

Smoking Cessation Unit- Faculty of Medicine – Assiut University

About The Unit:

The Smoking Cessation Unit at the Faculty of Medicine, Assiut University, was established in **2023**, building upon the efforts initiated in **2009** through the **Egyptian Anti-Smoking Society**, founded by the late **Professor Ali Hussein Zarzour**, Professor of Public Health and Community Medicine, in collaboration with the faculty administration at that time. The Unit was established in recognition of the importance of raising awareness about the harmful effects of smoking and promoting healthy behaviors within the university community.

Smoking Cessation Unit Team:

The Unit operates under the **Department of Public Health and Community Medicine** and is managed by faculty members and teaching assistants from the department.

Unit Supervisor

- Prof. Mahmoud Attia Abdel Aaty

Unit Members

- Dr. Ayah Atef Farouk Alkarn
- Dr. Zeinab Mostafa Abdel Ghafour

In addition to all teaching assistants in the Department of Public Health and Community Medicine.

Vision:

To be a leading university unit in promoting a smoke-free campus, fostering health awareness, and preparing physicians who lead tobacco prevention efforts to protect community health.

Mission:

The Unit is committed to raising awareness of the health risks of smoking, providing education and support for smoking cessation, promoting a smoke-free university environment, and participating in research and community activities that contribute to reducing the harmful effects of smoking and improving the health of individuals and society.

Objectives:

The Smoking Cessation Unit at the Faculty of Medicine, Assiut University, aims to:

1. Raise awareness of the health risks associated with smoking and secondhand smoke among members of the faculty and the wider community.
2. Promote smoking prevention, particularly among young people and students in health-related faculties.

3. Provide evidence-based smoking cessation services in accordance with current scientific guidelines and best medical practices.
4. Foster a smoke-free university environment and support the implementation of tobacco control policies within the Faculty.
5. Empower medical students to become health promotion advocates and future leaders in tobacco control.
6. Support scientific research on tobacco control, smoking behaviors, and the health and social impacts of tobacco use.
7. Strengthening community partnerships through collaboration with governmental agencies, civil society organizations, and educational institutions to promote smoking cessation awareness.
8. Contribute to achieving public health goals by reducing smoking prevalence and minimizing its health and economic burden.

Core Values:

The Unit is committed to the following core values:

- **Professionalism:** Delivering services in accordance with the latest scientific evidence and professional standards.
- **Social Responsibility:** Contributing to the protection of public health and reducing the burden of tobacco use.
- **Teamwork:** Encouraging collaboration among faculty members, students, staff, and community partners.

- **Respect and Confidentiality:** Respecting the privacy of beneficiaries and maintaining the confidentiality of their information.
 - **Excellence and Innovation:** Developing innovative, evidence-based educational and cessation programs.
 - **Integrity and Transparency:** Providing accurate, reliable, and trustworthy health information.
 - **Sustainability:** Supporting initiatives that ensure the continuity and long-term impact of tobacco control efforts.
 - **Continuous Learning:** Promoting professional development and research in tobacco prevention and smoking cessation.
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Activities:

- Organizing educational seminars on the health risks of smoking and smoking cessation strategies for employees of the Faculty of Medicine.
- Organizing awareness seminars on the health risks of smoking and smoking cessation for employees of the Faculty of Pharmacy.
- Conducting and supporting scientific research related to smoking and its health consequences.
- Distributing questionnaires among Faculty employees to identify smokers, assess their readiness to quit, evaluate exposure to secondhand smoke, and assess their knowledge of smoking-related health risks.

- Engaging students in conducting research and preparing educational materials to raise awareness of the health risks associated with smoking.
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Smoking Cessation Services:

The Unit provides comprehensive smoking cessation services, including:

1. Recording personal information, medical history, smoking history, motivation, and readiness to quit smoking.
2. Performing pulmonary function testing (spirometry).
3. Conducting **Motivational Interviewing (MI)** sessions.
4. Providing regular follow-up through scheduled clinic appointments and telephone counseling to support sustained smoking cessation.



