

## ORIGINAL RESEARCH

### **Knowledge, Attitude, and Practices regarding pharmacological methods of tobacco cessation among dental students and dental teaching faculty in Ernakulam District, Kerala – A questionnaire study.**

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#### **Abstract**

Background: Tobacco has been a worldwide public health threat and a cause of avoidable morbidity and mortality. Most people who use tobacco regularly are unable to quit because of nicotine's addictive properties. Overcoming addiction is difficult, even though most users

express a desire to reduce the use or stop. Tobacco cessation may require both pharmacologic and behavioural treatments. It is imperative that dental professionals need to have an appropriate knowledge regarding the pharmacological interventions of tobacco cessation, that will enable them to aid in patient education, counselling, prevention, diagnosis and treatment of associated conditions.

**Methodology:** The study was a cross-sectional questionnaire-based survey. The target population was the clinical dental students, House surgeons, and teaching faculty. The questionnaire was divided into two parts. The first part consisted of questions on professional data – designation/year of study of respondents. The second part consisted of 16 questions to assess the knowledge, attitude, and practices regarding pharmacological interventions for tobacco cessation. Informed consent was obtained prior to distribution of questionnaires.

**Results:** The study was conducted among a total of 392 participants that included 328 students/house surgeons and 64 faculty members. About 95% of the respondents were interested in helping their patient's quit tobacco. Only 64.28% were aware of both pharmacological and non-pharmacological methods of tobacco cessation. About 72.95%, were aware of nicotine replacement therapy. About 35.2% of the respondents agreed that patients had sought their assistance in tobacco cessation. Over 97% believed that they need further training in pharmacological methods of tobacco cessation.

**Conclusion:** The study attributes that the dental students, house surgeons and teaching faculty members who participated in the survey had a good attitude towards tobacco cessation interventions. The knowledge and practice components were relatively weaker.

**Key words:** Tobacco use cessation, nicotine addiction, dentist's role

**Conflict of interest:** None

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