

의사의 금연 교육법

Anti - smoking Education by Medical Doctor

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Abstract

Medical doctors are an important role model for smoking behavior, and their advice to quit smoking is effective for patients. Doctors can be teachers and educators for social anti - smoking activities in their communities. Schools, social organizations, hospitals, and local and national government officials can be interested in providing anti - smoking programs. Well - preparedness is important for an effective delivery of anti - smoking messages. To ensure the success of presentation, the organizers should consider the followings: determine the objectives before planning the presentation; analyze the values and needs of the audience; determine the best presentation method; make the presentation interactive through questions and answers or activities; select slides and other visual aids carefully; incorporate introduction and conclusion to the main ideas; and prepare answers to anticipated questions. Colors and layouts should be considered in preparing and showing visual aids. For those deliver presentation, repeated rehearsals will make them more relaxed and at ease, which is also important for successful presentation. Each presentation will be different because the needs and receptivity of the audience will be different in each occasion. Give the audience a clear idea of what your goals of the presentation are. Let them know first what materials including handouts will be distributed, lest they should distract their attention taking unnecessary notes. Establish a firm rapport and give information. Remember that there may be smokers; don't insult or degrade them. Acknowledge the challenges in smoking cessation and make a caring, non - hostile tone towards smokers.

Keywords : **Anti - smoking education; Tobacco smoking; Medical education**

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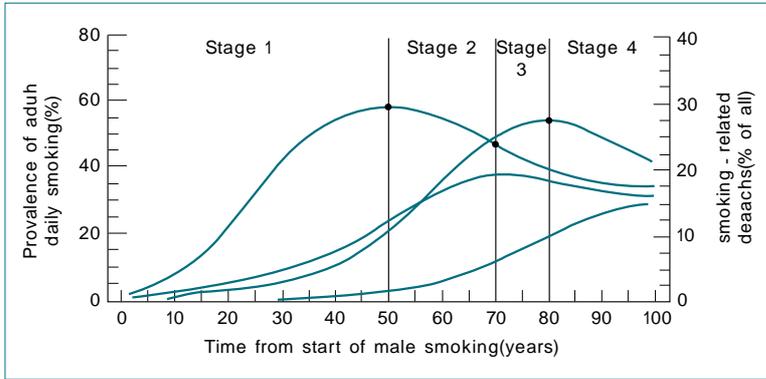
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• WHO HQ : <http://tobacco.who.int/>

- SEARO : <http://w3.who.int/techinfo/index.htm>
- WPRO : http://www.wpro.who.int/themes_focuses/theme2/special/tobacco.asp
- Tobacco Documents Online (Smokescreen) : <http://www.tobaccodocuments.org>
- Framework Convention Alliance (FCA) : <http://www.fctc.org/>
- Global Partnerships for Tobacco Control : <http://www.essentialaction.org/tobacco/>
- Globalink, UICC International Union Against Cancer : <http://www.globalink.org/>
- Steve Hamman's research site : <http://hamann.globalink.org/>
<http://www.thai.net/tobaccocontrol/>
- International Network of Women Against Tobacco(INWAT) : <http://www.inwat.org/>
- International Network Towards Smoke - Free Hospitals(INTSH) : <http://intsh.globalink.org/>
- International Non Governmental Coalition Against Tobacco(INGCAT) : <http://www.ingcat.org/>
- International Society for the Prevention of Tobacco Induced Diseases(PTID) : www.ptid.org
- International Tobacco Evidence Network(ITEN) : <http://www.tobaccoevidence.net/>
- Legacy Foundation, tobacco document site : <http://legacy.library.ucsf.edu/cgi/b/bib/bib-idx?g=tob>
- Network for Accountability of Tobacco Transnationals(NATT) : www.infact.org
- Quit & Win : <http://www.quitandwin.org>
- Repace's site, especially on passive smoking (Jim Repace) : <http://www.repace.com/>
- Smokescreen Action Network (Michael Tacosky) : <http://www.smokescreen.org>
- Society for Research on Nicotine and Tobacco(SRNT) : <http://www.srnt.org/>
- Tobacco BBS(Gene Borio) : <http://www.tobacco.org>
- Tobacco Control journal : <http://www.tobaccocontrol.com>
- Tobacco Control Resource Center/Tobacco Products Liability Project (TCRC/TPLP) : <http://tobacco.neu.edu/>
- TCRC Tobacco Control Resource Centre, BMA, UK : <http://www.tobacco-control.org/>
- Tobacco Control Supersite (Simon Chapman) : <http://www.health.usyd.edu.au/tobacco/>
- TobaccoPedia: <http://TobaccoPedia.org>
- Treatobacco Database & Educational Resource for Treatment of Tobacco Dependence : <http://www.treatobacco.net/>
- 12th World Conference on Tobacco or Health, Helsinki, 3-8 August 2003 : <http://www.wctoh2003.org>
- Tobacco Free Forum, South Asia Association for Regional Cooperation : <http://wbb.globalink.org>
- (Speakers Kit) : <http://speakerskit.chestnet.org>
- <The Tobacco Atlas.> Mackay J, Eriksen M. : <http://www.who.int/tobacco/>

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