

Learning Objectives

At the end of these sessions, you will be able to:

Patient Simulations



Tiffany Ragan, visit 1 (22min):

Utilize the 5 A's brief counseling intervention

State the benefits of quitting for pregnant woman and baby

Identify proven techniques to help pregnant smokers quit

Integrate best practice intervention into prenatal care visit



Tiffany Ragan, visit 2 (16 min):

Explain how to use slipping (smoking after quit date) to reinforce quitting smoking

Discuss how to deal with weight gain concerns during quitting smoking

Practice problem solving to maintain quit attempt during prenatal care visit

Tiffany Ragan, visit 3 (21 min):

Practice a follow-up session on smoking cessation at post-partum visit

Recognize the importance of depression in maintaining cessation

Compare pharmacologic interventions for post-partum patients during smoking cessation.

Connie Mendez (15 min.):

Practice the 5 R's with patients not ready to quit smoking during prenatal visit

Integrate motivational techniques into structured prenatal care to address smoking cessation over time

Vanessa Washington (20 min):

Practice 5 A's as an intervention with non-pregnant woman during routine health maintenance visits

Explain health risks of smoking to woman of reproductive age and incorporate family history into the communication about the risks of smoking.

Identify proven techniques to help female smokers quit including pharmacotherapies



mandatory section for obtaining 1st contact hour of continuing education.

Lectures



Overview of smoking cessation (5 min):

Describe the importance of smoking cessation for pregnant and parenting women



5 A's (15 min) :

Discuss the evidence base for the 5 A's best practice intervention

Identify each of the 5 A's in the brief counseling intervention

Describe the role of the 5 R's in the best practice intervention

Understanding addiction (11 min):

Describe biological absorption of nicotine.

Describe the hormonal impact of nicotine absorption

Explain conditioning and its impact on smoking cessation counseling

Pathophys./pharmacotherapy (17 min):

Identify the adverse biological affects of smoking and nicotine

Calculate the risks and benefits of nicotine replacement therapy (NRT) during pregnancy

State the recommendations for NRT during prenatal and post-partum periods

Patient-centered counseling (9 min):

Describe the role of patient and clinician in patient centered counseling

State the six principals of patient centered counseling

Discuss the role of all members of practice in team effort to support patient behavior change

Recall role of systems support in providing patient centered counseling

Office Systems (6 min):

Understand the components to an office system in health care practice

Formulate an plan for implementing office system change using GAPS

Value team approach to providing best practice smoking cessation intervention

Case Discussions

In addition to summarizing the case simulation, the discussion further explore the following areas:

Tiffany Ragan, Visit 1 (7 min):

Examine clinician and staff support roles

Interpret the role of partners in support of pregnant smokers quitting.

Tiffany Ragan, Visit 2 (5 min):

Discuss stress management as a barrier to quitting smoking

Review family and friend support as barriers to quitting smoking

Tiffany Ragan, Visit 3 (4 min):

Examine coping strategies to support smoking cessation

Linking the role of pediatric care provider to support mom's smoking cessation

Connie Mendez (5 min):

Appraise barriers to quitting and the impact of partner relationships and support.

Relate issues regarding environmental tobacco smoke exposure for other children in the home to mom's motivation to quit

Vanessa Washington (5 min):

Design a brief intervention for smoking cessation as part of routine on-going care

Propose appropriate pharmacological interventions including combined therapy

Counseling Session

(5 min)

Describe the dynamics of 5 A's brief counseling intervention

Identify the language to use for counseling pregnant smokers (potential scripts)

Patient Interviews

(10 minutes for all interviews)

Understand different perceptions of processes of quitting smoking during pregnancy

Value the patient's perception.

Compare uniqueness and commonalities of the processes of quitting smoking among very different women who all quit smoking during pregnancy

Activities

(5 minutes each)

5 A's: Match the definitions with each A of the 5 A's

5 R's: Categorize the components of the 5 R's

Understanding Addiction: Match the definitions to addiction terms.

Cigarettes vs. NRT: Construct a risk comparison of NRT and cigarette smoking

Time to Respond: List the biological changes resulting from cessation over time.

Office Systems – GAPS: Design an office system using GAPS

Continuing Education Information and Requirements

Physicians

This program was planned and produced in accordance with ACCME Essentials. The Dartmouth-Hitchcock Medical Center designates this continuing education activity for a maximum of 5 hours in Category 1 credit towards the AMA Physician's Recognition Award.

The sections designated by a star are required in order to meet educational requirements to receive contact hours (Tiffany Visits 1 and 2, and Lectures Overview and 5 A's). To receive hours in Category 1 Credit towards the AMA Physician's Recognition Award, please complete the program evaluation, self assessment, and the credit claim document. Send these forms with a check payable to CCE for \$15 to:

Director Continuing Medical Education
Center for Continuing Education in Health Sciences
Dartmouth-Hitchcock Medical Center
1 Medical Center Drive
Lebanon, NH 03756

Social Workers

The program is accredited by the National Association of Social Workers. This program was approved by the National Association of Social Workers (provider # _____) for 5 continuing education contact hours.

Please submit the program evaluation, self assessment, and participant form with a check payable to NCCC for \$20 to the address below. A certificate of completion will be sent by mail to you.

Attn: Cecelia Gaffney
DHMC-NCCC
Rubin Building 7925
One Medical Center Drive
Lebanon, NH 03756

Nurses

Dartmouth-Hitchcock Medical Center's Nursing Continuing Education Council is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation. This educational activity carries a maximum of 6 contact hours.

The sections designated by a star are required in order to meet educational requirements to receive your first contact hour (Tiffany Visits 1 and 2, and Lectures Overview and 5 A's). You are then free to choose from the remaining sections for additional contact hours. To receive contact hours, please complete the registration form, program evaluation, self assessment, credit claim form, and send check payable to CCE for \$15 to:

Director Nursing Continuing Education
Center for Continuing Education in Health Sciences
Dartmouth-Hitchcock Medical Center
1 Medical Center Drive
Lebanon, NH 03756



For more information on the Continuing Education process or to access the required forms on-line, please visit us at the program website:

<http://iml.dartmouth.edu/education/cme/Smoking/index>
