Brief Tobacco Intervention Online Course

Provided by the Kansas Department of Health and Environment

2015

www.kstobaccointervention.org

Brief Tobacco Intervention Course
Background

An interactive, online course for healthcare providers that follows national best practice guidelines to address tobacco use in patients.

Provided at no cost by KDHE.

Brief Tobacco Intervention Course
Continuing Education Credit

- Continuing education credit from American Academy of Family Physicians, Kansas Dental Board and the Kansas Board of Health Arts for
  - Dentists and dental hygienists
  - Doctors of medicine, surgery, osteopathic medicine, chiropractic medicine, naturopathic medicine
  - Physicians assistants
- No cost to obtain CEUs
- Just send course completion certificate to accrediting agency

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Foundation

Tobacco dependence is a chronic disease that often requires repeated intervention and multiple attempts to quit. Effective treatments exist, however, that can significantly increase rates of long-term abstinence.

SOURCE: First key recommendation (p. vi) in Fiore MC, Jaen CR, Baker TB, et al. **Treating Tobacco Use and Dependence: 2008 Update.** Clinical Practice Guideline. Rockville, MD: U.S. Departmentof Health and Human Services. Public Health Service. May 2008.

Brief Tobacco Intervention Course
Foundation, cont.

It is essential that clinicians and health care delivery systems consistently identify and document tobacco use status and treat every tobacco user seen in a health care setting.

SOURCE: Second key recommendation (p. vi) in Fiore MC, Jaen CR, Baker TB, et al. **Treating Tobacco Use and Dependence: 2008 Update.** Clinical Practice Guideline. Rockville, MD: U.S. Departmentof Health and Human Services. Public Health Service. May 2008.

Brief Tobacco Intervention Course
Foundation, cont.

Brief tobacco dependence treatment is effective. Clinicians should offer every patient who uses tobacco at least the brief treatments shown to be effective in the Treating Tobacco Use and Dependence: 2008 Update.

SOURCE: Fourth key recommendation (p. vi) in Fiore MC, Jaen CR, Baker TB, et al. **Treating Tobacco Use and Dependence: 2008 Update.** Clinical Practice Guideline. Rockville, MD: U.S. Departmentof Health and Human Services. Public Health Service. May 2008.

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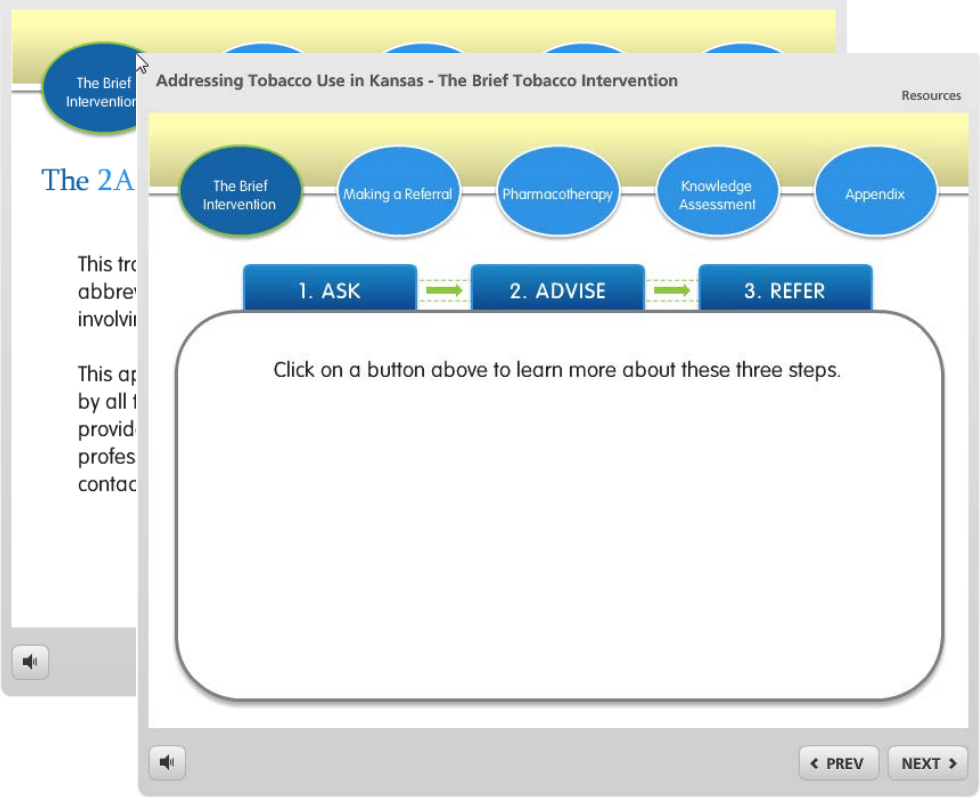
Intervention

