

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, nurses, social workers, physician assistants, doctors of medicine and surgery, and doctors of osteopathic, chiropractic and naturopathic medicine.

- ▶ Free training available 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

**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.*

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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
- ▶ effectiveness of individual, group and telephone counseling 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