**STOP/INTREPID Teleconference: Wednesday, January 10, 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/))

**Happy New Year & Welcome back!**

* New Year’s Resolutions: inventory counts
	+ ***Please review your site’s inventory for accuracy, upcoming expiry dates/expired products, etc.***

# Summary of Dec 6 meeting:

* Beyond 26 weeks

**26 week STOP Program: providing additional NRT (beyond 26 weeks)**

**To provide a patient with additional NRT (beyond 26 weeks allotment), the following criteria must be met:**

* Are still within their 1 year enrollment period
* Have used all 26 weeks of NRT
* Are at high risk of relapse or concerned about relapsing after stopping NRT
* Have fully responded to NRT (i.e., has been quit for at least the last 30 days at the time of this visit)

**If patient meets all of the above criteria, please fill out the PDF form ‘Beyond 26 Weeks Visit Form’ (this can be found in the STOP Portal under “Download Forms”) and email** **stop.program@camh.ca** **to *request a secure file transfer link for sending the form***

* **Do NOT send the form via email (not secure)**
* **You must continue to adhere to the standard protocol for dispensing NRT in STOP (i.e., no more than 4 weeks of NRT per visit)**
* STOP with AHACs: no need to fill out the form but please send an email to **stop.ahacs@camh.ca**confirming patient ID#\_\_ meets these criteria and you are providing \_\_ NRT products (list)

Beyond 26 Weeks Q&A:

**Q: Is this only for brand new enrollments, or is it open to current clients that are reaching the end of their 26 week allotment?**

A: Both. Existing clients can take advantage of this extension provided they are still within their one-year enrollment period and meet the criteria.

**Q: How much NRT can you provide to clients who are eligible to receive more than 26 weeks?**

A: Eligible clients can receive continue to receive NRT until the end of their one-year enrollment period (so potentially, up to 26 weeks). Please note, you must still follow the STOP Protocols for providing NRY (e.g. no more than 4 weeks at time).

**Q: If a client completes another 26 weeks, is still using the NRT, and has reached the end of their 1-year enrollment period, can they re-enroll in the program to continue receiving NRT?**

A: At time of re-enrollment, the patient must meet the eligibility criteria for re-enrolling. This means if the client has not used any commercial tobacco or nicotine product for 30 days, they are considered ‘quit’ and would not be eligible to re-enroll.

However, if they have a relapse (thereby meeting the re-enrollment criteria), they will be able to re-enroll at the time.

**Q: If a client relapses after a full year of being quit and using NRT, when would they be eligible for re-enrollment?**

A: Yes, they would be eligible if they had used commercial tobacco/nicotine product in the past 30 days.

**Q: If a client’s doctor wants them to stay on the patches past the 26 weeks, would they be eligible for an extension with a letter from their doctor?**

A: Clients must meet the eligibility requirement for receive more than 26 weeks. If they do not meet the criteria, a letter from their doctor would not allow them to be an exception.

**Q: How long do you have to wait beyond the 52 weeks before re-enrolling them?**

A: There is no wait period, as long as the client meets the re-enrollment criteria they can re-enroll immediately

**Q: When do we need to submit the Beyond 26 Weeks visit form?**

A: Eligibility criteria only applies at the first visit, but visit forms must be completed at each visit. A secure file transfer link must be requested each time.

**Q: Why do we have to request a secure link each time? Are there times that the request will be denied?**

A: Secure file transfer links must be requested for each visit since these links are time-limited. We are unable to send the visit forms directly over email since they contain patient data and there may be security risks. Requests will not be denied, but please make sure that the client fits the outlined criteria before completing the visit form and/or giving them NRT.

**Q: When filling out the Beyond 26 Weeks form, are we able to provide NRT to the patient at the same visit or does this need to be submitted to STOP first for approval?**

**A:** You can provide NRT at that visit, but please follow the criteria on the visit form. Send us the form afterwards (via secure file transfer link).

**Q: Is there a place on the visit form to indicate which types of NRT were provide to the client?**

A: Yes. Please make sure to complete all the fields so that our staff can enter the information on the portal visit form.

**Q: Can we still dispense up to 4 weeks of NRT in one visit?**

A: Yes. If more than that is needed, please reach out to STOP first for approval.

**Q: Once the Beyond 26 Weeks visit form has been completed, will we be able to see it on the client's page as an extended form?**

A: Yes, STOP staff will enter the information on the Portal and it will show up as another visit form. There will be a comment saying it is for beyond 26 weeks.

**Womenmind smoking cessation app (see attached poster)**

* We are recruiting participants to test a **mobile app meant to help women quit smoking**
* Fully remote, compensation is provided
* Eligibility Criteria:
* Women aged 25-65 years
* Daily cigarette smoker (at least 5 cpd)
* Access to internet and a smart phone

For study referrals, please contact: **mcp.women@camh.ca**

**Q: Does this include vaping?**

A: Yes, as long as they are also using cigarettes.