Course uses the the 2As and an R brief tobacco intervention:

- Ask
- Advise
- Refer



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Content shows how it works

Step-by-step examples of each part of the intervention demonstrated by different members of the health care team

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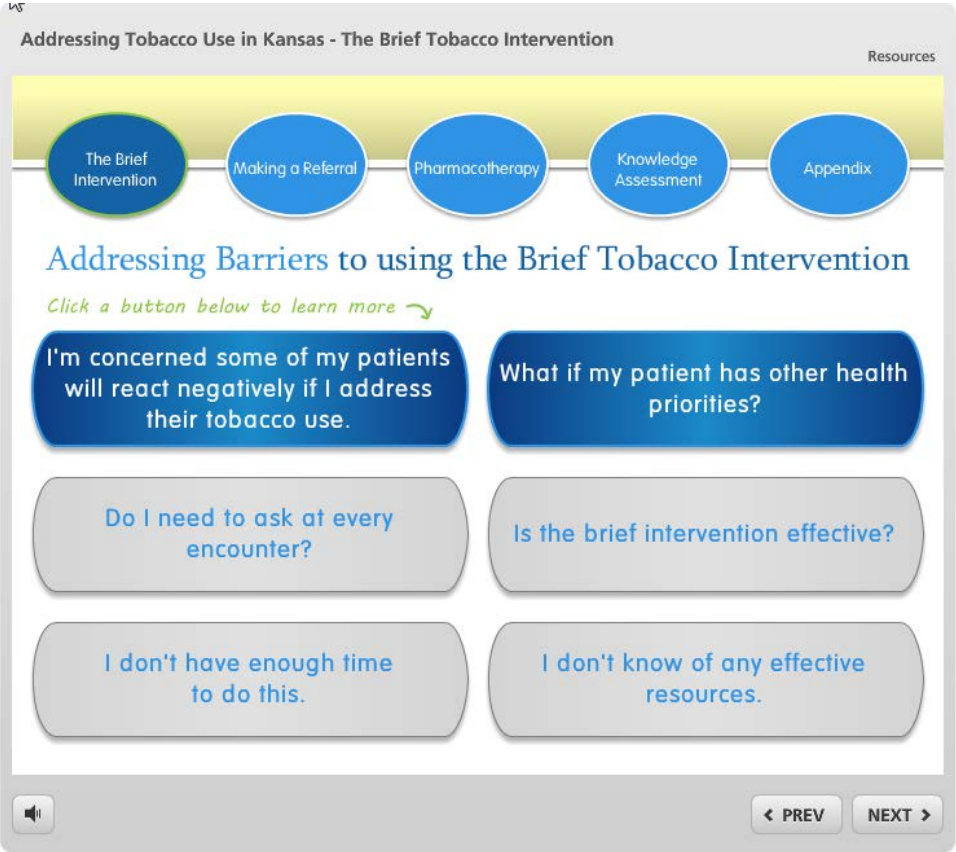
Common Barriers

