

Associazione NADA

National Acupuncture Detoxification Association

Acudetox antismoking treatment

Acupuncture Detoxification

Protocollo di trattamento protocol based on 5 ear points
specific for substance abuse and associated problems

Antismoking Treatment based on ACUDETTOX Metalworkers Industry - Torino

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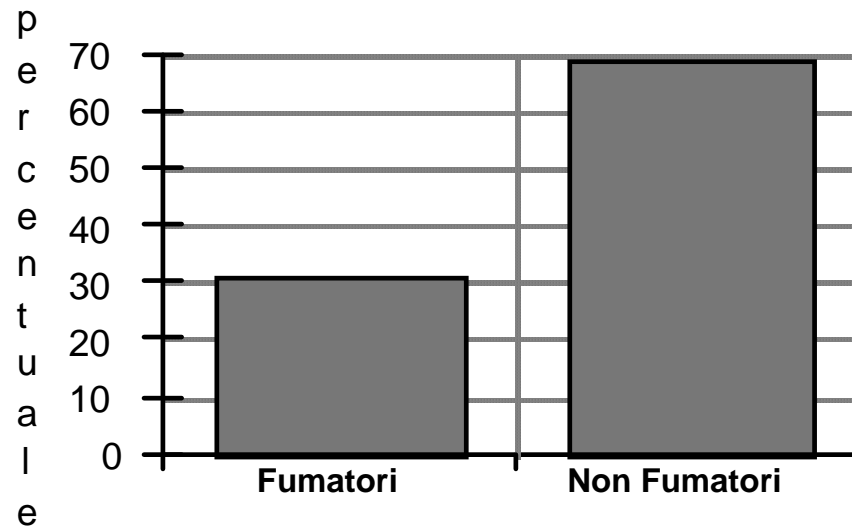
- v 2004 "No smoking policy" in collaboration with the local health service in a trial antismoking study
- v Elaboration of treatment groups on the work place
- v 466 questionnaires ie 70.5% of total work staff
 - 121 31% smokers
 - 63% were agreeable to try to quit smoking

Antismoking Treatment based on ACUDET Metalworkers Industry - Torino

Percentage of smokers and non smokers

Percentuale fumatori/non fumatori

Serie 1



Antismoking Treatment based on ACUDETTOX Metalworkers Industry - Torino

FAGERSTROM TEST

| | |
|-------------------|------------|
| Extreme | 15 |
| Strong dipendency | 18 |
| Medium dipendency | 34 |
| Low dipendency | 54 |
| <u>Total</u> | <u>121</u> |

72% Low to medium dipendency
28% strong to extreme dipendency

Antismoking Treatment based on ACUDETTOX Metalworkers Industry - Torino

Acudetox treatment

- ✓ The company offered a silent room for acudetox treatments.

- ✓ Acudetox treatments were given in
 - daily treatments for 2 weeks
 - 3 times a week for 1 week
 - 2 times a week for 1 week
 - for a total of 15 treatments

- ✓ Treatments were given in the month of 1/2004
- ✓ Treatments were given by the antismoking staff of the Pinerolo, Torino health service. Doctors and nursing staff
- ✓ 33 patients undergoing treatment divided into 2 groups of 15 and 17

