



**Karolinska
Institutet**

Course syllabus for

Oral Health - Tobacco Prevention and Tobacco Cessation, 4.5 credits

Oral hälsa - tobaksprevention och tobaksavvänjning, 4.5 hp

This course has been cancelled, for further information see Transitional provisions in the last version of the syllabus.

Please note that the course syllabus is available in the following versions:

Autumn2020 , Autumn2022

Course code	1OH003
Course name	Oral Health - Tobacco Prevention and Tobacco Cessation
Credits	4.5 credits
Form of Education	Higher Education, study regulation 2007
Main field of study	Oral Health
Level	G2 - First cycle 2
Grading scale	Fail (U), pass (G) or pass with distinction (VG)
Department	Department of Dental Medicine
Decided by	Utbildningsnämnden DENTMED
Decision date	2020-03-23
Revised by	Education committee DENTMED
Last revision	2022-03-24
Course syllabus valid from	Autumn 2022

Specific entry requirements

University Diploma in Dental Hygiene equivalent to 120 credits.

Objectives

After completing the course, the student will be able to:

- Explain the harmful effects of tobacco on oral health and general health, and how tobacco can affect the general well-being, based on scientific research.
- Explain scientific theories regarding cessation methods.
- Independently design a plan that includes aims, strategies for and follow-up of targeted individual tobacco cessation.
- Conduct a motivational conversation about tobacco habits and apply a professional approach.
- Reflect on health problems related to tobacco and its influence on oral health at the individual- and group level, as well as from a societal perspective.

- Evaluate and reflect on ethical issues in health promotion and tobacco prevention work.

Content

The course emphasises the relationships between oral health and illness, lifestyle and public health from a national or global perspective. In the course, the student acquires knowledge of tobacco-preventive work and is trained in how to independently conduct tobacco cessation work. Laws and regulations related to tobacco are discussed in a national and global perspective.

Tobacco prevention and tobacco cessation 1, 3.0 hp

Grading scale: VU

- Harmful effects of tobacco.
- Scientific theories and models about tobacco cessation and relapse prevention, as well as behavioural change.
- Research about products for tobacco cessation.
- Application of theories about and models for tobacco cessation in fictitious patient cases.

Tobacco prevention and cessation 2, 1.5 hp

Grading scale: GU

- Practical application of theories about and models for tobacco cessation in motivational conversations with fictional patients.
- Societal and ethical aspects of health promotion work on tobacco.

Teaching methods

Lectures, seminars, group work, exercises and self-study.

Seminars, group work and exercises are compulsory.

The course coordinator decides if, and how, absence from compulsory parts can be compensated. Study results cannot be reported until the student has participated in compulsory course elements or compensated for any absence in accordance with instructions from the course coordinator. Absence from a compulsory course element could mean that the student can not retake the element until the next time the course is offered.

Examination

Tobacco prevention and tobacco cessation 1, 3 credits

- Written individual examination.
- Individually written presentation.
- Written assignment and oral presentation in groups.

Tobacco prevention and tobacco cessation 2, 1.5 credits

- Individually written presentation.
- Oral presentation.

To pass the course, attendance at compulsory education elements is required.

For the grade Pass with distinction for the entire course, the grade Pass with Distinction for the module

Tobacco prevention and tobacco cessation 1 and the grade Pass for the module Tobacco prevention and tobacco cessation 2 are required.

Students who do not pass a regular examination are entitled to re-sit the examination on five more occasions. If the student has failed six examinations/tests, no additional examination is given.

If there are special grounds, or a need for adaptation for a student with a disability, the examiner may decide to deviate from the syllabus's regulations on the examination form, the number of examination opportunities, the possibility of supplementation or exemptions from the compulsory section/s of the course etc. Content and learning outcomes as well as the level of expected skills, knowledge and abilities may not be changed, removed or reduced.

Transitional provisions

The course will be offered for the last time in the autumn semester of 2022/spring semester of 2023 and will then be cancelled. Examination will be provided until the autumn of 2023/spring of 2024 for students who have not completed the course.

Literature and other teaching aids

Mandatory literature

Hjalmarson, Agneta

En handledning för tobaksavvänjning

Stockholm : Statens folkhälsoinstitut, 2006 - 115 s.

ISBN:9172574429 LIBRIS-ID:10256737

[Library search](#)

Holm Ivarsson, Barbro; Hjalmarson, Agneta; Pantzar, Margareta

Stödja patienter att sluta röka och snusa : rådgivning om tobak och avvänjning

1. uppl. : Lund : Studentlitteratur, 2012 - 304 s.

ISBN:978-91-44-08239-4 LIBRIS-ID:13434334

[Library search](#)

Holm Ivarsson, Barbro

MI - motiverande samtal : praktisk handbok för hälso- och sjukvården : tobaksbruk, riskbruk av alkohol, otillräcklig fysisk aktivitet, ohälsosamma matvanor

2., [omarb.] uppl. : Stockholm : Gothia, 2012 - 64 s.

ISBN:9789172058743 LIBRIS-ID:13500639

[Library search](#)

Recommended literature

Holm Ivarsson, Barbro

Sjukdomsförebyggande metoder : samtal om levnadsvanor i vården

1. utg. : Stockholm : Natur & Kultur, 2014 - 284 s

ISBN:9789127136670 LIBRIS-ID:16021360

[Library search](#)

Rökning och ohälsa i munnen : en evidensbaserad kunskapssammanställning

Stockholm : SBU, 2002 - 137 s.

LIBRIS-ID:10263818

URL: [Länk](#)