# TEACH Updates:

* Educational rounds:
	+ All recordings can be found on the [TEACH Project’s YouTube channel](https://www.youtube.com/playlist?list=PLmLKlp1R6077gOXIyxwToXAZbVrG7GnZx&si=qFcnoYjnQF6h7e6m)
* [Self-study courses](https://teach.camhx.ca/moodle/)

# TEACH Educational Rounds

* The Inaugural **Roberta Ferrence Lecture Series** - Bridging the Global Research-to-Practice Gap to Regulate E-cigarettes and Optimize Smoking Cessation Outcomes
	+ Wednesday, January 24, 2024 at 11:30am-1:00pm EST
	+ *11:30am-12:00pm* - Acknowledgement of Roberta Ferrence, PhD and her contribution to global tobacco control
	+ *12:00-1:00pm* - Presentation by Dr. Joanna Cohen, PhD (for continuing education credits)
	+ [TEACH Educational Rounds - Registration & Pre-Learning Assessment (camhx.ca)](https://edc.camhx.ca/redcap/surveys/?s=MEFRAEARHFXA3TX7)
* Needs assessment: tell us what topics you want to learn about!
	+ [https://edc.camhx.ca/redcap/surveys/?s=FRYTX7EPMJ8H97AK](https://urldefense.com/v3/__https%3A/edc.camhx.ca/redcap/surveys/?s=FRYTX7EPMJ8H97AK__;!!FxkXuJIC!eqiDm0WuPMorCsfsy7WtbdsB8pTWWbzJVz4pClyuqCa9iGL2P1j1sYACPBV2NQHu-FVsaPrywoJPPgZ7gIIHypE$)
	+ The survey will take **3-5 minutes** to complete, and your feedback is essential in helping us to develop future programming for the year
	+ The survey will close on **Sunday,** **January 21st 2024 at 11:59 PM EST**
* TEACH: looking for STOP healthcare providers interested in serving as faculty members for online courses
	+ TEACH would provide an orientation and be available for support during the course
	+ 5 week course (5-8 hours per week)
	+ For more information, please email teach@camh.ca
* **Our knowledge translation team is developing resources to support HCPs with vaping cessation - what barriers exist to supporting people who vape/unique experiences have you encountered?**

# STOP Updates:

STOP Portal Updates: **NEW FEATURE IN STOP PORTAL!**

* We now have a button available in your STOP Portal Dashboard that can easily direct you to [STOP implementer resource page](https://www.nicotinedependenceclinic.com/en/stop/implementer-resources). The implementer page is regularly updated with the teleconference minutes and any relevant resources. The button can be found here:



* **STOP Account Access:** If you have staff that are no longer working with STOP, please make sure to let us know immediately, so that we can remove their access to the STOP Portal. Please note, all accounts will be automatically deleted after 2 years of inactivity.

General Q&A:

**Q: Is there a way to enroll people in our clinic if they have moved before the 26 weeks/365 days have expired?**

A: This is a case-by-case decision – please reach out to us.

**Q: What does AHAC stand for?**

A: STOP with **A**boriginal **H**ealth **A**ccess **C**entres is the arm of STOP that is geared towards Indigenous populations in Ontario.

**Q: Do you have any new resources on quitting dip/chew tobacco? Do you have any websites or text apps that are not US-based?**

A: We will reach out to TEACH and send out resources if we find any.

Some suggestions from other practitioners:

* Algorithm for Spit Tobacco (see attached document)

**Q: How does an organization become a STOP provider?**

A: If an organization looking to implement the STOP Program, please have them contact us at stop.program@camh.ca. Onboarding includes a capacity assessment, a program agreement, and two trainings (Fundamentals of Tobacco Intervention course and the STOP Operations Training Webinar).

**Q: Do we continue using R1, R2, etc. for clients who have re-enrolled?**

A: Yes, please continue to do so. Keeping track of the number of re-enrollments helps us track clients throughout their journey, as well as allows practitioners to re-evaluate if program is still a good fit for a given client at a certain point. If you cannot remember the client ID, just start it from scratch.

**Q: Has STOP created an algorithm for vaping?**

A: No algorithm, but we have a set of general guidelines on the [STOP implementer resource page](https://www.nicotinedependenceclinic.com/en/stop/implementer-resources).

**Q: Can you send the chart for E liquid percentage and Nicotine # in mg on vaping devices?**

A: We will ask and if we find something, we will include it. You may also want to check out the Hastings and Prince Edward NRT medical directive.

**Q: Do you have any advice or resources for those under 18 who are trying to stop their nicotine use? What is the equivalent of NRT for youth?**

A: TEACH is planning on running an E-cigarette and vaping course for youths and adults in the fall.

You can also check out our video on [youth, vaping and harm reduction](https://www.nicotinedependenceclinic.com/en/youthvaping).

Note: the STOP Program allows those under 18 to enroll and be given NRT. However, this is considered off-label, therefore if the medical directive at your site does not allow this, you must follow your organization’s rules. STOP on the Net, on the other hand, is only for 18 years old and above.

**Q: What about pregnant clients who are smoking? Is this organization-dependent?**

A: For the STOP Program, being pregnant is not in the exclusion criteria. However, practitioners must follow their site’s rules when it comes to this.

