

# Tobacco Dependence Education Series

The Tobacco Dependence Education Series is designed for professionals wishing to obtain a sound foundation in tobacco dependence knowledge and awareness. The specialization series is a seven week series of programs based on several provider core competencies that have been defined by the Association for the Treatment of Tobacco Use and Dependence (ATTUD) for tobacco treatment specialists and includes tobacco dependence knowledge, pharmacotherapy, diversity and specific health issues. The series is comprised of thirteen modules that are presented over seven half-day programs. Although the individual programs are designed to build upon each other, participants may attend any or all of the programs based on their interest and need, and will receive a certificate of attendance and continuing education credits (as applicable) for each program completed. Participants who attend all seven programs in the series will receive a certificate of completion with specialization in tobacco dependence in addition to the seven individual program attendance and continuing education credit certificates. Continuing education credits are available for nurses, social workers, licensed mental counselors, marriage and family therapists, and certified health education specialists.

## Who is eligible to receive this training?

Although the Tobacco Dependence Education Series is designed to provide a core foundation for healthcare professionals who want to learn more about tobacco dependence to enhance their patient/client care, anyone is welcome to attend any of the programs within the series. Participants are welcome to attend the trainings regardless of educational level and discipline, and whether they wish to obtain specialization by attending the entire series or not. Continuing education credits will be provided as applicable for licensed healthcare professionals. Non-licensed professionals will receive a certificate of attendance for each program attended.

All tobacco programs are being supported by funding from the University of Miami AHEC Program.



## **TOBACCO DEPENDENCE EDUCATION SERIES**

The individual programs within the Tobacco Dependence Education Series are designed to build upon each other; however, participants may attend any or all of the following programs based on their interest and need. All the programs in this series are FREE to attend.

### **Program 1—4 CEUs**

- Module 1: Introduction to Tobacco Dependence
- Module 2: Nicotine Addiction
- Module 3: Pharmacotherapy & Nicotine Replacement Therapies

### **Program 2—4 CEUs**

- Module 4: Health Consequences & Medical Complications Associated with Tobacco Use

### **Program 3—4 CEUs**

- Module 5: Nutrition's Role in Tobacco Cessation & Weight Control
- Module 6: Co-morbidity of Mental Health Disorders & Tobacco Dependence
- Module 7: Cultural Considerations Related to Tobacco Cessation

### **Program 4—3 CEUs**

- Module 8: Motivational Interviewing Therapy Techniques for Tobacco Dependence

### **Program 5—4 CEUs**

- Module 9: Tobacco Cessation within Special Populations

### **Program 6—3 CEUs**

- Module 10: Clinical Interventions for Tobacco Dependence & the Risk of Medication Interaction
- Module 11: Complementary & Alternative Therapies for Treating Tobacco Dependence

### **Program 7—4 CEUs**

- Module 12: Stress Management for Tobacco Cessation
- Module 13: Tobacco Youth Prevention Strategies

## **Series 1 Dates**

Program 1	Wednesday 02/09/11
Program 2	Wednesday 02/16/11
Program 3	Wednesday 02/23/11
Program 4	Wednesday 03/02/11
Program 5	Wednesday 03/09/11
Program 6	Wednesday 03/16/11
Program 7	Wednesday 03/23/11

## **Location**

Miami-Dade AHEC Offices  
Located in the Charleston Building  
8600 NW 53rd Terrace, Suite 200  
Miami, FL 33166-4567



## **Series 2 Dates**

Program 1	Thursday 04/21/11
Program 2	Thursday 04/28/11
Program 3	Thursday 05/05/11
Program 4	Thursday 05/12/11
Program 5	Thursday 05/19/11
Program 6	Thursday 05/26/11
Program 7	Thursday 06/02/11

## **Location**

Hampton Inn Dadeland  
8200 SW 70th Avenue  
Miami, FL 33143

## MODULE PROGRAM DESCRIPTIONS

### Program 1—4 CEUs

#### Module 1: Introduction to Tobacco Dependence

Tobacco use is a health behavior that has negatively impacted the U.S. for decades; therefore, it is important for health professionals to understand its history and the effects it has on health prior to treating tobacco dependence. At the completion of this program, participants will receive detailed information on the history and the health effects of tobacco use in addition to the various forms of tobacco, state and local statistics, CDC's Best Practice to treating tobacco dependence and past and current tobacco legislation.

Speaker: Gene Majka , PhD, ABD, MS, BS

#### Objectives:

1. Understand the history of tobacco and tobacco usage.
2. List the effects tobacco use has on health.
3. Discuss the interventions and best practices to treat tobacco dependence.

