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## Smoke-free in 20 days: a holistic weaning programm

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## Insights and Visions



bvaeb Gesundheitseinrichtung  
Josefhof



### Milestones

- 1997 first pilot project
- 1998 smoking cessation in regular operation
- 1999 diagnosis of nicotine addiction ICD F 17.2
- 2004 holistic ewaning programm
- 2010-2012 developing a training guideline  
„Hauptverband der SV Träger“
- 2011 SILBER-certification (GNTH)
- 2021 GOLD – Member (GNTH)

- Programm for highly dependent smokers  
(FTND > 5)
- Persons with tobacco-associated diseases
- After repeated, unsuccessful attempts to quit

**Remarkable:** The only purpose of the stay is to achieve and consolidate the freedom from smoking

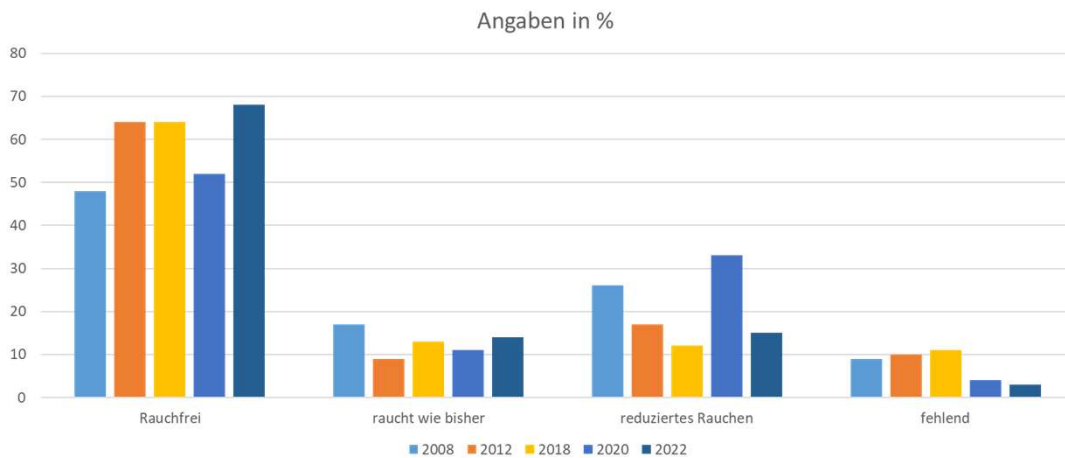
**Statistics 2022**

2022: 66 Persons



smokefree 45, smokers 9, reduced 10, missing 2    smokefree 40, smokers 6, reduced 16, missing 4

**Statistics smoking cessation after 6 months**



### Program 1st week

- Psychological interview
- Medical examination
- Analysis of smoking behavior
- „Planning a script“
  - stop smoking immediately
  - reduced smoking
  - Point-Stop
- Program in group (Psychologists, relaxation training, exercise)
- Daily CO measurements

### Impressions



### 1st Week



**Program 2nd Week**

- Quit smoking an Monday (farewell letter, ritual)
- Establish smoke-freedom
- Develop anti-craving strategies erarbeiten
- Program in group (Psychologists, relaxation training, exercice, diatetic advise)
- Psychological interview
- Medical advice NET
- Daily CO measurement

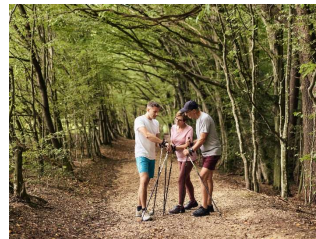
**Impressions 2nd Week**



### Program 3rd Week

- Preperation for everyday life
- Develop relaps prevention
- Develop strategies for behavior in case of a relaps
- Program in group (Psychologists, relaxation training, exercice, diatetic advise)
- Psychological interview
- Daily CO measurement
- Hike as a joint final event

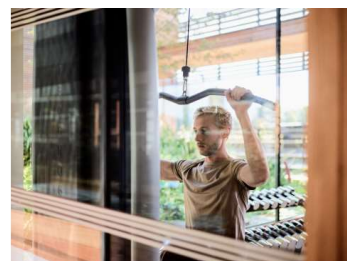
### Impressions 3rd Week



### Additional leisure activities

- Free weekend to try freedom of smoking out
- Creative workshop
- Massages/Shiatsu
- Herbal workshop
- Dance offer
- Travel lecture
- Aqua area/Sauna
- Numerous sports opportunities (Disc Golf, Nordic Walking, weight room, Ergometer etc.)

### Leisure activities



### Further support at home

- Group supports each other after their stay
- Proactively the „Rauchfrei Telefon“ contacts the ex-smokers one week after their stay
- Monthly feedback via prepaid letter (up to 6 month after quit smoking)
- Telephone contact from our psychologists 6 months and 1 year after quit smoking

