

# Report: National CVD Prevention Coordinators (NCPC) Workshop

ESC Congress 2023  
Amsterdam, NL

27 August 2023

# Programme

|               |                                                                                                                                  |              |
|---------------|----------------------------------------------------------------------------------------------------------------------------------|--------------|
| 15:30 – 15:35 | Welcome & Objectives of the workshop                                                                                             | E Cavarretta |
| 15.35 – 16.45 | <b>The smoking cessation</b>                                                                                                     |              |
|               | <ul style="list-style-type: none"><li>• 1 case presentation - 5 minutes</li></ul>                                                | P Jankowski  |
|               | <ul style="list-style-type: none"><li>• Discussion in groups - 25 minutes</li></ul>                                              | all          |
|               | <ul style="list-style-type: none"><li>• Daily smoking (% population aged 15+, age-standardized): total male and female</li></ul> |              |
|               | <ul style="list-style-type: none"><li>• Is smoking cessation covered by the national health insurance?</li></ul>                 |              |
|               | <ul style="list-style-type: none"><li>• Are there public/private centers for smoking cessation?</li></ul>                        |              |
|               | <ul style="list-style-type: none"><li>• Are there national programs for smoking cessation?</li></ul>                             |              |
|               | <ul style="list-style-type: none"><li>• How accessible are smoking cessation programs/centers?</li></ul>                         |              |
|               | <ul style="list-style-type: none"><li>• Comparison of outcome - 40 minutes</li></ul>                                             | all          |
| 16:45 – 16:55 | Upcoming NCPC activities                                                                                                         | E Cavarretta |
| 16:55 – 17:00 | Closing remarks                                                                                                                  | E Cavarretta |

# Participants

- **Chair & Speaker**
- **Elena Cavarretta**, Prevention Implementation Committee Chair
- **Piotr Jankowski**, NCPCs network Advisor & NCPC representative

- **Participants**

19 National Coordinators and Representatives from 15 different countries:

- Austria
- Bosnia & Herzegovina (2)
- Estonia
- Finland
- Iceland
- Italy
- Lithuania
- Malta
- Netherlands (3)
- Norway
- Poland (2)
- Portugal
- Romania
- Slovakia
- Sweden

# Patient Case



**A case of a patient with lower back pain**

# The history

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*A 56-year-old architect visited his GP because of lower back pain, that had occurred „from time to time“ for the last „several“ months.*

# The history

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*Smoking for decades (20 cig./day)*

