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Online Tobacco Modules Overview

The Florida AHEC Network is pleased to provide access to a suite of online tobacco education and cessation modules. Various CE/CEU is available for Florida health care providers at no cost and free module access to health profession students.

Tobacco Modules Available:

1. Epidemiology of Tobacco
2. Lung Cancer: A Clinical Update
3. A Clinician's Guide to Helping Pregnant Women Quit Smoking
4. Motivational Interviewing for Clinicians Treating Tobacco Dependency
5. Motivational Interviewing in Tobacco Cessation
6. Treating Tobacco Dependency in Primary Care
7. Alternative & Complementary Treatments in Tobacco Cessation
8. Adolescent Tobacco Use
9. Tobacco Dependency in Women
10. Tobacco Use & Oral Health
11. COPD Update
12. Detrimental Health Effects of Environmental Tobacco Smoke

Course Description of Tobacco Modules:

1. Epidemiology of Tobacco

Abstract: The Epidemiology of Tobacco Use and course will introduce the participant to global tobacco issues, the epidemiology of tobacco use, and associated diseases. It will review the elements of effective tobacco control programs and HHS guidelines for tobacco control programs (CDC, PHS, NIH).

Objectives: Upon completion of this course, participants will be able to:

- Understand the global tobacco epidemic and the status of cancer control
- To describe the prevalence of tobacco use in the United States and Florida
- Describe the elements of an effective tobacco control program
- Be Familiar with Best Practices for Comprehensive Tobacco Control

This is an audio/visual course of approximately 60 minutes in length.

2. Lung Cancer: A Clinical Update

Abstract: This course will provide the clinician with updated evaluation and diagnosis techniques as well as new therapies in the treatment of lung cancer.

Objectives: Upon completion of this course, participants will be able to:

- Understand the screening process for lung cancer

- Better perform an evaluation of a patient with a solitary pulmonary nodule
- Establish a diagnosis of lung cancer
- Be familiar with standard and new therapies in the treatment of lung cancer
- Understand options for palliative care in patients with terminal lung cancer

This is an audio/visual course of approximately 60 minutes in length.

3. A Clinician's Guide to Helping Pregnant Women Quit Smoking

Abstract: This course will train healthcare professionals on the implementation of successful smoking cessation strategies during pregnancy and was developed by the American College of Obstetricians and Gynecologists.

Objectives: Upon completion of this course, participants will be able to:

- Understand risk factors and types of disease associated with smoking and pregnancy
- To provide training on smoking cessation intervention methods
- Identify progress and address obstacles in treatment
- Formulate an approach for long term adherence

This is an audio/visual course of approximately 60 minutes in length.

4. Motivational Interviewing for Clinicians Treating Tobacco Dependency

Abstract: This course will provide the clinician with updated motivational interviewing techniques in the treatment of tobacco dependency.

Objectives: Upon completion of this course, participants will be able to:

- Describe the philosophical and theoretical underpinnings of effective Interviewing
- List three strategies in reducing client resistance to cessation enrollment
- Employee effective interviewing in collaboration with helping clients identify stage of cessation readiness and treatment implementation

This is an audio/visual course of approximately 60 minutes in length.

5. Motivational Interviewing in Tobacco Cessation

Abstract: This course will provide the clinician with an understanding of motivational interviewing techniques designed for implementation during smoking cessation.

Objectives: Upon completion of this course, participants will be able to:

- Understand how the theory of MI can be applied to smoking cessation
- Assess a patient's readiness to change their smoking behaviors
- Choose an intervention based on the patient's level of readiness

This is an audio/visual course of approximately 60 minutes in length.

6. Treating Tobacco Dependency in Primary Care

Abstract: This course will provide the clinician with updated evaluation techniques as well as new therapies and pharmaceuticals in the treatment of Tobacco Dependency.

Objectives: Upon completion of this course, participants will be able to:

- Describe the health effects of nicotine addiction
- Describe brief interventions for tobacco cessation
- Describe Public Health Service Guidelines for tobacco cessation

This is an audio/visual course of approximately 60 minutes in length.

7. Alternative and Complementary Treatments in Tobacco Cessation

Abstract: This course will provide the clinician with alternative and complementary treatment techniques in tobacco cessation.

Objectives: Upon completion of this course, participants will be able to:

- Discuss recent research involving acupuncture therapy & smoking cessation
- Discuss current research involving hypnosis and smoking cessation
- Understand the importance of stress reduction techniques for smoking cessation

This is an audio/visual course of approximately 60 minutes in length.

8. Adolescent Tobacco Use

Abstract: This course will provide the clinician with public health recommendations pertaining to adolescent smoking as well as prevention and treatment of teen tobacco use.

Objectives: Upon completion of this course, participants will be able to:

- To understand the prevalence of teen tobacco use and second hand smoke & its consequences
- To become familiar with approaches to prevention and treatment of tobacco use in teens
- To review current recommendations (CDC, school health policies) for tobacco use in teens

This is an audio/visual course of approximately 60 minutes in length.

9. Tobacco Dependency in Women

Abstract: This course will provide the clinician with evidence-based guidelines to be used in the treatment of women and pregnant women dependent on tobacco.

Objectives: Upon completion of this course, participants will be able to:

- Understand the global tobacco epidemic
- Describe the risks associated with the use of tobacco products & women's health
- Employ evidence-based guidelines for smoking cessation during pregnancy
- Recognize when to use pharmacologic intervention
- Establish a smoking cessation program in the practice setting

This is an audio/visual course of approximately 60 minutes in length.

10. Tobacco Use and Oral Health

Abstract: This course will outline the different types of oral disease commonly associated with tobacco use and provide techniques for prevention, diagnosis and treatment.

Objectives: Upon completion of this course, participants will be able to:

- Describe recent trends in the prevalence of cigarette smoking, cigar smoking, smokeless tobacco use, and hookah smoking in the United States
- Identify at least 3 oral diseases or conditions causally related to cigarette smoking
- Identify at least 4 diseases or conditions associated with the use of smokeless tobacco

This is an audio/visual course of approximately 60 minutes in length.

11. COPD Update

Abstract: Chronic Obstructive Pulmonary Disease is a general name for a group of lung diseases epidemiological information and treatment options in COPD which occur in adults: emphysema, chronic bronchitis, bronchiectasis, and poorly controlled asthma. The symptoms may take years to develop and the severity may differ at times. Though there is no known cure, there are treatments available today that relieve COPD symptoms. This lecture provides information causes, signs & symptoms.

Objectives: Upon completion of this course, participants will be able to:

- Describe influences that pre-dispose individuals to developing COPD
- Recognize best ways to diagnose COPD and the importance of early detection.
- Describe the goals of management of individuals with COPD

This is an audio/visual course of approximately 60 minutes in length.

12. Detrimental Health Effects of Environmental Tobacco Smoke

Abstract: This program has been developed to highlight different types of environmental tobacco smoke, health related hazards and public health recommendations.

Objectives: Upon completion of this course, participants will be able to:

- Identify terminology related to environmental tobacco smoke
- Identify types and sources of environmental tobacco smoke
- Describe the medical hazards associated with exposure to environmental tobacco smoke

This is an audio/visual course of approximately 60 minutes in length.