Addressing common barriers to success



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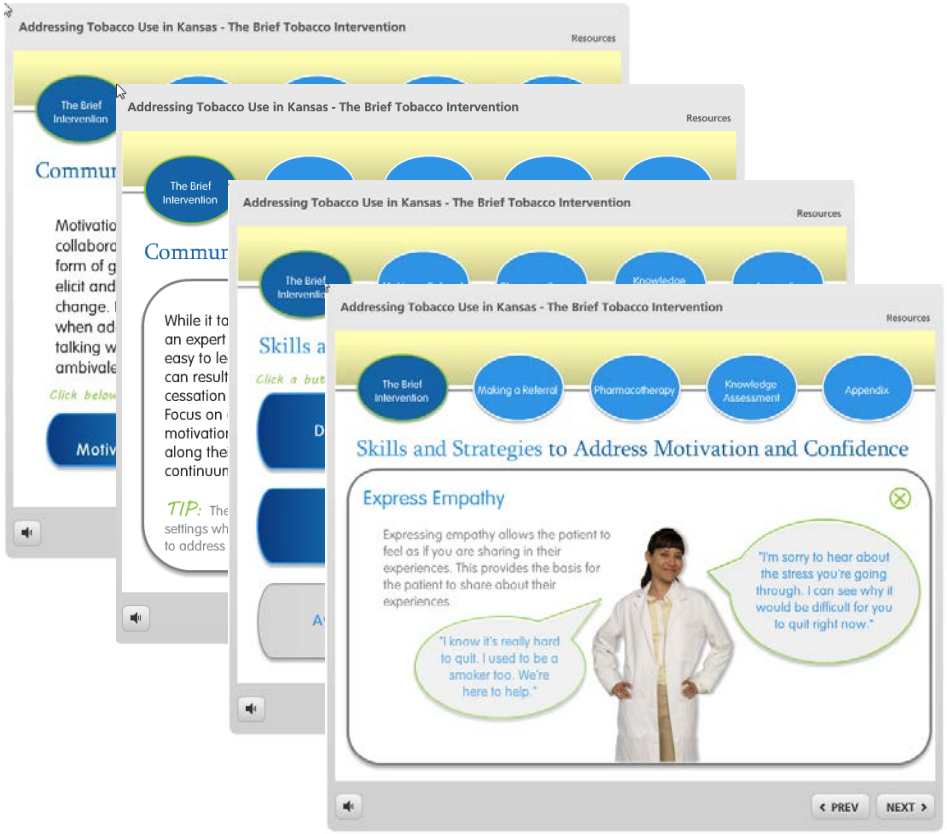
Communicating with Patients

Step-by-step process of motivational interviewing



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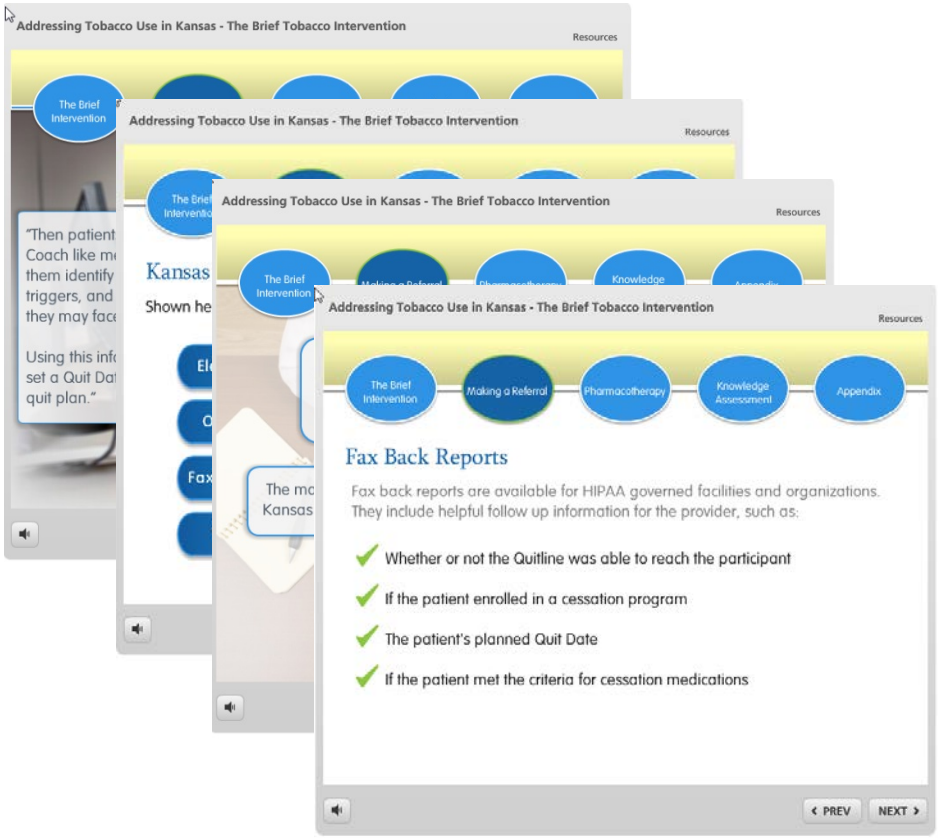
Making a Referral to the Quitline

