

# Connecting with Patients for Tobacco Free Living – Online CME Course

## Activity Description

Connecting with Patients for Tobacco Free Living is a three module, 3.5 hours, online learning experience using video, case-based learning, and interactive responses that prepares healthcare providers to motivate, treat, and support patients in becoming tobacco free. Tobacco use disorder is one of the leading causes of preventable death worldwide. Treatment consists of counseling for behavior change and pharmacotherapy. However, despite the availability of effective treatments, most patients do not receive treatment for tobacco use disorder due to provider difficulties in engaging and counseling patients as well as misperceptions about the safety and utilization of pharmacotherapy. This course provides participants with the skills and understanding to better engage patients, and the knowledge to deliver effective, evidence-based treatment and support.

## Target Audience

This activity is appropriate for physicians and other healthcare professionals who are interested in incorporating more effective treatments into their practice and developing more comprehensive services to meet the needs of patients who are tobacco dependent. Physicians, tobacco treatment specialists, nurse practitioners, physician assistants, dentists, pharmacists, psychologists, chemical dependency counselors, respiratory therapists, nurses, dental hygienists, social workers and other allied health professionals may find the course beneficial.

## Learning Objectives

Upon conclusion of this activity, participants should be able to:

- Identify the best strategies for opening and continuing a dialogue with patients about tobacco use.
- Implement effective strategies for empathically engaging patients and encouraging an evidence based smoking cessation attempt.
- Employ communication strategies that are most likely to support successful outcomes.
- Elicit pertinent information from the patient's history and current health and motivational status to collaboratively develop a best practice treatment plan.
- Provide best practice behavioral and pharmacologic treatment.
- Select effective messaging to prevent relapse.
- Identify common predictors of relapse and incorporate coping strategies into treatment planning.
- Deliver specific communication and lapse management interventions to build confidence and maintain commitment to abstinence.

Attendance at this Mayo Clinic course does not indicate nor guarantee competence or proficiency in the performance of any procedures which may be discussed or taught in this course.

## Accreditation Statement



In support of improving patient care, Mayo Clinic College of Medicine and Science is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC) to provide continuing education for the healthcare team.

## Credit Statement(s)

### AMA

Mayo Clinic College of Medicine and Science designates this enduring material for a maximum of 3.50 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

## Disclosure Summary

As a provider accredited by Joint Accreditation Interprofessional Continuing Education, Mayo Clinic College of Medicine and Science must ensure balance, independence, objectivity and scientific rigor in its educational activities. Course Director(s), Planning Committee Members, Faculty, and all others who are in a position to control the content of this educational activity are required to disclose all relevant financial relationships with any commercial interest related to the subject matter of the educational activity. Safeguards against commercial bias have been put in place. Faculty also will disclose any off label and/or investigational use of pharmaceuticals or instruments discussed in their presentation. Disclosure of these relevant financial relationships will be published in activity materials so those participants in the activity may formulate their own judgments regarding the presentation.

*Listed below are individuals with control of the content of this program who have disclosed...*

### **Relevant financial relationship(s) with industry:**

None

### **No relevant financial relationship(s) with industry:**

Michael V. Burke, Ed.D.

J. Taylor Hays, M.D.

Therese M. Shumaker, M.S., M.A.

### **References to off-label and/or investigational usage(s) of pharmaceuticals or instruments in their presentation:**

None

For disclosure information regarding Mayo Clinic School of Continuous Professional Development accreditation review committee member(s) please visit: <https://ce.mayo.edu/content/disclosures>.

## Disclaimer

Participation in this Mayo Clinic educational activity does not indicate nor guarantee competence or proficiency in the performance of any procedures which may be discussed or taught in this course. You should be aware that substantive developments in the medical field covered by this recording may have occurred since the date of original release.

Some of the content is the same content on the earlier product and learners should only claim credit for the content that they have not already claimed credit for.

## Prerequisites for Participation

There are no prerequisites needed prior to participating in this education activity.

## Method of Participation

Participation in this activity consists of reviewing the educational material, completing the learner assessment and evaluation.

## **How to Obtain Credit**

To obtain credit, complete the assessment, evaluation and submit.

## **Release and Expiration Dates**

Release Date: 04/01/2021  
Expiration Date: 03/31/2024

## **Acknowledgement of Commercial Support**

This course is supported, in part, by educational grants from Pfizer Global Medical Grants (financial grant) in accordance with ACCME Standards.

## **Faculty and Course Director Listing and Credentials**

Course Director(s):

Michael V. Burke, Ed.D.

J. Taylor Hays, M.D.

Therese M. Shumaker, M.S., M.A.

Faculty:

Katherine (Katie) E. Kemper, M.B.A.

Susan M. Bennett

## **Bibliographic Resources**

Rojewski AM, Bailey SR, Bernstein SL, et al. Considering systemic barriers to treating tobacco use in clinical settings in the United States. *Nicotine Tob Res.* 2019; 21 (11): 1453-1461.

U.S. Department of Health and Human Services. *Smoking Cessation: A Report of the Surgeon General*—. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2020

World Health Organization. WHO Report on the Global Tobacco Epidemic, 2019. Offer help to quit. WHO  
REFERENCE NUMBER: WHO/NMH/PND/2019.5 Accessed online December 2020  
<https://www.who.int/publications/i/item/WHO-NMH-PND-2019.5>

## **Copyright**

Mayo Foundation for Medical Education and Research. All rights reserved. Copyright 2021