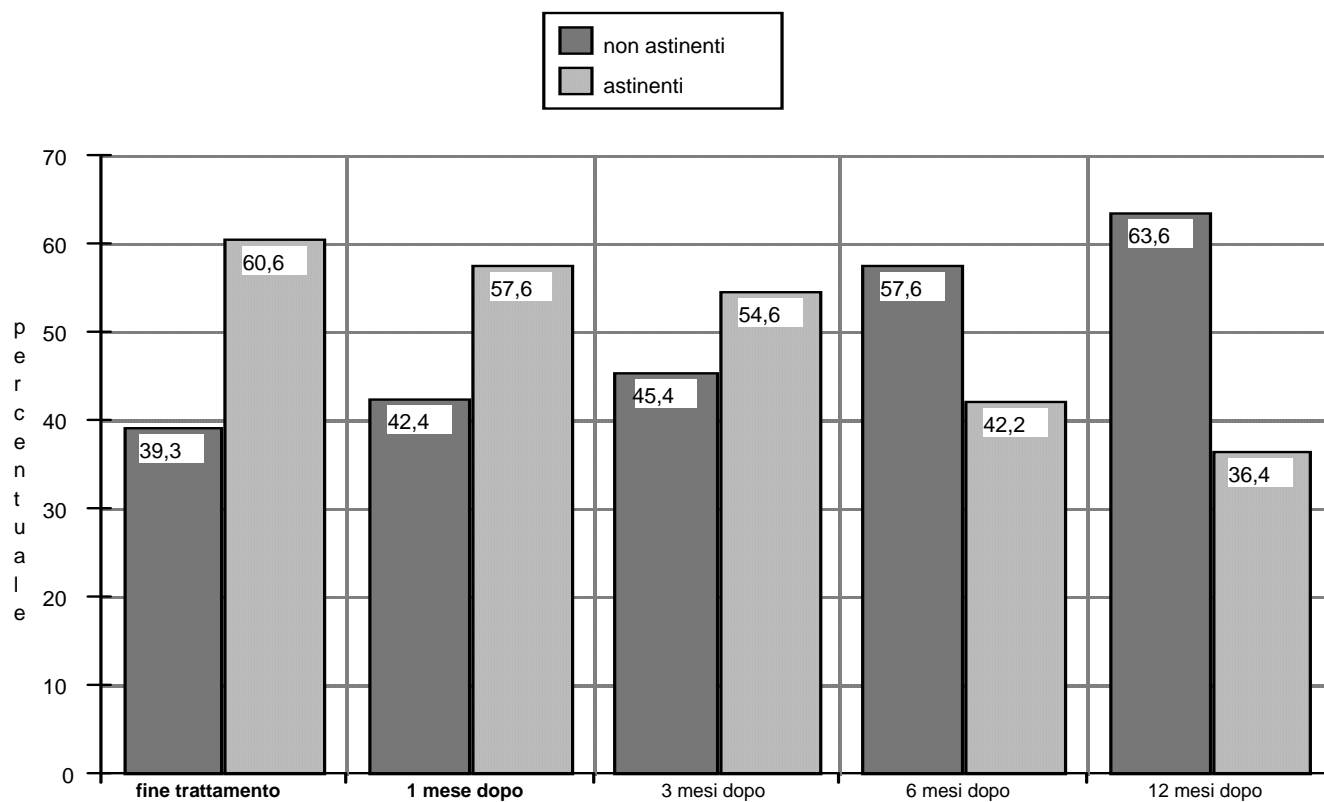
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Follow-up

- ✓ 20 patients were abstinent at the end of treatment 15 males e 5 females, ie 60.6% abstinence.
- ✓ The remaining 39.4% gained a strong reduction in the quantity of cigarettes smoked per day
- ✓ Over the 12 months followup the % of maintainance reduced to 36.4%

Antismoking Treatment based on ACUDETTOX Metalworkers Industry - Torino

Follow-up smokers group at 1-3-6-12 months



Antismoking Treatment based on ACUDETTOX Metalworkers Industry - Torino

Conclusions

- ✓ The first experience of its kind in Italy dealing with a private industry
- ✓ Has underlined the possibility of working together various health care workers with a common goal
- ✓ Acudetox has helped the health care agency to reach its end goal of helping people to quit smoking

Randomized acudetox treatment for smoking cessation in a private ceramics factory

Presso: XXXX s r.l., IMOLA (BO)

Dott.ssa BEATRICE GRANDI

Bologna, 27 novembre 2005

SCUOLA MATTEO RICCI - Corso Biennale di Agopuntura Auricolare. Anno Accademico 2004/2005

