BACKGROUND
In recent years, there has been an increase in non-communicable diseases that includes liver, cardiovascular, and respiratory diseases. Many of these diseases are influenced by lifestyle choices such as alcohol and tobacco consumption, which are risk factors for the non-communicable diseases. The Republic of Moldova, a low-income European country, faces a high consumption rate of alcohol and tobacco. Alcohol consumption and tobacco smoking are the key health risks for most Moldovans and mortality and morbidity from these risk factors account for a sizable disease burden on society (Sécula, F., Erismann, S., Cerniciuc, C., et al., 2020). The Republic of Moldova’s primary source of income derives from their alcohol production, specifically wine production. During the time period in which this study was conducted, the areas the students visited were used to produce homemade alcohol for personal use. The alcohol is made from ingredients grown straight from the backyard, which provides easy access to alcohol among all age groups. In Moldova, the main contribution to unrecorded alcohol consumption is homemade wine, which contains about 11% pure alcohol. As a result, in a research conducted by the European Monitoring Centre for Drugs and Drug Addiction, 46% of students in the 8th and 9th grade claimed alcoholic beverages were easily obtainable (2015). Moldova has the highest levels of alcohol consumption in the world and the highest death rate linked to drinking. One in four deaths is related to alcohol, while the world’s average is one in twenty (Roache, 2019, para. 3).

On the other hand, tobacco usage occurs throughout many age groups, ranging from preteens to the elderly. People of juvenile appearance (approx. 13-16 years of age) were seen smoking at bus stops or outside store fronts, but many citizens may have started smoking at an even earlier age. Tobacco-associated diseases and risk factors resulting from smoking attributes to 257,999 premature deaths in Moldova (World Health Organization, 2016). A method seen to deter people from purchasing tobacco products is by displaying health warnings and images on the front and rear of the packaging. Our drive to educate these people on the harmful health effects is based on the prevalent morbidity and mortality rate in the country.

PURPOSE
- To conduct a literature review, provide education, and raise awareness on the effects of alcohol and tobacco consumption to the people of Carabuna.
- Assessing the level of awareness on alcohol and tobacco consumption to determine a starting point to decrease the use of alcohol and tobacco.

METHODS
Prior to travelling abroad to Moldova, a literature review was conducted regarding the risk factors associated with alcohol and tobacco consumption. During the time in Carabuna, 10 York College nursing students provided education on prevalent diseases and their associated risk factors. Most of the articles for this project were obtained using the York College databases and Google Scholar. Articles from WHO, Institute of Health Metrics and Evaluation, National Institute of Health, National Institute on Alcohol Abuse and Alcoholism, all served to prepare educational posters. For this educational project posters were developed and presented during visits to the clinic in Carabuna. Posters were written in two different languages (Moldovan & Russian) and contained pictures for those who are visual learners. A translator was also available to help further enhance the learning experience.

RESULTS
A total of 61 patients were educated in the village of Carabuna with the help of a translator. Some of the many risks associated with alcohol and tobacco consumption discussed in the clinic of Carabuna include hypertension, ischemic heart disease, and liver cirrhosis (Institute for Health Metrics and Evaluation, 2017). While providing education on the effects of alcohol & tobacco consumption, certain questions were asked, such as:

- “What if I only drink one cup of wine a day?” Explaining that wine may be beneficial according to some existing research, how much alcohol should one drink?
- “My husband smokes in the house with his friends and we have two sons. Does this mean that we will be affected?” When explaining to them the effects of second-hand smoking, this caused a stir among those who live with people who smoke, because second-hand smoking was unheard of within their community.

Knowledge was obtained by the clinic patients from presentations and they were evaluated using the teach-back method. Patients were asked to recall and restate some of the facts discussed regarding the health risks of alcohol and tobacco consumption. Some of the individuals present in the clinic were knowledgeable about the health risks of alcohol and tobacco consumption. They stated facts they knew and wanted to obtain validation based on their knowledge. On the other hand, others were strongly opinionated and stated, “alcohol and smoking are needed by our bodies because it helps us stay warm and provides us with a boost of energy to help us get through the day” (Villager of Carabuna, 2019).

CONCLUSION
During the patient education presentations at the clinic in Carabuna, patients were receptive and eager to learn about the harmful effects of alcohol and tobacco consumption. People were appreciative of the information and went on to tell friends and family, and on the next day even more people showed up to the clinic. Teach-back methods were implemented to evaluate if learning had occurred. The teaching done at the clinic in the village of Carabuna can help determine the baseline of required education. This will help in our planned research, so that appropriate measures are taken into consideration to help bridge the gap of knowledge deficit that exists with regards to alcohol and tobacco consumption.

FUTURE DIRECTIONS
This was a focused class assignment which gave us knowledge of the needs of the Carabuna community and would be best used to guide us in our research. However, increasing our sample size would be beneficial as it would help determine if there is a greater need for education. Of the 1,950 people living in the village of Carabuna, only the villagers were educated. Therefore, starting an education program that is made available to all the villagers in Carabuna on a specific day of the week/month, can be beneficial to their learning process of diseases and associated risk factors. Only the villagers of Carabuna were educated at the clinic. However, it would be beneficial to conduct a public educational event on the hazards of alcohol and tobacco consumption as well as other prevalent diseases. Collecting this data may help compare the prevalence of alcohol and tobacco consumption throughout Moldova and perhaps determine where more education and rehabilitative programs or initiatives are needed. Currently, Carabuna lacks a rehabilitation center for those who may be addicted to alcohol and/or tobacco. The implementation of rehabilitation centers may be beneficial to the village and a push to establish these centers may be a prospective goal.

REFERENCES

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