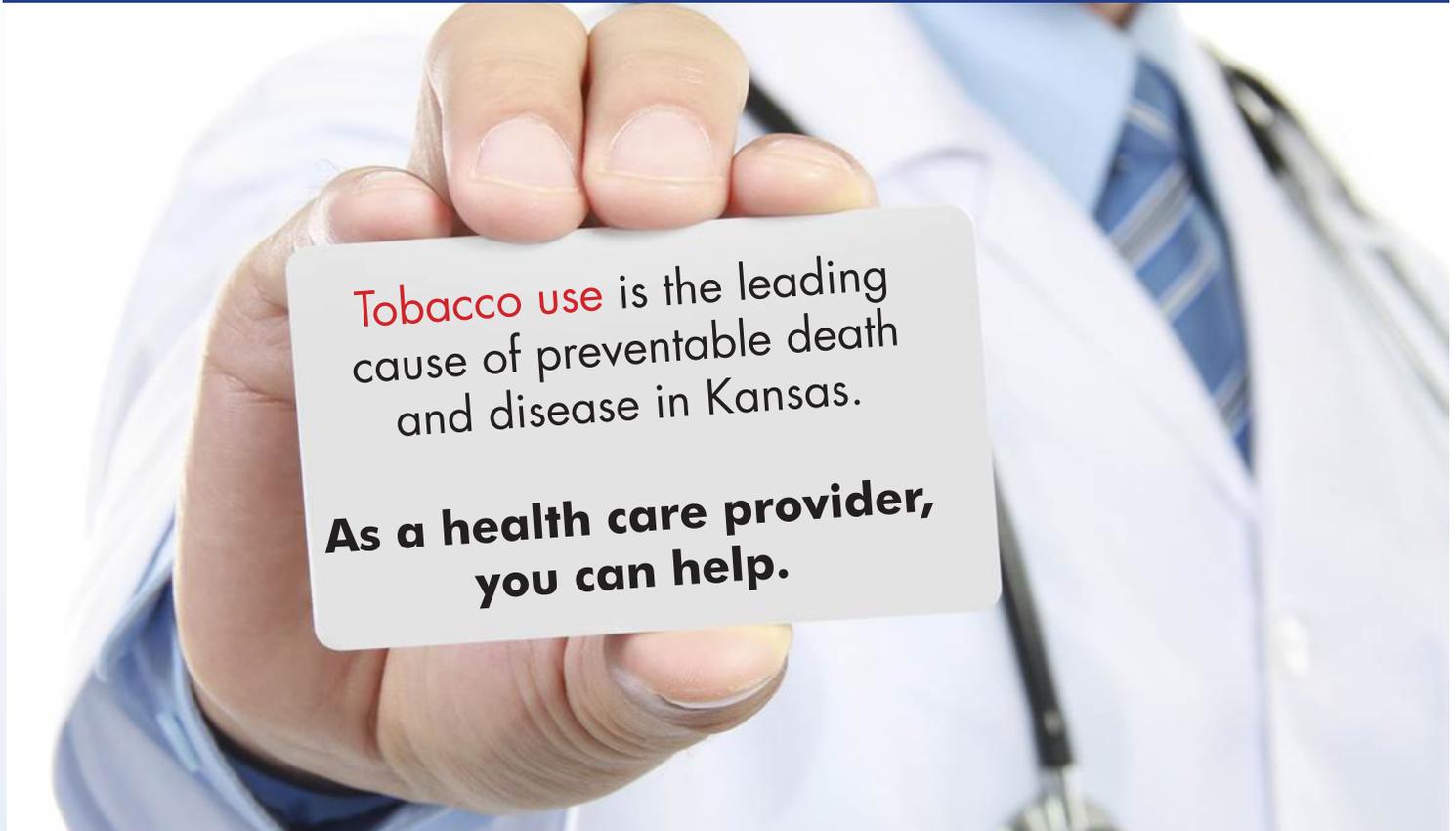


## Addressing Tobacco Use in Kansas: Brief Tobacco Intervention Online Training



*An interactive, online course for health care providers demonstrating a “brief tobacco intervention” providers can use with patients who use tobacco products.*

### **FACT:**

**Tobacco dependence is a chronic disease that often requires repeated intervention and multiple attempts to quit.\***

### **FACT:**

**Effective treatments are available that can significantly increase rates of long-term abstinence.\***

Continuing education credits have been approved for dentists, dental hygienists, physician assistants, doctors of medicine and surgery, and doctors of osteopathic, chiropractic and naturopathic medicine.

- ▶ Free training available online 24/7
- ▶ Takes about 30 minutes to complete
- ▶ Based on national clinical guidelines
- ▶ Appropriate for any member of the health care team including front office staff and clinical care staff
- ▶ Online at [kstobaccointervention.org](http://kstobaccointervention.org)

*\*Treating Tobacco Use and Dependence: 2008 Update. Clinical Practice Guideline. Rockville, MD: U.S. Department of Health and Human Services. Public Health Service. May 2008.*

# Addressing Tobacco Use in Kansas: Brief Tobacco Intervention Online Training

Learn about a **Brief Tobacco Intervention** using the 2As and an R method:

**ASK** systematically identify all tobacco users at every visit

**ADVISE** strongly urge all tobacco users to quit

**REFER** refer patients to quitlines or other cessation programs and resources

## Based on Clinical Practice Guidelines

The training content is based on national clinical guidelines on effective clinical treatments and practices for tobacco dependence\*. These guidelines are based on an extensive body of research published during the last 30 years:

### Tobacco dependence treatments

- ▶ clinically effective across a broad range of populations
- ▶ cost-effective
- ▶ includes brief tobacco interventions

### Medication

- ▶ effective when used by itself
- ▶ more effective when used with counseling

### Counseling

- ▶ individual, group and telephone counseling are effective
- ▶ individual, group and telephone counseling's effectiveness increases with treatment intensity

\*The Guideline reflects the distillation of a literature base of more than 8,700 research articles published since 1975. Fiore MC, Jaén CR, Baker TB, et al. *Treating Tobacco Use and Dependence: 2008 Update. Clinical Practice Guideline*. Rockville, MD: U.S. Department of Health and Human Services. Public Health Service. May 2008.

## Training Content

Step-by-step demonstrations of the intervention and making a referral to the Kansas Tobacco Quitline at 1-800-QUIT-NOW (1-800-784-8669) for free telephone counseling

Demonstrations of motivational interviewing with patients

Strategies to address common barriers like time constraints, patient willingness and myths about nicotine replacement therapy

Descriptions of the seven primary tobacco dependence medications approved by the FDA:

Bupropion SR (Zyban)  
Nicotine gum  
Nicotine inhaler  
Nicotine lozenge  
Nicotine nasal spray  
Nicotine patch  
Varenicline (Chantix)

Kansas Medicaid (KanCare) benefits for tobacco cessation medications

Options for pregnant women

Tobacco cessation resources