

# Training for Health Professionals to Treat Tobacco Dependence

## Expand your knowledge of tobacco cessation with a QuitNow virtual workshop

QuitNow—a provincial smoking cessation program—is offering health care providers a **free** virtual workshop.

By participating in the workshop you will be able to:

- Understand your role in treating tobacco dependence
- Integrate clinical tobacco interventions into your practice
- Offer your patients tobacco cessation pharmacotherapy support
- Confidently speak about QuitNow and the BC Smoking Cessation Programs
- Increase your awareness of tobacco cessation supports in the community

The workshop includes four one-hour virtual training modules and is adaptable to fit your schedule. Modules can be completed in two two-hour sessions and are available on weekdays, weekends, and evenings. Participants will experience interactive elements including online polling, role play, break-out rooms, and whiteboarding.

To request a QuitNow Live Interactive Virtual Workshop, or if you have any questions, please email



The interactive course will cover topics such as:

- Tobacco epidemiology
- Health impacts
- Nicotine addiction
- The “5As”
- Assessing readiness, willingness and confidence to quit tobacco
- Introduction to motivational interviewing
- Promoting motivation and confidence
- Behavioral support
- Pharmacotherapy
- Nicotine replacement
- Relapse management
- Facilitating a quit plan
- Vaping
- Arranging ongoing support with QuitNow

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