Il testo completo è visibile sul sito www.acudetox.it

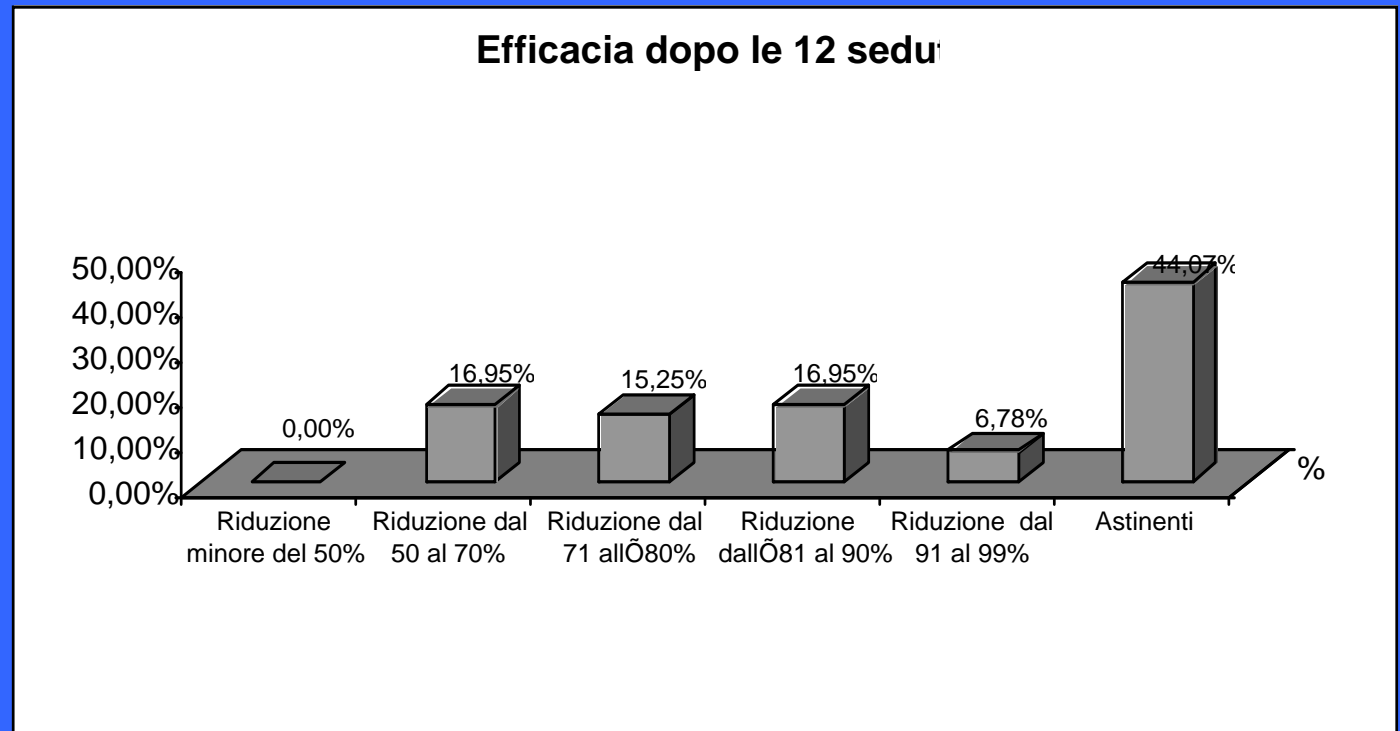
Randomized acudetox treatment for smoking cessation in a private ceramics factory

Ttrattamento

- 4 weeks group treatment
- 3 treatments a week for 45 min during the lunch hour
- 12 treatments for each patient
- Telephone interview follow up at 1-3-6-12 months