#### Module 2: Nicotine Addiction

This program will provide an overview of the central nervous system and addiction. It will also discuss the different forms of addiction. Consequences of addiction and addiction assessment tools will also be reviewed.

Speaker: Gene Majka , PhD, ABD, MS, BS

#### Objectives:

1. Review how addiction works.
2. Understand the Chain of Addiction (Biological, Social and Psychological).
3. Review how to assess for addiction.

#### Module 3: Pharmacotherapy & Nicotine Replacement Therapies

This section will discuss medications currently being used to treat nicotine addiction. Non-prescription and prescription medications will be covered. The proper usage and contraindication of each treatment regimen will be explained.

Speaker: Gene Majka , PhD, ABD, MS, BS

#### Objectives:

1. Review nicotine replacement therapy options including nicotine gum, the patch, lozenges, etc.
2. Review non-nicotine replacement medications including Chantix, Zyban, etc.
3. Discuss the usage and contraindications for each.

### Program 2—4 CEUs

#### Module 4: Health Consequences & Medical Complications Associated with Tobacco Use

In this program, participants will learn about medical complications that arise from tobacco use and exposure to environmental smoke. Chronic illness and its' relationship to tobacco use will also be discussed. Various systems including the respiratory and cardiovascular systems will be reviewed.

Speaker: Ashley Hoffman, RN [Series 1] / Gene Majka , PhD, ABD, MS, BS [Series 2]

#### Objectives:

1. Understand tobacco's effect on the respiratory system.
2. Understand tobacco's effect on the cardiovascular system.
3. Review tobacco use and its relationship with cancer, oral health, diabetes and HIV/AIDS.

### Program 3—4 CEUs

#### Module 5: Nutrition's Role in Tobacco Cessation & Weight Control

While the health benefits of smoking cessation far exceed the problems of gaining a little weight after quitting, the potential weight gain is a barrier for some people to quit smoking. Participants will learn how tobacco use and cessation affect appetite and metabolism. They will also learn how following a healthy diet, in conjunction with physical activity, can minimize or eliminate weight gain after smoking cessation.

Speaker: Angel Alvarez, RD

#### Objectives:

1. Understand how tobacco use impacts appetite & metabolism.
2. Discuss tips to prevent weight gain after smoking cessation though proper nutrition and exercise.
3. Discuss various models to help motivate patients to quit smoking.

## MODULE PROGRAM DESCRIPTIONS

### **Module 6: Co-morbidity of Mental Health Disorders & Tobacco Dependence**

Tobacco dependence among individuals with a mental illness and/or addiction is a tremendous problem that goes largely ignored. Studies of genetics, neuroimaging, and nicotinic receptors support a neurobiological link between tobacco use and alcohol dependence, drug dependence, schizophrenia, depression, attention-deficit hyperactivity disorder (ADHD), and anxiety disorders. This program will discuss how treatment for tobacco can no longer be ignored within the mentally ill population or mental-health and addiction-treatment settings. More research is needed as well as a national organized effort to address tobacco in this large segment of smokers.

Speaker: Barbara Padron, LMFT, BS

#### **Objectives:**

1. Discuss the reasons why people living with mental illness have a persistently high smoking rate.
2. Identify at least 3 forms of mental illness and the co-morbidity of substance abuse addiction, particularly tobacco dependence.
3. Learn new strategies and methods that can be employed to help the mentally ill population quit smoking.

### **Module 7: Cultural Considerations Related to Tobacco Cessation**

This program will provide an overview of the ways in which people of diverse cultures and belief systems perceive tobacco use, its impact on health, and the resulting considerations for promoting tobacco cessation.

Speaker: Gene Majka , PhD, ABD, MS, BS

#### **Objectives:**

1. Identify at least 3 types of cultures.
2. Identify at least 2 examples of how culture impacts tobacco use.
3. Describe at least 3 ways that tobacco use impacts a patient's health.

### **Program 4—3 CEUs**

#### **Module 8: Motivational Interviewing Therapy Techniques for Tobacco Dependence**

Motivational Interviewing (MI) is a collaborative, person-centered form of guiding to elicit and strengthen motivation for change. MI is a highly adaptive intervention approach that is utilized by a range of health professionals. This program will provide a basic introduction to motivational interviewing and specific MI techniques to utilize for tobacco dependence. The spirit and techniques of MI will be demonstrated including role-playing case scenarios.

Speaker: Brett Engle, PhD, LCSW

#### **Objectives:**

1. Define Motivational Interviewing (MI).
2. The three aspects of MI spirit will be understood.
3. The techniques of OARS acronym will be learned.
4. The definitions of change and sustain talk will be learned.

