**COE Learning Network:** Learn to be Tobacco-Free

**Presenters:** Tony Klein, STFRI

**Date and Time:** February 14, 2024, 12 pm to 1:15 pm

**Location:** Virtual Training (on Zoom)

**Host:** University of Pittsburgh, School of Pharmacy, Program and Evaluation Unit (PERU)

**Target Audience:** Centers of Excellence Leadership and Staff

**Training Objectives:**

* Define tobacco use disorder
* Describe proactive strategies to implement evidence-based behavior change approaches within your program related to tobacco recovery

**Agenda:**

1. Introduction
2. Discussion
   1. Define tobacco addiction
   2. Proactive strategy to adapt to behavior change
   3. Ways to relieve craving and withdrawal
   4. Identify how to support family members who use tobacco
3. Tobacco use disorder
   1. Physical
   2. Behavioral
   3. Emotional
4. Smoking and vaping produces chronic stress
   1. Cycle of tobacco withdrawal
5. Plan for success
   1. Learning tobacco-free coping skills
   2. Components of a tobacco use disorder recovery plan
6. Motivation and goal setting
   1. How is your life going to be better tobacco-free?
      1. Deep versus superficial driver
   2. Recommendations
7. Process motivation
   1. Internal motivation vs external motivation
   2. Recommandations
8. Develop a physical withdrawal plan
9. Tobacco withdrawal medications
10. Withdrawal medications help a lot
    1. What we need to know
    2. Recommendations
11. Environmental triggers and cues
12. Behavioral change plan
    1. Recommendations
13. Managing environmental cues
14. Keep in mind the five D’s
15. Enhance your confidence
    1. Learn to drive your vehicle tobacco-free
    2. Learn to be in a setting where others are smoking
16. Family communication
    1. Recommendations
    2. Benefits
17. Sustainability
    1. If plan A isn’t working, develop plan B!
    2. Recommendations
18. Table describing the symptoms of withdrawal, their cause, duration, strategies to relief the symptoms
19. Community resources
    1. Recommendations

**References:**

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* McDonnell, K. K., Bullock, L. F., Hollen, P. J., Heath, J., & Kozower, B. D. (2014). Emerging Issues on the Impact of Smoking on Health-Related Quality of Life in Patients With Lung Cancer and Their Families. Clinical Journal of Oncology Nursing, 18(2).
* Redmond, B. Y., Salwa, A., Bricker, J. B., Buckner, J. D., Garey, L., & Zvolensky, M. J. (2023). Personalized feedback intervention for individuals with low distress tolerance who smoke cigarettes: A randomized controlled trial of a digital intervention. Journal of Substance Use and Addiction Treatment, 155, 209163.
* Selby, P., & Zawertailo, L. (2022). Tobacco addiction. New England Journal of Medicine, 387(4), 345-354.
* Taylor, G. M., Baker, A. L., Fox, N., Kessler, D. S., Aveyard, P., & Munafò, M. R. (2021). Addressing concerns about smoking cessation and mental health: theoretical review and practical guide for healthcare professionals. BJPsych Advances, 27(2), 85-95.