**Q: What types of advice/direction do others give to those reaching the end of the quit journey, but finding it hard to stop using the inhaler? Any tips in assisting this transition?**

A: Practitioners mentioned that some clients use the inhaler without the cartridge, so it serves as a “placebo.” This helps reduce or limit use.

**Other**

* Practitioners have started to see new vaping devices with modifiable power sources (appear to be going through more nicotine more quickly)
	+ Almost everything in Canada is 20mg/mL, but challenges come from container size and power sources changing, which then leads to changes in patterns of use
		- Synthetic vapes with 50mg+ are now available for purchase online
	+ We also have to think about whether the liquid is free base or nicotine salt

Resources:

[Quit Smoking - Canada.ca](https://www.canada.ca/en/health-canada/campaigns/quit-smoking.html?utm_campaign=tools-smoke-free-life&utm_medium=vanity-url&utm_source=canada-ca_quitsmoking)

[Don't Quit Quitting | Online Tool to Help Smokers Quit (dontquitquitting.ca)](https://dontquitquitting.ca/)

[Introducing Nicotine Anonymous | Nicotine Anonymous (nicotine-anonymous.org)](https://www.nicotine-anonymous.org/introducing-nicotine-anonymous)

News:

# [A meta-analysis study on the association between smoking and male pattern hair loss](https://onlinelibrary.wiley.com/doi/10.1111/jocd.16132)

# [Extroverts find a way to navigate Alzheimer’s – but this makes it harder to diagnose](https://uk.news.yahoo.com/extroverts-way-navigate-alzheimer-makes-200000956.html?guccounter=1)

# 2024 teleconference schedule:

|  |  |  |  |
| --- | --- | --- | --- |
| ​~~January 10~~ | ​February 7 | ​March 6 | ​April 3 |
| ​May 1 | ​June 5 | ​July 3 | ​August 7 |
| ​September 4 | ​October 2 | ​November 6 | ​December 4 |

# STOP participant quote:

*Hello,*

*I just wanted to let you know I started the program 5 days ago.*

*I am amazed how well this is going.*

*I have only had 3 cigs in 5 days, where I usually would have smoked 5 large packs ( 125 ) by now.*

*Thank you so much for this help.*

*Only had 1 puff yesterday and none so far today.*

*I am going to do this!*

*Thank you again*

Fun poll:

***All things being equal, would you attend a meetup for your own name (e.g.,*** [***ryanmeetup.com***](https://www.ryanmeetup.com/)***)?***

 A. Y 21/47 = 45%

 **B. N 25/47 = 53%**

 C. DKPNA 1/47 = 2%

# Attendance:

# Aamjiwnaang First Nation

# Access Alliance CHC

# Algoma NPLC

# Algoma PHU

# Algonquin FHT

# Anishnawbe Mushkiki AHAC

# Barrie and Community FHT

# Breakaway AA

# Brockton and Area FHT

# Byward FHT

# Carefirst FHT

# Carepoint CHC

# Chatham-Kent CHC

# Chatham-Kent FHT

# Chatham-Kent PHU

# CMHA Algoma

# CMHA York Region

# Credit Valley FHT

# De dwa da dehs nyes AHAC

# Dufferin Area FHT

# Durham CHC

# East Wellngton FHT

# Englehart and District FHT

# Four Villages CHC

# Georgian Bay FHT

# Glengarry NPLC

# Good Shepherd Homes

# Grandview Medical Centre

# Great Northern FHT

# Grey Bruce PHU

# Group Health Centre

# Guelph FHT

# Haldimand FHT

# Hamilton FHT

# Hamilton PHU

# Health for All FHT

# Humber River FHT

# Inner City FHT

# Jane-Finch FHT

# Kingston CHC

# LMC Pharmacy

# Leeds and Grenville FHT

# Leeds and Grenville PHU

# M’Chigeeng Health Services

# Mackay Manor AA

# Matawa First Nation

# Napanee CHC

# Niagara North FHT

# North Bay NPLC

# North Durham FHT

# North Muskoka NPLC

# North Simcoe FHT

# Northwestern PHU

# Northumberland FHT

# Owen Sound FHT

# PAARC AA

# Parkdale CHC

# Peterborough FHT

# Powassan ad Area FHT

# Prince Edward FHT

# Prime Care FHT

# Queen’s Square FHT

# Rideau CHC

# Sauble FHT

# Scarborough Academic FHT

# Scarborough CHC

# Seaway Valley CHC

# Sharbot Lake FHT

# Six Nations AHAC

# Somerset West CHC

# Southwestern PHU

# Star FHT

# Stratford FHT

# Sudbury PHU

# Summerville FHT

# Sundridge Medical Centre

# Taddle Creek FHT

# Temagami FHT

# Thunder Bay PHU

# Timiskaming PHU

# Twin Bridges NPLC

# Two Rivers FHT

# Upper Canada FHT

# Waasegiizhig AHAC

# West Champlain FHT

# West Nipissing CHC