### **Program 5—4 CEUs**

#### **Module 9: Tobacco Cessation within Special Populations**

This program will discuss the unique tobacco considerations in specific populations. These populations include women, pregnant women, adolescents, and young adults. Special considerations for each group will be discussed.

Speaker: Gene Majka , PhD, ABD, MS, BS

#### **Objectives:**

1. Understand tobacco use among women and pregnant women.
2. Review the effects of tobacco on infants and children
3. Understand the adolescent and young adult populations and their tobacco use.

### **Program 6—3 CEUs**

#### **Module 10: Clinical Interventions for Tobacco Dependence & the Risk of Medication Interaction**

This program will cover the clinical interventions for treating tobacco dependence. Interventions will include motivational interviewing and pharmacotherapy. Special considerations for pharmacotherapy (i.e. pregnancy and adolescents) will also be discussed, as well as the possible medication interactions.

Speaker: Ashley Hoffman, RN

#### **Objectives:**

1. Understand Motivational interviewing techniques, and the key points
2. Review pharmacotherapy and special considerations for use.
3. List medication interactions with tobacco use and tobacco pharmacotherapy treatments.

## MODULE PROGRAM DESCRIPTIONS

### **Module 11: Complementary & Alternative Therapies for Treating Tobacco Dependence**

This program will provide an overview of the various homeopathic/alternative therapies used for treating tobacco dependence. Participants will review the research available on the different therapies and how these therapies can be incorporated into conventional medical care for treating tobacco dependence.

Speaker: Janet Konefal, PhD

#### **Objectives:**

1. Be able to identify CDC recommendations for treating tobacco dependence.
2. List 4 key points to recommend that the patient consider when deciding on their tobacco dependence treatment.
3. List at least 3 alternative therapies for treating tobacco dependence.

### **Program 7—4 CEUs**

#### **Module 12: Stress Management for Tobacco Cessation**

For smokers, stress is a major factor that contributes to their dependence to tobacco. Tobacco use is a method used to cope with the stress that arises in their day-to-day lives. During this program, participants will learn the definition of stress, how it affects the smoker, ways the smoker can cope with stress, and techniques they can incorporate into their lifestyles to help manage stress to avoid tobacco use .

Speaker: Latasha Moore, CCE, BS, AHEC Tobacco Cessation Department Manager

#### **Objectives:**

1. Define stress and stress management.
2. List various stress management techniques.
3. Identify the day-to-day activities that may be stressful to the smoker.

#### **Module 13: Tobacco Youth Prevention Strategies**

Tobacco trends are constantly changing to capture the attention of curious youth. Today the overwhelming variety of tobacco products includes hookah lounges, candy-flavored tobacco, the electric cigarette, and snus, just to name a few. With the tobacco industry consistently targeting the insecurities and vulnerabilities of youth in order to encourage them to begin using tobacco products, youth tobacco prevention is undeniably the best preemptive measure we can take as healthcare professionals. The goal of youth tobacco prevention is to counter-advertise big tobacco's deceptive tactics. This program will provide a foundation of knowledge about the tobacco industry and their youth advertising strategies so that participants working with youth will have the ability to adequately enlighten youth on the big business behind the tobacco industry. Participants will also learn how to provide youth with a positive and healthy form of self-assessment and self-worth so that they are less likely to be swayed by tobacco's imposed need for social acceptance.

Speaker: Eduardo Sabillon, LMHC

#### **Objectives:**

1. Learn how to increase youth self-esteem and discourage them from experimenting with tobacco.
2. Learn how to facilitate youth tobacco prevention.
3. Learn how to educate youth on facilitating tobacco education with their peers.

### **ACCREDITATION STATEMENT**

Miami-Dade AHEC has been approved by the following boards to provide a maximum of 26.0 continuing education credits for the entire Tobacco Dependence Education Series programs under CE Broker Provider # 50-1349:

- **Florida Board of Clinical Social Work, Marriage & Family Therapy and Mental Health Counseling**
- **Florida Board of Nursing**

Miami-Dade AHEC has also been approved by the **National Commission for Health Education Credentialing, Inc.** to provide a maximum of 26.0 Category I continuing education contact hours (CECH) for the entire Tobacco Dependence Education Series programs under NCHCEC #—MEP2904

Continuing education credits will be issued at the completion of each individual program within the series. Please refer to the individual program descriptions for number of available credits.