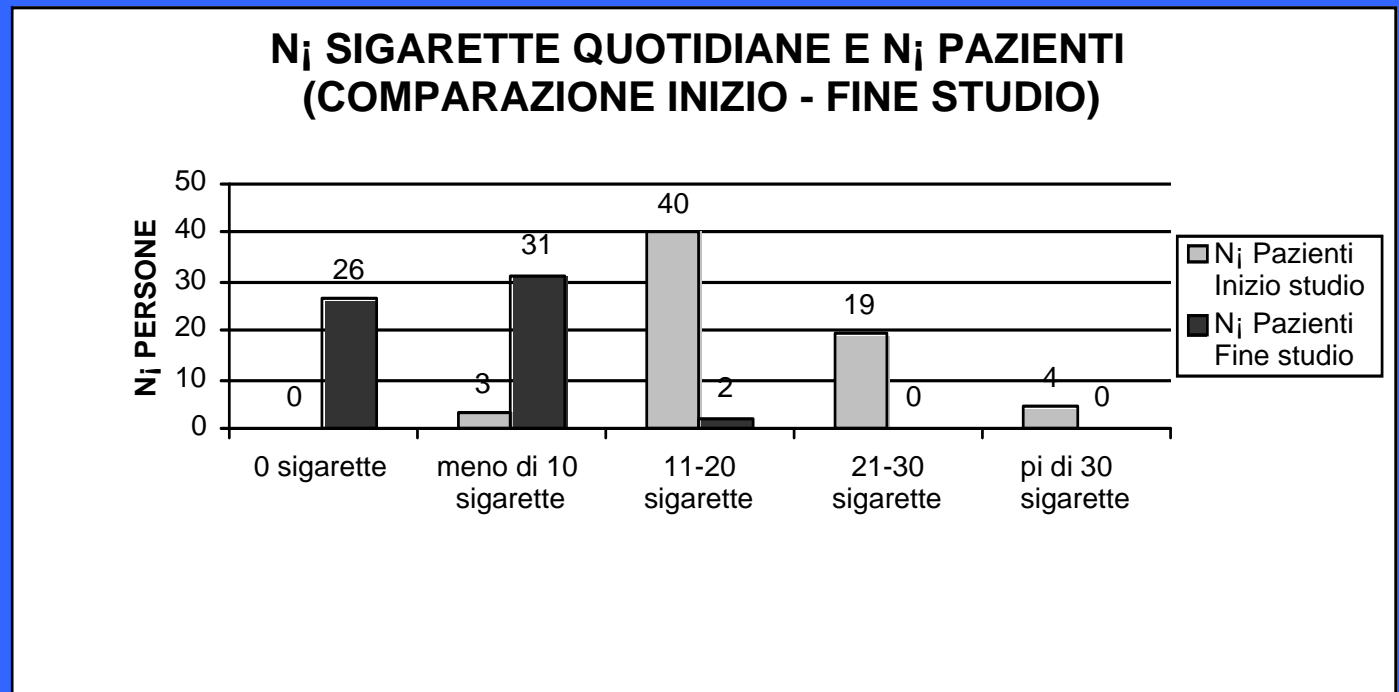
Randomized acudetox treatment for smoking cessation in a private ceramics factory

Abstinence at 12 treatments - end of program



Randomized acudetox treatment for smoking cessation in a private ceramics factory

N° of sigaretttes smoked per day beginning and end of study



Randomized acudetox treatment for smoking cessation in a private ceramics factory

Follow-up a 12 mesi

| | | |
|---|--|-------|
| v | End treatment 29 abstinent | 44.6% |
| v | Follwup 6 months 25 abstinent | 37.9% |
| v | Followup 12 months 22 patients abstinent | 33.3% |

Acudetox integrated treatment Consultorio Antifumo di Fermo-Porto San Giorgio (AP)

*Dott.ssa Anna Maria Calcagni, Pneumologa, Dott.ssa Laura Mecozzi, Psicologa,
Sig.ra Laura Ilari, Infermiera professionale*

Each treatment of acudetox is given in a group setting together with pscologist, nurse and doctor

Each patient is monitored for the following

- - General information regarding the patient
- - Risk factors alchol, physical attivity dietary aspects
- - Respiratory conditions
- - Fagestrom dipendency tests
- - Cardiac condition
- - Motivational aspects relating to quit smoking
- - Behaviour
- - Depression

Acudetox integrated treatment Consultorio Antifumo di Fermo-Porto San Giorgio (AP)

Treatment cycles

Total of 15 treatments in group:

- 10 daily treatments for 2 weeks
- 3 treatments a week for 1 week
- 2 treatments in the 4th week

