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**28 SEPTEMBER 2021, 16.30**

**WORKSHOP**

**ORGANISING A SMOKING CESSATION CLINIC**

**CHAIR:** Professor Anastasia Barbouni & Professor Ignatios Ikonomidis

1. Introduction to the organization and operation of a smoking cessation clinic.

[ADAMANTIA LIAPIKOU](#) (10 min)

Live case (10 min): Medical history and examination in the smoking cessation clinic. [ADAMANTIA LIAPIKOU](#)

2. The role of the nurse in smoking cessation. [GAVRIELLA KOSTELI](#) (10 min)

Live case (10 min): Evaluation of nicotine dependence (Fagestrom score + exCO meter). [GAVRIELA KOSTELLI](#)

3. The role of the psychologist / social worker. [SOTIRIA MAKARONI](#) Health Psychologist MSc (10 min)

Live Case (10 min): Behavioral therapy in the smoking cessation clinic. [SOTIRIA MAKARONI](#)

4. Medical assisted -smoking cessation programs.

[KALLIRROI KOUREA](#) Cardiology (10 min)

Live case(10 min): Selection of Pharmacotherapy schemes (video) [KALLIRROI KOUREA](#) Cardiology

5. Avoiding weight gain in smoking cessation. The role of the nutritionist. [OLGA KOUNARI](#) Clinical Nutritionist (10 min)

Live case (10 min): Avoiding weight gain in smoking cessation.

[OLGA KOUNARI](#) Clinical Nutritionist

6. Prevention and treatment of relapse in smoking. [MICHAEL TOUMBIS](#) (10 min)

Live case (10 min): Strategies to cope with nicotine withdrawal symptoms and -relapse (video). 10 min [GEORGIA PAPADOSIFAKI](#)

Live case (10 min): Selection of Pharmacotherapy schemes after relapse. 10

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# 4th Scientific Summit

Tobacco Harm Reduction:  
Novel products, Research & Policy

by **SOHRE**

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*Virtual*

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min [KALLIRROI KOUREA](#) Cardiology

7. Online smoking cessation programs (framework, efficiency and availability)

[KONSTANTINOS KESANOPOULOS](#)

**Conclusions**

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