#### **PLEASE NOTE:**

All participants are required to sign-in and out in addition to completing all the necessary post program paperwork in order to receive their certificate of attendance. No credit or partial credit will be given for participants that do not sign-out. Certificates will be issued by mail approximately two (2) weeks after the program.



# REGISTRATION FORM

Pre-Registration is Mandatory

Please submit completed registration forms via:

### Registration Information:

Name: \_\_\_\_\_

Employer: \_\_\_\_\_

Home Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone #: \_\_\_\_\_

Email: \_\_\_\_\_

Profession: [CHES] [RD/LD, NC] [ARNP, RN, LPN] [LCSW, LMFT, LMHC] [PSY, PsyD] [MD, DO] [LM/MW] Other: \_\_\_\_\_

License #1: \_\_\_\_\_ License #2: \_\_\_\_\_

AHEC Member #: \_\_\_\_\_

### Method of Payment:

- Check (payable to Miami-Dade AHEC)       MasterCard  
 Visa

Authorized Amount to be Charged: \_\_\_\_\_

Card Number: \_\_\_\_\_

Exp Date: \_\_\_\_\_ 3 Digit Security: \_\_\_\_\_

Name on Card: \_\_\_\_\_

Billing Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Authorized Signature: \_\_\_\_\_

### Payment Notice

Payment is due at the time of registration. Registrants will NOT be considered registered until payment is received. We accept Visa, MasterCard, and checks—made payable to Miami-Dade AHEC. Please note that if the registrant's form of payment is declined, they will be charged a minimum \$15.00 processing fee. Please note that participants that choose to pay at the door the day of the program will be charged an additional \$10 surcharge.

### Cancellation/Refund Policy

If the registrant must cancel their registration for any reason, cancellation must be received in writing no later than five (5) business days prior to the program start date in order to receive a refund, less a \$10.00 processing fee. Cancellations made after this time or lack of cancellation notice will result in forfeiture of the entire registration fee. If the registrant over pays for any reason, the registrant will be issued a gift certificate in the amount of the overpayment that will be valid for one (1) year and may be used like cash towards the registration fee of any other Miami-Dade AHEC program. For Miami-Dade AHEC's Gift Certificate Redemption Policy, please visit our website at [www.mdahec.org/CE](http://www.mdahec.org/CE) or contact our Provider Services Department at 305-597-3642.

### Hurricane/Inclement Weather Policy

If there is a need to cancel a program due to inclement weather, a message will be placed on the Miami-Dade AHEC Provider Services mailbox (305) 597-3642. Miami-Dade AHEC will make every effort to notify pre-registered participants of cancellations. No refunds will be given; programs will be rescheduled. If you are unable to attend the rescheduled date, you will be issued a credit towards future programs.



Online:  
[www.mdahec.org/CE](http://www.mdahec.org/CE)



Fax:  
ATTN: Provider Services  
305-592-3704



Mail:  
Miami-Dade AHEC  
ATTN: Provider services  
8600 NW 53<sup>rd</sup> Terrace, Suite 200  
Miami, FL 33166

For **Additional Program Details** or to **Register Today** please log on to our website at

[www.mdahec.org/CE](http://www.mdahec.org/CE)

For **questions** please contact us at **305-597-3642**.

### Registration Discounts

- Register early and get **\$10 OFF**
- AHEC Members get \$5 off all AHEC Workshops and \$40 off all AHEC Conferences
- AHEC Student Members pay just \$15 for all workshops & \$30 for conferences

### SPRING 2011 SCHEDULE

Tuesday 1/18/11	Red Cross CPR Training RENEWAL
Thursday 1/20/11	Red Cross CPR Training
Friday 1/28/11	American Heart BLS CPR Training
Friday 1/28/11	HIV/AIDS 104 Certification
Fri-Mon 1/28-31/11	Somatic Experiencing® (SE) Training
Monday 1/31/11	American Heart BLS CPR RENEWAL
Monday 2/3/11	Red Cross CPR Training
Wednesday 2/9/11- Thursday 3/10/11	Fundamentals of Health Information Technology (FHIT) - Weekday Series 1
Friday 2/11/11	Red Cross CPR Training
Saturday 2/12/11- Saturday 3/12/11	Fundamentals of Health Information Technology (FHIT) - Saturday Series 1
Monday 2/14/11	Red Cross CPR Training RENEWAL
Wednesday 2/16/11	American Heart BLS CPR Training
Tuesday 2/22/11	HIV/AIDS Certification for Healthcare Providers
Thursday 2/24/11	Red Cross CPR Training
Friday 2/25/11	American Heart BLS CPR Training
Saturday 2/26/11	Speaker Boot Camp Series—Program 1