**STOP in LTC Homes/INTREPID Teleconference: Monday, October 7, 1:00-2:00 pm**

# Land Acknowledgment:

* Identify the land you are joining us from today ([**https://www.whose.land/en/**](https://www.whose.land/en/))
* Video: [Bringing meaning and purpose to land acknowledgements](https://www.facebook.com/CentreforAddictionandMentalHealth/videos/bringing-meaning-and-purpose-to-land-acknowledgements/759567845184040/)

**General Reminders:**

**New staff at LTCH:**

* New staff, or staff reassigned to manage the NRT, should reach out to me to attend the Operations Training.

**STOP Program Evaluation:**

* For those organizations having reached about 6 or 7 months since first ordering NRT, you will be contacted to help us with our STOP Program Evaluation. This evaluation is very important for us as we have few other measures to evaluation the success or any barriers to the program.
  + All contacts will receive a very short survey to complete with a request to also share with any others in the LTCH (i.e. staff working directly with residents on NRT)
  + Some LTCHs may also be contacted for a more in depth interview (about 30 minutes). We would like to speak to both the main person responsible for the program, but also at least one frontline staff (RPN or PSW) that works with the resident. There is a small remuneration provided as a thank you.

**Mouth Spray:**

# Current supply of mouth spray will be expiring at the end of February. If any of your residents are interested in mouth spray, please order soon before we remove the supply from our CAMH inventory.

# STOP/INTREPID Updates:

# INTREPID Lab website name change – intrepidlab.ca

# Implementer Resources new URL: <https://intrepidlab.ca/en/stop/ltc-implementer-resources>

# TEACH updates:

* **Mental Health Effects and Brief Interventions, MI, CBT**
  + Wednesday, October 23 @12:00-1:00 pm EST
  + Presented by Stephanie Kersta, RP and Carolyn Plater MSW, RSW
  + Register [here](https://intrepidlab.ca/en/teach/Pages/TEACH-Webinars.aspx)

* [Self-study courses](https://teach.camhx.ca/moodle/)
* TEACH offers a selection of additional modules focused on specific populations or topics (e.g., tobacco interventions with: youth and young adults; cannabis; cancer care settings)

**For any questions about the above TEACH courses, workshops, and Educational Rounds, please reach out to** [**teach@camh.ca**](mailto:teach@camh.ca)

(all past recordings can be found on the [TEACH Project’s YouTube channel](https://www.youtube.com/playlist?list=PLmLKlp1R6077gOXIyxwToXAZbVrG7GnZx&si=qFcnoYjnQF6h7e6m))

General Q&A or Comments:

* For any LTCH closing, please let STOP know where residents may be moving to so that engagement can be started to offer the STOP program to that home if they are not already.
* Some residents have complained about skin irritation from the patch. They scratch the area and the patch falls off. Some suggestions:
  + Move to patch to different parts of the upper body as some areas of skin are not as sensitive to the adhesive. Patch can be worm anywhere, though above the waist is recommended.
  + Hydrocortisone cream or a flovent spray may help to alleviate some of the irritation if applied before hand
  + For residents that are still experiencing irritation on their skin, please encourage the different short acting options (i.e. lozenge or inhaler).
* A testimonial was shared (see below). Please share any resident (or staff) testimonials with STOP as they can be motivating to other staff as well as we do share these with our funders from time to time.

News:

* [Dementia prevention, intervention, and care: 2024 report of the Lancet standing Commission - The Lancet](https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(24)01296-0/abstract#:~:text=We%20reconvened%20the%20Lancet%20Commission%20on%20dementia%20prevention,%20intervention,%20and)
  + New findings showing that reduction in depression and smoking rates is leading to a reduction in age-related dementia incidence among other findings, such as untreated vision and hearing loss and high LDL cholesterol
* <https://hospitalnews.com/canadas-first-public-long-term-care-home-based-on-the-concepts-of-a-dementia-village-welcomes-inaugural-residents-in-emotional-move-in-day/>
  + Departure from traditional model to a model prioritizing autonomy, social engagement and medical care. Can read more about dementia villages [here](https://www.research.colostate.edu/healthyagingcenter/2023/09/26/dementia-villages-a-new-way-to-approach-memory-care/).
* <https://www.duncanbanner.com/news/most-older-adults-face-ageism-and-its-taking-a-toll-on-their-mental-health/collection_9739441f-7e03-5c61-a02b-9381eaf97fab.html#1>
  + Adults experiencing ageism can affect their mental health as well as they report

# SOTN participant quote:

*Hi there,*

*I signed up for your quit smoking program a while ago (maybe sometime in 2023). I don’t know if you have a way of looking it up.*

*It took me a VERY long time to get started and definitely exceeded the 30 days. I kept Step 1 beside the coffee maker to remind me every morning of my goal and Jan 2024 I started the patches and have been smoke free for 9 months!*

*I don’t know if this information is helpful in your research as it took me a very long time to finally build up the courage to start. I would have never bought patches myself because of the cost and I am surprised at how well they worked for cravings it was way easier for me to stop with patches than I thought it would be. The mints also helped with occasional cravings.*

*I just wanted to thank you for offering this as quitting smoking was something I didn’t think I’d ever be able to do and I don’t think I would have tried the NRT products due to their cost and the unknown of if they would work well or not for me.*

### Resources:

**STOP Practitioner Resources Webpage**:

[**https://intrepidlab.ca/en/stop/ltc-implementer-resources**](https://intrepidlab.ca/en/stop/ltc-implementer-resources)

# 2023-24 teleconference schedule:

|  |  |  |  |
| --- | --- | --- | --- |
| **~~September 9 (new link)~~** | ~~October 7~~ | November 4 | December 9 |
| January (tbd) | February 10 | March 3 | April 7 |

# Attendance

# Baycrest

# Castleview Wychwood Towers

# Cummer Lodge

# Elmgrove

# Fudger House

# Hawthorne Place Centre

# Lakeshore Lodge