- How to make a referral to the Kansas Tobacco Quitline
- Audio clips of Quitline calls
- Quitline services



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Follow-up Care

Follow-up care directions

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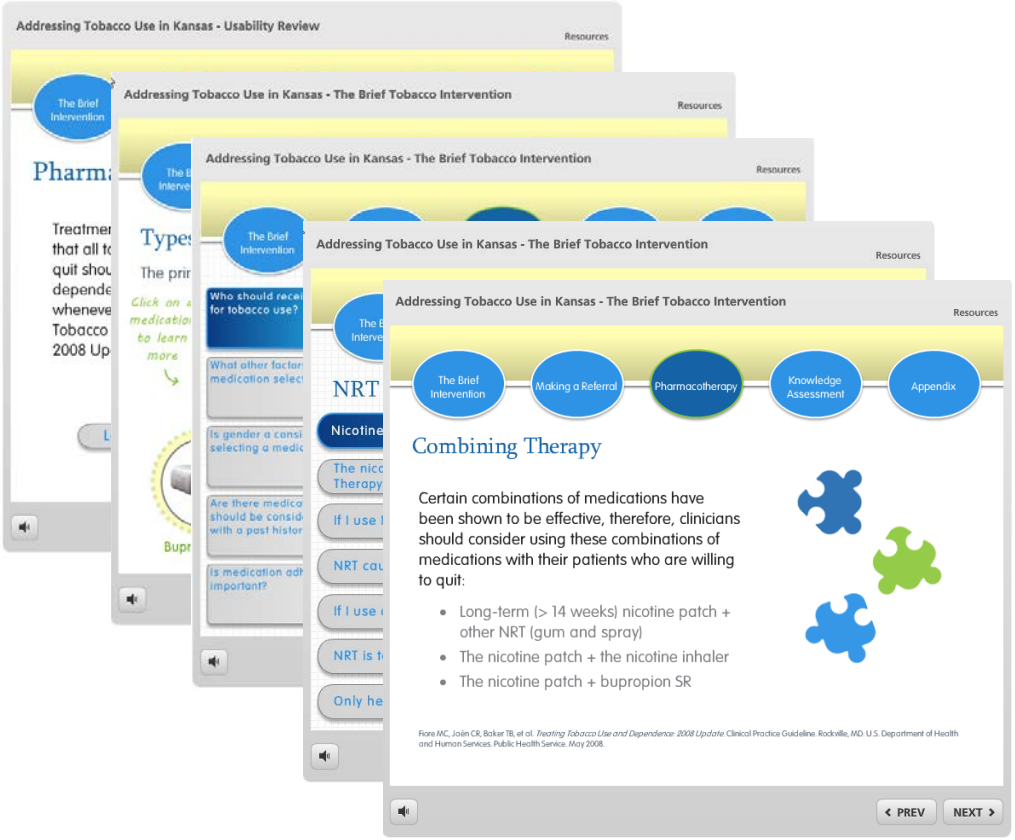
Pharmacotherapy Options

Detailed information about medications, combining therapy, NRT myths, advantages and disadvantages of each, FAQs



