**STOP in LTC Homes/INTREPID Teleconference: Monday, Oct 2, 2023, 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/)

# Meeting recording:

* This meeting was recorded: [STOP LTC Community of Practice Teleconference-20231002 1705-1](https://urldefense.com/v3/__https%3A/camh.webex.com/camh/ldr.php?RCID=4d174c0ba1f22fd4797ca9351a086f84__;!!FxkXuJIC!b3xMVebL6laU93ioae0Zo3SPTtoC-y0zDQsQBbTeE9Q3SE1LKkS9QZZZuJ-ZYWnM5fbangnEqc0OobTOgV5EjZQ$)
* Password for recording: VuM2QKMX

Welcome

* Welcome to our first Community of Practice session for implementers of the STOP Program in Long-Term Care Homes. The purpose of these meetings are to share program updates, resources and an opportunity for the Community of Practice to discuss case studies or ask questions.
* Thank you to Marilyn White-Campbell, from Baycrest, for offering time to attend these meetings. If this time is not suitable for the majority of this community of practice, please offer some suggested times and we can schedule the meeting for a more convenient time.

# TEACH Updates:

* [TEACH Core Course](https://teach.camhx.ca/moodle/enrol/index.php?id=113) (Oct 4-Nov 8, $475)
* [Self-study courses](https://teach.camhx.ca/moodle/)

# STOP Updates:

# STOP Poster– [(click here for poster)](https://www.nicotinedependenceclinic.com/en/stop/Documents/LTC%20Poster.pdf)

# If you know of another LTCH interested in implementing the STOP Program, or another location that is part of your organization wishes to offer STOP, please email us at stop.ltc@camh.ca and [click here](https://edc.camhx.ca/redcap/surveys/?s=LE478TREKDRNFHXM) to complete a capacity assessment survey

# Fundamentals of Tobacco Interventions – Geriatric Considerations Module

# A new module covering geriatric considerations will soon be available. Once it is live, we will share the link with the STOP LTC Community of Practice.

# Operations Manuals – updates

# Available on [practitioner resource page](https://www.nicotinedependenceclinic.com/en/stop/ltc-implementer-resources) shortly

General Q&A:

**Q:** A LTCH is asking about switching from  varenicline to bupropion  as there  is a  funding limit for  Varenicline.  The resident responded very well to varenicline but the funding has a limit of 11 weeks.   Is there a work around the limited use code for  Varenicline?  It was used in someone with Dementia who had responsive behaviours including agitation, verbal aggression toward staff and residents, which was related to him wanting to go out to smoke.  The patch was increased from 14 mg to 21 mg and this did not change the behaviours.  Varenicline made a remarkable difference and behaviours were not present after the third day of administration of the drug.   Once the drug was discontinued, there is noticeable increase in agitation and escalation of behaviours.

Our  two  questions are

1. Can the resident be switched to bupropion with similar effects?
2. Is there a work around for the funding of  varenicline  i.e.  exceptional access program or changing the prescribing codes for management of behaviour rather than smoking cessation?

**A: From CAMH Nicotine Dependence physician:**

*I am not aware of any exceptions for extended coverage for varenicline. It sounds like it was immensely helpful for this individual.*

*I would consider they maintain the client on a lower dose (0.5mg BID), which costs ~40 dollars per month. Possibly this will be an affordable solution.*

*I am not certain BUP will provide the same effect and also may increase irritability/worsen insomnia/ lower threshold for a seizure as potential SE.*

News:

**Cochrane Review** on best ways to quit smoking with pharmacological and e-cig aids (attached)

*The most effective interventions were nicotine e-cigarettes, varenicline and cytisine (all high certainty), as well as combination NRT (additive effect, certainty not rated). There was also high-certainty evidence for the effectiveness of nicotine patch, fast-acting NRT and bupropion. Less certain evidence of benefit was present for nortriptyline (moderate certainty), non-nicotine e-cigarettes and tapering of nicotine dose (both low certainty).*

### Resources:

**STOP Practitioner Resources Webpage**:

[**https://www.nicotinedependenceclinic.com/en/stop/ltc-implementer-resources**](https://www.nicotinedependenceclinic.com/en/stop/ltc-implementer-resources)

# 2023-24 teleconference schedule:

|  |  |  |  |
| --- | --- | --- | --- |
| ~~October 2~~ | November 6 | December 4 | February 5 |
| March 4 | April 8 | May 6 | May 3 |