



# BRIEF TREATMENT OF THE TOBACCO DEPENDENT PATIENT

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## AGENDA

	5 min	<i>Welcome</i>
Module 1	15 min	Treating Tobacco Dependence: The Need for a Comprehensive, Evidence-Based Approach
Module 2	15 min	Tobacco Use and Impact
Module 3	40 min	Pharmacologic Management
	10 min	<i>Break</i>
Module 4	40 min	Improving Motivation
Module 5	65 min	The 5A's Intervention
Module 6	10 min	A Systems-Based Approach
	10 min	<i>Q&amp;A</i>

## CONTINUING EDUCATION

3.5 CE credits (0.35 CEUs) are approved for this workshop by the Continuing Education service at the University of Mississippi Medical Center. Most, but not all, professions are included. *4.5 CE credits (0.45 CEUs) are approved for this workshop if this program is presented as part of a Medical Education Grant awarded by Pfizer Inc. to Dr. Thomas J Payne (Principal Investigator). Additional documentation requirements are associated with receipt of CE credits in conjunction with this arrangement.*

Given the rapid advancements within this field, it is recommended this workshop (or equivalent) be repeated every 2 – 3 years to maintain an up-to-date level of knowledge.

## TRAINING GOAL

This workshop was designed to educate healthcare providers about tobacco products, factors influencing their use, and health impact. In addition, this program strives to provide healthcare providers the skills and resources necessary to provide their patients with an effective, brief, evidence-based treatment program to facilitate their patients' efforts to permanently quit the use of tobacco products. Through this and related activities, healthcare providers will directly promote the goal of establishing a tobacco-free society.

# **TRAINING OBJECTIVES**

## **TREATING TOBACCO USE AND DEPENDENCE: THE NEED FOR A COMPREHENSIVE, EVIDENCE-BASED APPROACH**

- Explain the need for broad based knowledge regarding the use of tobacco
- Cite the key recommendations of the Public Health Service tobacco guideline

## **TOBACCO USE AND IMPACT**

- Describe the various types of tobacco
- Describe the primary health effects of tobacco use, and the benefits of cessation

## **PHARMACOLOGIC MANAGEMENT**

- Discuss the proper use of medications for treating nicotine dependence
- Describe methods for managing usual medication side effects

## **IMPROVING MOTIVATION**

- Describe basic assumptions underlying the importance of motivational processes
- Describe the four core components of Motivational Interviewing

## **THE 5A'S INTERVENTION**

- Cite the 5A's.
- Describe the basic assessment of the tobacco user.

## **A SYSTEMS-BASED APPROACH**

- Identify the components of a clinic-based systems approach for tobacco treatment
- Describe the time requirements needed to implement the 5A's intervention