*Sedentary lifestyle*

*No other complaint or health problems*

*Father died for MI at the age of 70*  
*Brother (65 years) suffered from MI.*

# Physical examination



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**HR:**

**66/min.**

**BP:**

**right arm - 150/92 mmHg**

**left arm - 152/94 mmHg**

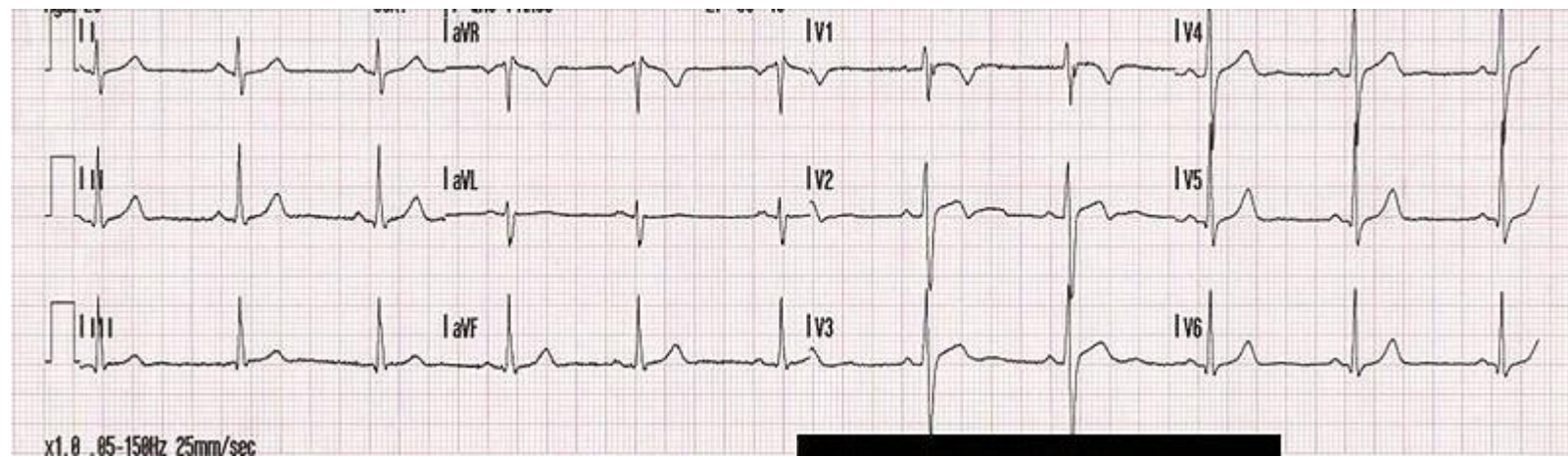
**BMI:**

**28,5 kg/m<sup>2</sup>**

**Waist:**

**101 cm**

# ECG





# Intensity of addiction to nicotine - the Fagerström test



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|                                                                                                              |                          |                          |   |
|--------------------------------------------------------------------------------------------------------------|--------------------------|--------------------------|---|
| How soon after waking do you smoke your first cigarette?                                                     | Within 5 minutes         | <input type="checkbox"/> | 3 |
|                                                                                                              | 5-30 minutes             | <input type="checkbox"/> | 2 |
|                                                                                                              | 31-60 minutes            | <input type="checkbox"/> | 1 |
| Do you find it difficult to refrain from smoking in places where it is forbidden? e.g. Church, Library, etc. | Yes                      | <input type="checkbox"/> | 1 |
|                                                                                                              | No                       | <input type="checkbox"/> | 0 |
| Which cigarette would you hate to give up?                                                                   | The first in the morning | <input type="checkbox"/> | 1 |
|                                                                                                              | Any other                | <input type="checkbox"/> | 0 |
| How many cigarettes a day do you smoke?                                                                      | 10 or less               | <input type="checkbox"/> | 0 |
|                                                                                                              | 11 – 20                  | <input type="checkbox"/> | 1 |
|                                                                                                              | 21 – 30                  | <input type="checkbox"/> | 2 |
|                                                                                                              | 31 or more               | <input type="checkbox"/> | 3 |
| Do you smoke more frequently in the morning?                                                                 | Yes                      | <input type="checkbox"/> | 1 |
|                                                                                                              | No                       | <input type="checkbox"/> | 0 |
| Do you smoke even if you are sick in bed most of the day?                                                    | Yes                      | <input type="checkbox"/> | 1 |
|                                                                                                              | No                       | <input type="checkbox"/> | 0 |
| <b>Total Score</b>                                                                                           |                          |                          |   |

0-4 – low, 5-6 – moderate, ≥7 – high dependence



# Intensity of addiction to nicotine - the Heaviness of Smoking Index



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|                                                               |                |   |
|---------------------------------------------------------------|----------------|---|
| How soon after you wake up do you smoke your first cigarette? | < 5 minutes    | 3 |
|                                                               | 5 – 30 minutes | 2 |
|                                                               | 30-60 minutes  | 1 |
|                                                               | > 60 minutes   | 0 |
| How many cigarettes per day do you smoke?                     | 10 or less     | 0 |
|                                                               | 11-20          | 1 |
|                                                               | 21-30          | 2 |
|                                                               | 31 or more     | 3 |
| Total                                                         |                |   |

**0-4 – low dependence**

**5-6 – high dependence**

# Intensity of addiction to nicotine - the Heaviness of Smoking Index



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|                                                               |                |   |
|---------------------------------------------------------------|----------------|---|
| How soon after you wake up do you smoke your first cigarette? | < 5 minutes    | 3 |
|                                                               | 5 – 30 minutes | 2 |
|                                                               | 30-60 minutes  | 1 |
|                                                               | > 60 minutes   | 0 |
| How many cigarettes per day do you smoke?                     | 10 or less     | 0 |
|                                                               | 11-20          | 1 |
|                                                               | 21-30          | 2 |
|                                                               | 31 or more     | 3 |
|                                                               | Total          | 3 |