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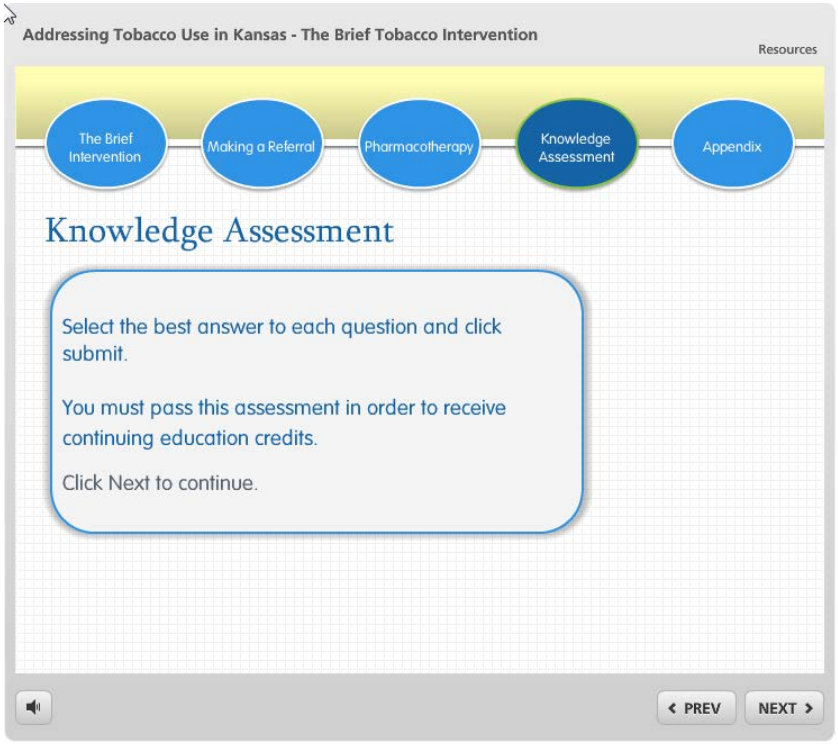
Knowledge Assessment

- 5 question-quiz
- Passing grade required for CEU's
- Certificate of completion



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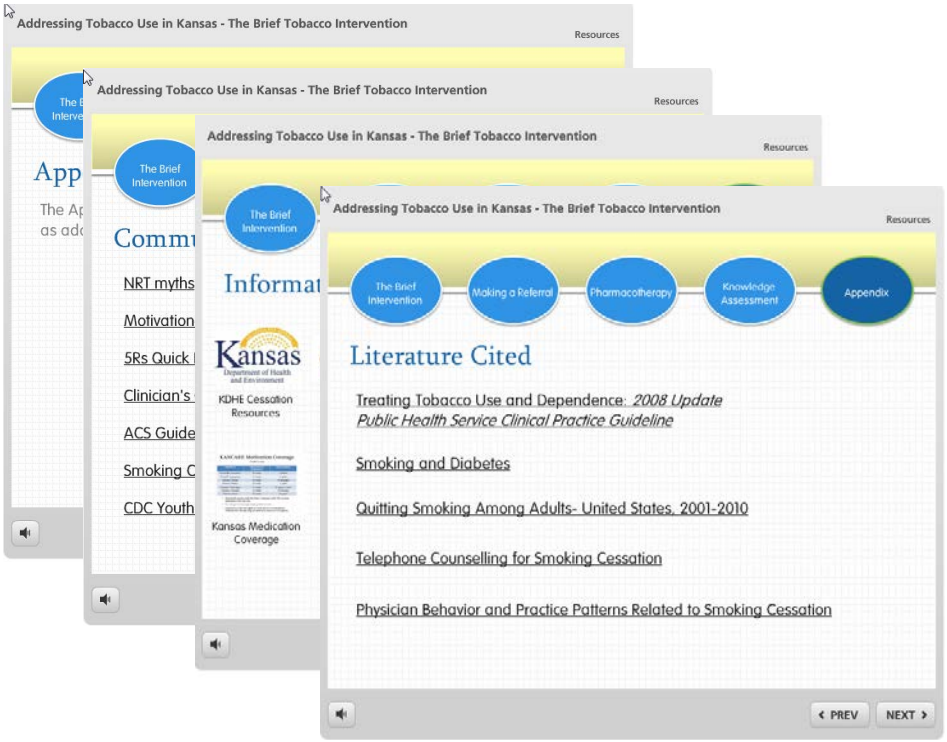
Appendix

Many more information and communications resources

Literature sources



Brief Tobacco Intervention Course
Additional Sections

- Launched in late October 2015:
  - Current Kansas Medicaid benefits for tobacco cessation
  - Cessation options for tobacco-using pregnant and nursing women