Individual Counselling

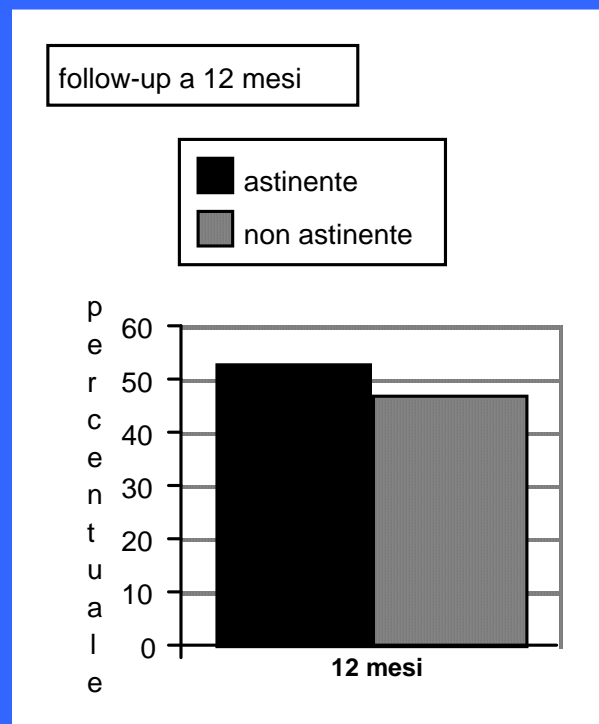
Group motivational work

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- Followup at 3,6,12 months by telephone interview
- 62% females, 38% males
- With an average smoking duration of + 20 years and medial age of 51
medial fagestrom valuation 6
- 62% smoked between 20 and 40 sig per day

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17 were abstinent at 12 months - 53%.



Clinical, organizational and strategic model for an antismoking center

***A cura del Centro per il Trattamento del Tabagismo del Ser.T. di Settimo Torinese
ASLTO4***

- v Center for antismoking started in 2004 based on an integrated acudetox group treatment
- v Public health center in collaboration con local doctors and work place advisory centers
- v 2004 inter diagnostic and therapeutic treatment program specific for smoking cessation
- v Requirement of standard treatment therapies
- v Re-education of dependency strategies for legal substances

Clinical, organizational and strategic model for an antismoking center

- ✓ *Payment of treatment 95 euro*
- ✓ *Treatment cycle*
 - *Medical evaluation*
 - *Fagestrom dipendency test*
 - *12 acudetox treatments*
 - *Follow uo*
- ✓ *Centralized booking procedures requiring their family doctors prescription*
- ✓ *Antismoking treatment rooms in a different area to the usual drug treatment building*
- ✓ *Center for tabacco treatment assures easily accessability in the hours of opening*

Clinical, organizational and strategic model for an antismoking center

v *Public health authority Piemont regione 2007 states that:*

- 1.3 CTT (center for the treatment of tabacco addiction) for every 100,000 population*
- Each CTT requires 2 doctors, 2 psychologists and 4 nurses in part-time*

Clinical, organizational and strategic model for an antismoking center

QuickTime™ e un
decompressore
sono necessari per visualizzare quest'immagine.

Clinical, organizational and strategic model for an antismoking center

Treatment

| 2007 | 2008 | |
|-----------------------|-------------|--|
| 135 | 126 | Specialized medical visits |
| 371 | 400 | Psychological visits |
| 278 | 450 | Psychological and dependency testing |
| 6 | 8 | Group meetings end of treatment INCONTRI DI GRUPPO A FINE |
| TRATTAMENTO | | |
| 550 | 760 | Single acudetox treatments SINGOLE SEDUTE DI AGOPUNTURA |
| ACUDETOX ₃ | | |
| 61 | 73 | complete cycle finished(DI CUI CICLI COMPLETI da 9 sedute l'uno) |

From 2007-2008 increase of + 35% treatments of acudetox

From 2007-2008 increase of + 20% of completed treatment cycles

Clinical, organizational and strategic model for an antismoking center

- v *Results 2007-2008*
- v 127 patients who concluded the treatment cycle
 - 27,5% abstinent
 - 88% abstinent at 1 month
 - 62%, abstinent at 6 months
- v 72,5%, ie 92 patients, reduced sigarete intake by > 60%.
 - 43%, maintained the sigarete reduction at 6 months

Clinical, organizational and strategic model for an antismoking center

v Patient feedback:

- 1. Relaxation
- 2. Reduction stress
- 3. Reduction of tabacco cravings
- 4. Reduction abstinence symptoms
- 5. Mentale clearness
- 6. Better sleeping
- 7. Stable mood
- 8. Helping to remoudle behavoiur patterns