**0-4 – low dependence**

**5-6 – high dependence**

# Recommendations

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- ✓ *Stop smoking*
- ✓ *Increase physical activity*
- ✓ *Diet, including salt restriction*
- ✓ *Blood tests including lipids, glucose, creatinine, potassium, blood cell count*
- ✓ *Non-steroidal anti-inflammatory drugs*

# Question

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**1.** *Was the patient managed appropriately? What would you do differently?*

Elena Cavarretta presented the objective of the workshop:

- Comparison of **smoking cessation programmes** across the countries in the different risk regions by focusing on:
  - Daily smoking (% population aged 15+, age-standardized): total male and female
  - Is smoking cessation covered by the national health insurance?
  - Are there public/private centers for smoking cessation?
  - Are there national programs for smoking cessation?
  - How accessible are smoking cessation programs/centers?

# Group discussions by risk region

Low Risk: 3 participants



Moderate Risk: 7 participants



High Risk: 6 participants



Very-high Risk: 3 participants



# Results & discussions:

## Very high-risk group:

- Romania:
  - **Daily smokers: 26.7% of smokers with 37.4% male and 16.7% female (WHO 2011)\***
  - No recent data on electronic cigarettes
  - People living in the poor regions in Romania have difficulties in reaching medical assistance
  - Smoking cessation partially covered:
    - Cessation programmes (3 months) are performed by medical doctors (Pulmonologist or Psychologist) which are covered
    - Nicotine replacement products from the pharmacy are not covered
  - No smoking cessation centre
- Lithuania:
  - **Daily smokers: 17.3% of smokers with 28.3% male and 7.8% female (WHO 2018)\***
  - Primary prevention programmes available
  - Smoking cessation is not covered
  - 1 smoking cessation centre, but the same as for other addictions like alcohol and drugs (risk of barrier for participation in programmes)



# Results & discussions:

## High-risk group:

- Bosnia & Herzegovina:
  - **Daily smokers: 40.7% of smokers with 46.9% male and 34.5% female (2018 WHO)\***
    - The percentages are the same over the last 20-25 years, but an increase in female smoker
  - Smoking cessation centre available; services are not covered by the health insurance
- Estonia:
  - **Daily smokers: 17.2% of smokers with 23.4% male and 12.9% female (2018 WHO)\***
  - Smoking cessation centres and programmes in all big hospitals; covered by the National Health Insurance funds
  - Not enough doctors and nurses available for those programmes
  - Drugs are refunded, but not nicotine replacements like patches and chewing gums
  - Private doctors propose smoking cessation treatment like acupuncture
- Poland:
  - **Daily smokers: 21.0% of smokers with 24.0% male and 18.0% female (2019 WHO)\***
  - 2 state financed smoking cessation centres are available
- Slovakia:
  - **Daily smokers: 22.9% of smokers with 30.4% male and 15.8% female (2014 WHO)\***

# Results & discussions:

## Moderate risk group:

- Finland:
  - **Daily smokers: 14.0% of smokers with 15.0% male and 13.0% female (2018 WHO)\***
- Iceland:
  - **Daily smokers: 8.2% of smokers with 8.1% male and 8.4% female (2019 WHO)\***
  - High decrease of smokers from 35% in the 80s to 6.2% at present -> the aim is to pass below the 5% barrier in a few years
  - Dedicated point of sales for cigarettes; vending machines are not allowed
  - Cessation programmes are not covered, but counselling is available via webpages, telephone and apps
- Italy:
  - **Daily smokers: 18.6% of smokers with 22.7% male and 14.8% female (2019 WHO)\***
- Malta:
  - **Daily smokers: 20.1% of smokers with 23.4% male and 17.0% female (2014 WHO)\***
  - Smoking cessation centres are available and free for all taxpayers, not successful because of lack of human resources and services offered in primary care which is often disjointed with tertiary care services.
- Portugal:
  - **Daily smokers: 16.8% of smokers with 23.5% male and 10.9% female (2014 WHO)\***
  - Smoking cessation programmes are covered in public hospitals, but not in private clinics
  - Access to public centres is difficult with long waiting lists
  - New law: if approved, smoking will be forbidden next to public buildings (schools, restaurants etc.) from October 2023
- Sweden:
  - **Daily smokers: 10.1% of smokers with 11.0% male and 9.2% female (2018 WHO)\***

