

# Training Health Professionals to Treat Tobacco Dependence

## QuitNow Live Interactive Workshop

### Learning Objectives

Goal: To facilitate participant's confidence, skills and capacity for delivering tobacco cessation interventions. After completing this workshop, participants will be able to:

1. Articulate the important role health professionals have in treating tobacco dependence
2. Integrate clinical tobacco interventions into their practice by:
  - Describing the 5 A's of brief tobacco cessation intervention
  - Identifying barriers to implementing the 5 A's in their practice
  - Proposing solutions to overcome barriers to implementing the 5 A's
  - Assessing a patient/client's readiness, willingness and ability to quit using tobacco
  - Providing brief motivational interventions to encourage tobacco cessation
3. Offer tobacco cessation pharmacotherapy support by:
  - Describing the neurochemical basis for nicotine addiction
  - Recommending and monitoring nicotine replacement therapy (NRT)
  - Describing the basic pharmacology, dosing and adverse effects of the two prescription tobacco cessation medications approved under the BC Smoking Cessation Program
4. Confidently speak about the BC Smoking Cessation Program by: Listing the eligibility criteria, the available products, the quantities of product covered, and the duration of coverage. Describing the process for ling Pharmacare claims for NRT, varenicline and bupropion
5. Refer to tobacco cessation supports in the community by:
  - Describing the services offered by QuitNow By Phone, QuitNow Online and QuitNow By TXT
  - Explaining the process for making referrals to QuitNow Services
  - Listing other tobacco cessation supports available in British Columbia