

## Documento Técnico de Consenso sobre la Atención Sanitaria del Tabaquismo en España, 2008

### Consensus report on tobacco dependence treatment in Spain, 2008

Ministerio de Sanidad y Consumo (Spanish Ministry of Health and Consumer Affairs) and Comité Nacional para la Prevención del Tabaquismo (CNPT) (Spanish Coalition for Smoking Prevention)

**Purpose.** The *Documento Técnico de Consenso sobre la Atención Sanitaria del Tabaquismo en España*, is a Spanish consensus document reviewing the treatment evidence, as well as policy needs in relation to smoking cessation in our country. It has been developed by technical representatives of public health administrations in Spain, at a national and autonomous level, together with representatives of the scientific societies and professional bodies which are members of the Spanish coalition on smoking prevention *Comité Nacional para la Prevención del Tabaquismo* (CNPT). After approval of a new national tobacco control law 28/2005, several tobacco control policies are being developed, including treatment policies, specially by the autonomous governments. Within this framework, and as part of the requirements of the law, all parties have considered the need to review effective, experimentally validated tobacco dependence treatments and practices. **Method:** An initial draft written by an expert committee was presented to all parties and discussed at three meetings over a period of a year and a half. The initial draft reviewed primary and secondary scientific literature from 1987 to 2007 on efficacy and effectiveness of different smoking cessation interventions, including: medical advice and brief smoking cessation interventions; pharmacological aids for treating nicotine dependence; behavioral interventions; specialized intensive treatment; community interventions; and treatment for groups with special needs. **Recommendations:** Considering the available evidence, current treatment needs, policy gaps, and the criteria of risk, accessibility, efficiency, sustainability and equity, the consensus document recommends the minimal requirements which should be taken into account when developing a policy on smoking cessation in Spain.

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