➤ National campaigns and smoking restrictions reduced the number of smokers in Finland, Sweden, Malta and Iceland

(\*% population aged 15+, age-standardized, source [ESC Atlas of Cardiology](#))

# Results & discussions:

## Low risk group:

- Austria:
  - **Daily smokers: 24.3% of smokers with 26.5% male and 22.1% female (2014 WHO)\***
- Netherlands:
  - **Daily smokers: 16.8% of smokers with 19.5% male and 14.1% female (2017 WHO)\***
  - A smoking cessation programme by physicians -> important to talk about “the elephant in the room”:
    - Ask: do you smoke?
    - Inform: you can get help!
    - Organise: referral to smoking cessation programmes
  - Very ambitious aim to pass under the 5% barrier in 2040 -> important to involve all physicians to reach the goal
- Norway:
  - **Daily smokers: 9.0% of smokers with 9.0% male and 9.0% female (2019 WHO)\***
  - More recent data: 7% of smokers
  - E-cigarettes were never allowed
  - Life-style centres are available for a small fee: 8 weeks programme with physical exercise, weight reduction, smoking cessation

## General comments:

- Government regulation does matter – it works
- E-cigarettes: act and save the youth from additions – e-cigarettes are the gateway to move to other additions

# Conclusions / 1

The discussion focused on the comparison of the smoking cessation programmes across the countries in the different risk regions:

- Huge differences in the prevalence of smoking across the represented countries.

| Country   | Both         | Male  | Female |
|-----------|--------------|-------|--------|
| Austria   | 24.3%        | 26.5% | 22.1%  |
| B&H       | <b>40.7%</b> | 46.9% | 34.5%  |
| Estonia   | 17.2%        | 23.4% | 12.9%  |
| Finland   | 14.0%        | 15.0% | 13.0%  |
| Iceland   | <b>8.2%</b>  | 8.1%  | 8.4%   |
| Italy     | 18.6%        | 22.7% | 14.8%  |
| Lithuania | 17.3%        | 28.3% | 7.8%   |

| Country  | Both  | Male  | Female |
|----------|-------|-------|--------|
| Malta    | 20.1% | 23.4% | 17.0%  |
| Norway   | 9.0%  | 9.0%  | 9.0%   |
| Poland   | 21.0% | 24.0% | 18.0%  |
| Portugal | 16.8% | 23.5% | 10.9%  |
| Romania  | 26.7% | 37.4% | 16.7%  |
| Slovakia | 22.9% | 30.4% | 15.8%  |
| Sweden   | 10.1% | 11.0% | 9.2%   |
| The NL   | 16.8% | 19.5% | 14.1%  |

(% population aged 15+, age-standardized, source [ESC Atlas of Cardiology](#))

# Conclusions / 2

- Huge difference in dealing with legislation and commercialization with electronic cigarettes and heat-not-burn cigarettes.
  - Example from Norway: Electronic cigarettes were never allowed
- Smoking cessation programmes very heterogenous within the same risk regions
- Access to smoking cessation programmes different even within one country (cities vs rural areas)
- Very successful workshop on a dedicated topic.
- **This format could re-proposed for the next NCPC meeting in Athens 2024.**



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# ESC Preventive Cardiology 2024

**Next NCPC workshop  
– Save the date!**



**25-27 April  
Athens, Greece •**

**#ESCPrev2024**

**[www.escardio.org/ESCPrev](http://www.escardio.org/ESCPrev)**

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