research project of the rates of smoking and implementation of smoking cessation support in patients at health examination facilities that wish to participate.

This research project will build and strengthen a network for the provision of short-term tobacco cessation support focused mainly on doctors and healthcare professionals employed at healthcare facilities, such as examination facilities, mainly in Kumamoto and of organizations of which the applicant is a member, and improve those healthcare professionals' approach to tobacco dependency treatment through advisor training.

3. Target Audience

This project will take place in the network of health examination facilities in Kumamoto and of organizations of which the applicant is a member, as well as through the Kyushu Preventative Medicine Research Society. The target audience of this project will include those already familiar with and passionate about smoking cessation support and those who have a positive influence on the improvement and dissemination of smoking cessation support methods.

The individuals who will directly benefit from the results of the project are patients undergoing medical examinations in participation with the project and doctors and healthcare professionals. Patients undergoing said medical examinations will see reduced effects on their health and family through successful smoking cessation through the support provided to them, and possibly

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contribute to countermeasures against secondhand smoking. Companies looking to improve their health management may also benefit from the merits of this project.

4. Project Design and Methods

In the first year of the project, we will conduct a survey (#1) of doctors and healthcare professionals working at healthcare facilities, such as those providing health examinations, in Kumamoto on their support for tobacco cessation. We will determine the state of cessation support at the time of the project's start.

We will then begin preparing for the training of advisors in the treatment of tobacco dependency, aiming to begin training as soon as possible. The individuals in charge of the advisor training program will be experts in short-term smoking cessation advising and have practical experience with advising. Advisor training will be planned and carried out under the counsel of collaborative researcher Masakazu Nakamura. Afterwards, those who underwent advisor training will examine and evaluate the smoking cessation support methods employed at their separate health examination facilities. Evaluative surveys will be carried out a second and third time during the research period and compared to the survey (#1) conducted at the start of the project. We will collect and evaluate data on the number of patients and examinees that were provided with smoking cessation advising (short-term intervention) during treatment or examination and the number and ratio of smokers who received advising and successfully stopped smoking during the research period.

To verify the target audience has sufficiently participated in the project, instructors will confirm their mastery of their knowledge in advisor training and issue a certificate of completion.

This project idea is original and does not overlap with other projects already planned. It is believed that there are no projects with the same research content registered on the intervention research registration website UMIN.

This project is based upon smoking cessation advice (short-term intervention) advocated by Dr. Masakazu Nakamura, one of the applicant's research collaborators.

Information on this project will be published on the website of each institution and available for free.

We will obtain approval from the Institutional Review Board (IRB) and the Institutional Ethics Committee (IEC) to conduct this research. Patients undergoing smoking cessation advising will give written consent to patient information privacy guidelines.

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5. Evaluation

In the first year of the project, we will use a questionnaire to survey doctors and healthcare professionals working at healthcare facilities to evaluate the current state of tobacco cessation support. We will determine the state of cessation support at the time of the project's start.

To evaluate the project's success, we will measure the number of doctors and healthcare professionals that received tobacco dependency treatment advising training, the number of patients and examinees that were given smoking cessation advising (short-term intervention) during treatment or examination, and the number and ratio of smokers who received advising and successfully stopped smoking during the research period. The data will be sourced from health examination data in the possession of health examination facilities. The aforementioned smoking cessation support evaluations will be carried out at the start of the project (#1), then twice more during the project (#2, #3). We expect to see an improvement in the rate of smoking cessation support implementation in Kumamoto healthcare facilities from the baseline taken at the project's start. We will compare healthcare professionals who received training to a control group of professionals in Kumamoto that did not receive advisor training along the variables detailed above.

Dissemination of project results throughout Kumamoto Prefecture will be facilitated by the applicant's membership in the Kumamoto Non-Smoking Promotion Forum (consisting of physicians in charge of smoking cessation examinations and healthcare experts), as the applicant is in cooperation with healthcare experts, including doctors. The applicant is also the head of the Health Kumamoto 21 Promotion Committee, which promotes smoking cessation in the workplace and other areas. With regards to occupational health, the applicant has been working in collaboration with the Occupational Health Support Center and the Japan Health Insurance Association Kumamoto Branch, both members of the aforementioned Promotion Committee, to promote health topics such as smoking cessation from the viewpoint of health management and collaborative health. The applicant is an advisor to the Kumamoto Society of Occupational Nursing, centrally formed of occupational nurses in Kumamoto, and this may lead to the enhancement of smoking cessation support in the workplace. As detailed above, the project has a system of connections and fields to disseminate the project results.

Our plans to disseminate the project results nationwide include the publishing of project results in scientific societies (The Japan Society of Ningen Dock, Japan Society for Occupational Health,

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etc.); research societies for health examination facilities (for example, the Kyushu Preventative Medicine Research Society); the Kumamoto Non-Smoking Promotion Forum; the Occupational Health Support Center; and the Kumamoto Society of Occupational Nursing, and consideration of the implementation of project methods on a national scale.

6. Detailed Work Plan and Deliverable Completion Schedule:

Project Plan & Deliverables Schedule

	2018	2019
1. Consultation with Collaborating Facilities		
Consultation with facilities to establish and strengthen a network of collaborating facilities, confirmation, evaluation, and publishing of current status	→	
2. Project Preparation		
Literature review Ethics committee review Creation of survey form and preparation for advisor training	→	
3. Execution of Advisor Training for Smoking Cessation Support		
Advisor training of healthcare professionals working at health examination facilities.	→	
4. Analysis of Project Results		
Surveys on smoking cessation support provision (#1 (conducted at start), #2, #3) 1) Survey state of smoking cessation support provision at health examination facilities three separate times. 2) Compare surveys to survey conducted before project start. 3) Compare surveys to control group.	● Start (#1)	● #2 ● #3
5. Evaluation, Publication, and Dissemination of Results		
Evaluation (At midpoint and endpoint) Publishing and dissemination of results		→ →