



WORKSHOP: ORGANISING A SMOKING CESSATION CLINIC  
28 SEPTEMBER 2021, 16:30

AGENDA

Chairs: Professor Anastasia Barbouni & Professor Ignatios Ikonomidis

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

Live case: Medical history and examination in the smoking cessation clinic. *Adamantia Liapikou*

2. The role of the nurse in smoking cessation. *Gavriela Kostelli*

Live case: Evaluation of nicotine dependence (Fagestrom score + exCO meter). *Gavriela Kostelli*

3. The role of the psychologist / social worker. *Sotiria Makaroni*

Live Case: Behavioral therapy in the smoking cessation clinic. *Sotiria Makaroni*

4. Medical assisted -smoking cessation programs (Cardiology). *Kallirrhoe Kourea*

Live case: Selection of Pharmacotherapy schemes (Cardiology). *Kallirrhoe Kourea* - (video)

5. Avoiding weight gain in smoking cessation. The role of the nutritionist. *Olga Kounari*

Live case: Avoiding weight gain in smoking cessation. *Olga Kounari*

6. Prevention and treatment of relapse in smoking. *Michael Toubis*

Live case: Strategies to cope with nicotine withdrawal symptoms and -relapse. *Georgia Papadosifaki* - (video)

Live case: Selection of Pharmacotherapy schemes after relapse. (Cardiology). *Kallirrhoe Kourea*

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

*Konstantinos Kesanopoulos*

Conclusions

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*The duration of each Presentation and Live Case will be 10 minutes.*



## SPEAKERS

**Anastasia Barbouni**, MD, MSc, PhD, Professor of Public Health and Disease prevention, Department of Public and Community Health, School of Public Health, University of West Attica

**Ignatios Ikonomidis**, MD, PhD, FESC, FAHA, Professor of Cardiology, Director of Echocardiography and the Laboratory of Preventive Cardiology, 2nd Cardiology Department, National and Kapodistrian University of Athens

**Konstantinos Kesanopoulos**, MSc, PhD, Special Academic Unit for the Study of Smoking Behavior, Laboratory of Hygiene and Epidemiology, Department of Public and Community Health, School of Public Health University of West Attica

**Gavriela Kostelli**, 2nd Health Region of Piraeus & Aegean, Nikaia Health Center, Head of Nursing; Preventive Cardiology Department, 2nd Cardiology Department Attikon Hospital, PhD Candidate, Medical School, National and Kapodistrian University of Athens, Greece

**Olga Kounari**, MS, RDN, Registered Dietitian - Nutritionist, certified in adult and childhood weight management, Founder of the non-profit organization 'Mathaino Diatrofi'

**Kallirrhoe Kourea**, MD, PhD, Academic Fellow in Cardiology, Medical School, National and Kapodistrian University of Athens, Smoking Cessation Clinic, 2nd Cardiology Department, Attikon Hospital

**Adamantia Liapikou**, Pulmonologist, "Sotiria" Chest Diseases Hospital, Athens

**Sotiria Makaroni**, Health Psychologist MSc, Head of Prevention Centre for Addiction and Psychosocial Health Promotion "PRONOI" Municipality of Kifissia-OKANA, PhD c Medical School of Athens University

**Georgia Papadosifaki**, Occupational Therapist, MPH, PhDc, Special Academic Unit for the Study of Smoking Behavior, Laboratory of Hygiene and Epidemiology, Department of Public and Community Health, School of Public Health, University of West Attica

**Michael Toumbis**, MD, PhD, FCCP, Pneumologist, President of the Cyprus Institute of Respiratory Diseases