



BASIC SKILLS FOR TOBACCO CESSATION

MAY 19 - JUNE 9, 2021
VIA WEBEX

Organized by the Knowledge Hub for Waterpipe Tobacco Smoking (KHWS) at the Faculty of Medicine and the AUB Health and Wellness Center, in line with WORLD NO TOBACCO DAY (WNTD)

GENERAL INFORMATION

Overview:

This online course is designed for health care workers and professionals who want to gain basic skills and knowledge to help tobacco users quit smoking. It introduces the basic knowledge of tobacco use, nicotine products and dependence. It provides the attendees with the basic concepts of behavioral counseling therapy and motivational interviewing techniques in smoking cessation and finally it offers the most up-to-date evidence based tobacco cessation treatment pharmacology and strategies.

This course is a four-hour online program that will be conducted weekly between May 19 and June 9, 2021

Learning Objectives:

At the end of the course, the attendees will be able to:

1. Recognize the different types of tobacco products and the risks and harmful effects of tobacco use
2. Describe E-cigarette components, health effects, and risks
3. Understand the addiction neurobiology and clinical aspects of nicotine dependence
4. Identify the evidence-based techniques of Motivational Interviewing in tobacco treatment
5. To demonstrate a Motivational Interviewing interview in tobacco treatment
6. Understand the importance of behavioral support in tobacco cessation
7. Recognize changes in lifestyle, and challenges during a quit attempt
8. Provide appropriate follow-up and support for quitters
9. Recognize the different pharmacological treatment options for smoking cessation
10. Discuss the tobacco treatment options in pregnant, children, adolescents and elderly

Course Director:

Maya Romani, MD, DipIBLM, TTS, CCWS

Assistant Professor of Family Medicine
Tobacco treatment specialist
Director, Health and Wellness Center
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Faculty:

Farid Talih, MD

Assistant Professor
Sleep and Addiction Medicine
Adult Psychiatry

Nadim Kanj, MD

Assistant Professor of Clinical Specialty
Pulmonary and Bronchoscopy
Smoking Cessation Program

Nour Alayan, PHD, RN

Assistant Professor
Ph.D. Nursing
Behavioral Health
Addictions

Taline Demerjian, RN, MPH

Registered Nurse

PROGRAM

Wednesday, May 19, 2021 at 4:00 PM

Module I: Tobacco Use and Nicotine Products

Dr. Maya Romani

Director of the AUB Health and Wellness Center

Time: 25 minutes

Objectives:

At the end of the webinar, participants will be able to:

1. Recognize the different types of tobacco products
2. Identify the risks and harmful effects of tobacco use
3. Explain the waterpipe health risks
4. Describe E-cigarette components, health effects, and risks

Overview:

During this webinar, we will introduce tobacco use worldwide and the common misconceptions about its use. We will explain the components of various tobacco and smokeless tobacco products that make them harmful and pose significant health risks. We will address the waterpipe use and health risks and finally, we will talk about E-cigarette, their components, health effects, and risks especially among the high-risk population.

Module II: Neurobiology of Nicotine Addiction

Dr. Farid Talih

Assistant Professor

Sleep and Addiction Medicine

Adult Psychiatry

Time: 25 minutes

Objectives:

At the end of the webinar, participants will be able to:

1. Overview of addiction neurobiology
2. Pharmacology of nicotine
3. Clinical Aspects of nicotine dependence
4. Changes in DSM 5 definitions regarding addiction

Overview:

In this presentation we will briefly discuss the basics of addiction neurobiology, focusing on neurotransmitters and relevant brain areas. The effects of nicotine on the brain will be discussed as well as the clinical manifestations including tolerance and withdrawal.

Finally, the changes regarding the definition of “substance use disorders” in DSM 5 will be discussed.

Wednesday, May 26, 2021 at 4:00 PM

Module III: Introduction to Motivational Interviewing in Tobacco Treatment

Dr. Nour Alayan
Assistant Professor
Ph.D. Nursing
Behavioral Health
Addictions

Time: 90 minutes

Objectives:

At the end of the webinar, participants will be able to:

1. To familiarize with the fundamental spirit and principles of Motivational Interviewing
2. To be acquainted with relevant evidence of Motivational Interviewing efficacy in tobacco treatment
3. To observe a direct demonstration of the Motivational Interviewing approach in tobacco treatment

Overview:

The aim of this session is to introduce participants to the basics of Motivational Interviewing (MI) as a therapeutic approach towards tobacco treatment. MI is a patient-centered and goal-directed approach that addresses the client's internal motivation to change behavior related to tobacco use. Participants will be introduced to the principles of the MI process and current evidence on MI efficacy in tobacco treatment.

Wednesday, June 2, 2021 at 4:00 PM

Module IV: Behavioral Counseling Therapy in a Tobacco Treatment Program

Mrs. Taline Demerjian
Registered Nurse

Time: 50 minutes

Objectives:

At the end of the webinar, participants will be able to:

1. Understand the importance of behavioral support in tobacco cessation
2. Assess the smoking behavior before a quit attempt
3. Recognize avoiding cues, changes in lifestyle, and challenges during a quit attempt
4. Provide appropriate follow-up and support for quitters

Overview:

The webinar will deliver the foundation of effective behavioral support for those who are ready to quit smoking. First, it will describe the components of pre-quit sessions that are held before a quit date such as understanding current and past smoking behavior, history of past attempts, and attitudes towards smoking and stopping. It will also explain the key elements of the quit date session that advise on avoiding cues, withdrawal symptoms, medication uses, etc. Finally, it will demonstrate the importance of support and reassurance that boosts motivation after a quit attempt in post-quit sessions.

Wednesday, June 9, 2021 at 4:00 PM

Module V: Pharmacologic Tobacco-Dependence Treatment

Dr. Nadim Kanj

Assistant Professor of Clinical Specialty

Pulmonary and Bronchoscopy

Smoking Cessation Program

Time: 25 minutes

Objectives:

At the end of the webinar, participants will be able to:

1. Benefits of smoking cessation
2. Methods of quitting
3. Pharmacological treatment for smoking cessation
4. Challenges, relapses, and future directions

Overview:

In this presentation there will be a brief look at the immediate and late benefits of quitting smoking, followed by a brief overview of methods of quitting, then elaborating on the pharmacologic therapy and ending with the difficulties that are faced by people involved.

Module VI: Tobacco Treatment in Special Populations (pregnant, children, elderly)

Dr. Maya Romani

Director of the AUB Health and Wellness center

Time: 25 minutes

Objectives:

At the end of the webinar, participants will be able to:

1. Discuss the tobacco treatment options in pregnant, children, adolescents and elderly
2. Identify the risks and benefits of pharmacology options for pregnant and breastfeeding females
3. Describe the specific behavioral counseling techniques to be used in such population

Overview:

During this webinar, we will talk about the tobacco treatment options that can be given to pregnant, breastfeeding women, children, adolescents, and the elderly. We will discuss the risks and benefits of various medications in this specific population and finally the effective behavioral techniques that work.

For more information about this activity,
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