

Connecting with Patients for Tobacco Free Living Online Course

Activity Description

Connecting with Patients for Tobacco Free Living is a four module 4 hour online learning experience using video, case based learning and interactive responses, to prepare health care 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

Target Audience

This activity is appropriate for Allied Health Professionals, Dentists, Nurses, Nurse Practitioners, Physicians, Physician Assistants, Resident Fellows, Social Workers

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.
- Recognize communication strategies that are most likely to support successful outcomes.
- Identify common predictors of relapse to incorporate coping strategies into treatment planning.
- Identify specific communication and lapse management interventions to build confidence and maintain commitment to abstinence.
- Recognize pertinent information from the patient's history and current health and motivational status to collaboratively develop a best practice treatment plan.
- Identify the best practice for behavioral and pharmacologic treatment.
- Identify effective messaging to prevent relapse.

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



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Credit Statement(s)

Mayo Clinic College of Medicine and Science designates this live activity for a maximum of 4.00 *AMA PRA Category 1 Credits*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Disclosure Summary

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Lisa A. Corriveau-Mernaugh

Charlene M. Martin Lillie

Jon O Ebbert, M.D.

Timothy J. Milbrandt, M.S

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

None

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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: May 16, 2025

Renewal Date: to be determined

Expiration Date: May 15, 2028

Acknowledgement of Commercial Support

No commercial support was received in the production of this activity.

Faculty and Course Director Listing and Credentials

Course Director(s)

Jon O. Ebbert, M.D.

Timothy J. Milbrandt, M.S.

Bibliographic Resources

Bibliographic resources are provided within the activity.

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