

# KHCC Wraps Up 2024 Tobacco Dependence Treatment Training in Amman:

## Key Highlights

The King Hussein Cancer Center (KHCC) hosted its 18th training course as part of its Tobacco Dependence Treatment (TDT) training program, accredited by the Council for Tobacco Treatment Training Programs (CTTTP). Over the course of 5 days, from May 5th to 9th, healthcare professionals from the Middle East and North Africa (MENA) region gathered to participate in this internationally recognized program.

The training program included theoretical sessions and hands-on activities, providing attendees with insights into the latest advancements in TDT. Trainers covered topics such as pharmacotherapy, behavioral interventions, and relapse prevention strategies. Participants had the opportunity to engage in interactive case studies and role-play exercises focusing on behavioral interventions for TDT. This practical approach deepened their understanding of tobacco addiction and equipped them with tools to address these challenges in their communities.

Participants represented a diversity of professions in healthcare, enabling cross-disciplinary exchanges of ideas and a collaborative learning environment.



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“I look forward to applying the strategies and concepts learned in this program and working on adding and modifying concepts according to the nature and needs of clinics in Kuwait”

Mahmoud Alosaimi, Family Medicine, Ministry of Health, Kuwait.

## Combating Tobacco Dependence: A Multifaceted Approach

**Tailored Treatment Planning:** Participants had the opportunity to delve into the art of crafting individualized treatment plans that address the specific needs of each patient. This may include a combination of behavioral therapy, medication options, and long-term support strategies.

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“My aim is to gain more skills and knowledge to establish a smoking cessation clinic in my institute, and be able to apply the motivational interviewing principles along with prescribing medications”

Mai Alketbi, Family Medicine Consultant Ambulatory Healthcare Services, SEHA, UAE.



## Culturally Competent Approach:

Recognizing the unique cultural landscape of the MENA region, the program explored culturally specific tobacco products like Waterpipe (Shisha) as well as products rapidly spreading in the region, including Electronic Nicotine Delivery Systems (ENDS). Acknowledging the organizational challenges and limited availability of smoking cessation services in the MENA region, the program also included a discussion regarding strategies to navigate these challenges and maximize positive impact on both their practice level and institution level.

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“I aspire to continuously provide support and encouragement to students who are trying to quit smoking and celebrate their achievements on their journey to quit smoking at the smoking cessation clinic the university plans on establishing”

Shereen Ahmed Arabiyat, Head of Allied Health Sciences Department,  
Al-Balqa'a Applied University, Jordan





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“As a family physician, the reason behind my participation in this workshop stems from the critical importance of smoking cessation and the high prevalence of smoking in my local community. I aspire to be an active family physician that assists patients with smoking cessation by offering support and guidance”

Nariman Alzu'bi, Family medicine - Jordan

The TDT training program at KHCC is driving significant regional progress in tobacco control. By training more specialists, the program has established a network of professionals dedicated to offering TDT services. These specialists are committed to guiding tobacco users on their journey to quitting and fostering a smoke-free life.

For more information about training and capacity-building opportunities in tobacco dependence treatment offered by KHCC, check the program page  
<https://www.khcc.jo/en/tobacco-dependence-treatment-training-program>