

Smoking Cessation in the RAAM Clinic Setting

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Discussion Points

1. Discuss experiences developing a smoking cessation group
2. Explore common topics of interest expressed by patients
3. Review smoking cessation resources for clinicians and patients



The Beginning

There was interest from both patients and the organization

Opportunity for clinician and social worker support within the raam clinic:

Raam clinic Monday 5:00-7:00 pm, Wednesday 1:00 -4:00pm, Friday 10:00 -1:00 pm

Full time social worker Monday-Friday 9:00 -5:00pm. Clinician support during raam clinic hours.

There was a need from various clinics within Sunnybrook Hospital and significant interest in forming a partnership to support their patient population



Education/Training

1. CAMH Teach course (certificate in intensive Tobacco cessation counseling)
 - One TEACH Core Course: An Interprofessional Comprehensive Course on Treating Tobacco Use Disorder (19.5 hours of online time).
 - Two TEACH Specialty Courses: Specialty Courses related to specific populations (each Specialty Course is 13.5 hours of online time)
2. Lung Health Foundation: <http://lunghealth.ca>
3. Ottawa Model for Smoking Cessation (for primary care sites or hospital sites)



Creating Group Content

CAMH TEACH course

So many resources on the internet!

CAMH clinic tools to support smoking cessation such as a decisional balance sheet, smoking diary, info on nicotine withdrawal

American Lung Association - great group topics

Treatment Manual for Smoking Cessation Groups by Werner G. K. Stritzke

Pregnets.org

SMART Recovery Resources

Elements from past training on Motivational Interviewing, CBT, DBT, and Mindfulness



Content

Some topics of interest expressed by patients:

1. NRT/pharmaceuticals
2. Emphasis on the health benefits of quitting
3. Managing triggers
4. Building and Maintaining Motivation
5. Weight management / Body Image / Lifestyle factors
6. Mindfulness practice (boxed breathing, meditation etc)
7. Resources

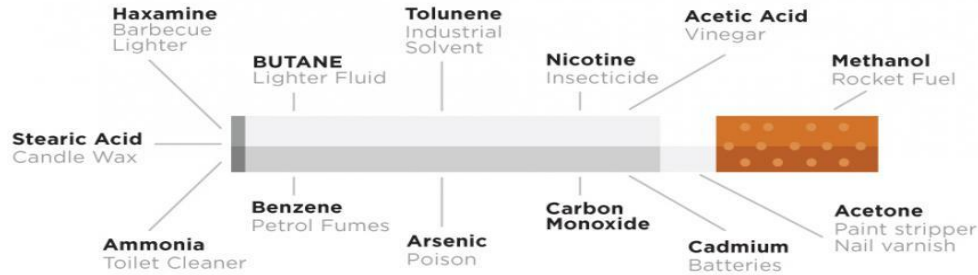


NRT/ Pharmaceuticals

- Nicotine patch 7 mg, 14 mg and 21 mg
- Gum 2 mg and 4 mg
- Lozenges 2 mg and 4 mg
- Nicotine cartridges
- Nicotine spray
- Varenicline (pill)
- Zyban (Wellbutrin, Bupropion)

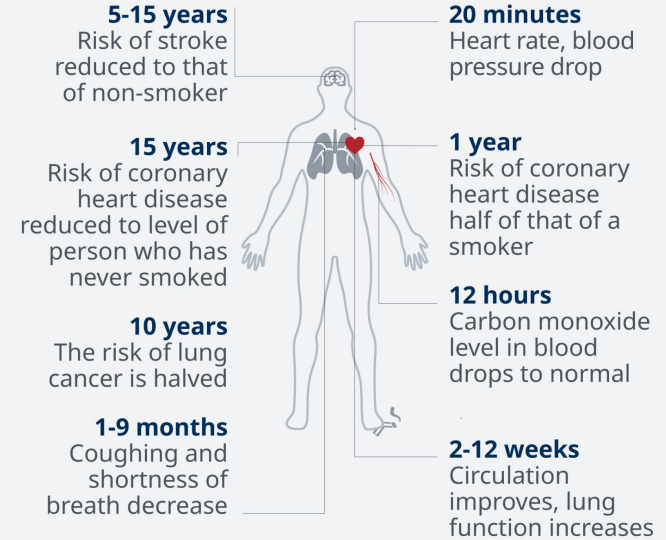


Health Benefits of Quitting



The effects of quitting smoking

Health improvements and time required



Source: WHO

©DW

Managing Triggers

Provide Handouts on:

- Healthy activities or snacks to beat cravings
- Games and Gadgets to replace the hand-mouth motion
- Letting your supports know how best to support you
- Preparing your surroundings
- Coping with “time bound cigarettes”
- Strategically combing behavioural skills with NRT
- Urge surfing (5 D’s, distress tolerance)

PERSONAL CUES (TRIGGERS)		LEARNED RESPONSE / HABIT
Situations	➔	Smoking
Events		
Emotions		
Thoughts		
Behaviours		
Time of day / week		

Building and Maintaining Motivation

- Exploring the Whys and the Hows
- Decisional Balance Sheet
- Readiness Ruler

Q1. How **important** is it to change this behaviour?



Q2. How **confident** are you that you could make this change?



Q3. How **ready** are you to make this change?



- Exploring the Stages of Change
- Identifying barriers and solutions
- SMART goals



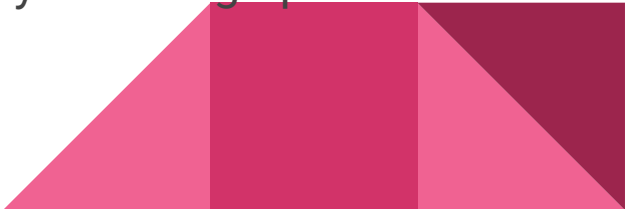
Weight management

Concern for many patients

Nicotine suppresses appetite so on average, patients typically gain 5-10 lbs after quitting smoking

Additional reasons for weight gain: eating may be a substitution for nicotine, eating may help cope with negative emotions or stress,

Emphasize- weight gain is common, weight gain can be prevented, weight gain can be temporary, explore Canada's food guide and healthy snacking options



Mindfulness Practices

- Reviewing what Mindfulness is
- Outlining the benefits of mindfulness when quitting smoking
- Providing handouts on mindfulness and breathing exercises
- Practicing exercises within the virtual group environment



Welcome all forms of nicotine use

SOME PRODUCTS THAT YOU SMOKE OR INHALE:



CIGARETTES



CIGARS



VAPING DEVICES



HOOKAHS

SMOKELESS PRODUCTS:



**CHEWING
TOBACCO**



SNUFF

*Ground tobacco that can be sniffed
or put between your cheek and gums*



DIP

Wet snuff that is chewed



SNUS

Small pouch of wet snuff

Vaping

Similar approach as to those who use combustible cigarettes

Highlight the long terms effects of vaping are unknown

Highlight unique challenges with vaping (For example– reduced social restrictions: people can vape indoors, perhaps increasing nicotine consumption)

Canada's Lower Risk Nicotine Use Guidelines (LRNUG)



Launching the group:

Content was developed to facilitate 4 x 1 hour weekly sessions

Once weekly every Tuesday from 2:00 -3:00pm

Challenges:

- Recruiting patients!
- Figuring out a date/time that worked best for patients (between 9:00 -4:00pm)
- Patient's access to virtual communication tools
- Loss of interest in attending group
- Cost of NRT- consider STOP program

Navigating challenges:

- Providing 1:1 counseling, incorporating content from the group into individual sessions
- Providing individualized pharmaceutical recommendations with NP/clinician
- Obtaining patient feedback post groups (surveymonkey)

*A group may be more successful if patient volumes are higher




Resources for Smoking Cessation

- Providers:
- CAMH TEACH program
 - TEACH Educational Rounds (once per month for one hour- FREE)
- CAMH Tobacco Interventions in Cancer Care Settings- FREE
- CAMH Intermediate Practice in Motivational Interviewing- FREE
- Ottawa Model for smoking cessation (annual conference, website with resources)
- CAN-ADAPTT Guidelines
- STOP on the NET
- Canada's Lower Risk Nicotine use Guidelines (LRNUG)



Resources for Smoking Cessation

- Patients:

- 1.CAMH Nicotine dependence clinic- Self-referral accepted through Access CAMH, call 416-535-8501 press 2
 - 2.<https://www.smokershelpline.ca/> (online, phone, text with support from a health coach)
 - 3.STOP on the net- register for free NRT
 - 4.APPS (quit now, My change plan (CAMH))
 5. NIHB clients now receive 100% coverage for NRT
- 

Apps:

- My Change Plan App
- QuitNow
- Kwit
- Smoke Free
- QuitSure
- EasyQuit
- Quit Genius



Thanks for listening!

