**STOP in LTC Homes/INTREPID Teleconference: Monday, March 3, 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.

# STOP/INTREPID Updates:

* Clinical Q&A with Dr. Aviva Rostas, **January 27th .** [**Click here to watch the recording**](https://urldefense.com/v3/__https%3A/camh.webex.com/recordingservice/sites/camh/recording/playback/b2922be93b53477493d93fb4cf057cad__;!!FxkXuJIC!dZH5o7AtkQ8iGZm4Fb8fh7jyfhuIqqIE6MG2zoVooW4marxQeAu0GqL2x8B3q7aYreyGu8H-HoBhM8m2eVY$)

**Password: fUNPhmN7**

 **Here’s a summary of the webinar:**

The meeting focused on addressing tobacco intervention for geriatric clients in long-term care, including challenges of smoking cessation for clients with dementia and the use of nicotine replacement therapy.

* Alternative options for keeping hands busy and addressing cravings were mentioned, such as lollipops, candies, and soda beverages. There are sugar-free options available for residents with diabetes.
* Elderly individuals may have complex reasons for continuing to smoke, including the pleasure it brings and the impact on their quality of life. However smoking can have important impacts on the safety and support needs of individuals, such as housing and long-term care admission.
* Some psychiatric medications, like clozopine and olancipen, can interact with smoking and may require dose adjustments.
* If a patient experiences skin reactions with patch use, switching brands, rotating sites, and using corticosteroids can help alleviate symptoms.
* There is no time limit for someone to stay on nicotine replacement therapy; it should be continued as long as needed for successful smoking cessation.
* NRT may not be adequately trialed in older adults who are highly nicotine dependent and may require higher doses.
* Some individuals may need a combination of long-acting and short-acting NRT to effectively address cravings.
* In long-term care settings, offering short-acting NRT options and ensuring staff awareness can help manage smoking on NRT.

# STOP on the NET Updates

# Program Update (NOW LIVE) – In an effort to expand our reach and connect more people to care, and based on analyses of the program, we have made the following changes to SOTN:

# New NRT kits:

* + **Combination Kit:** Includes 6 boxes of NRT patches and 3 boxes of NRT gum **OR** lozenges
	+ **NRT Patch Kit *(new)*:** Includes 6 boxes of NRT patches (*ideal for individuals who prefer not to use short-acting NRT)*
	+ **Short-acting Kit *(new)***: includes 6 boxes of NRT gum **OR** 5 boxes of NRT lozenges *(only provided to individuals who are deemed ineligible to use NRT patches, or have experienced an adverse reaction or difficulty using the NRT patch)*
		- All NRT kits provided through STOP on the Net will include enough medication for **6 weeks of treatment.**
* New option to complete an assessment to help determine suitability for using prescription smoking cessation medications (varenicline and/or bupropion) which can be obtained through their healthcare provider, if participant has not quit smoking while using NRT.
* Option to enroll in a mobile phone program (E-Squared) for vaping cessation, for those who have quit smoking at 6-month follow-up and are now interested in quitting vaping
* 2 follow-up surveys conducted by STOP on the Net via email, phone and/or text message at 8 weeks and 6 months after joining the program.

# To join STOP on the Net, visit <https://intrepidlab.ca/en/stop/stop-on-the-net>

# TEACH updates:

### Join T​EACH's Li​stserv​

The **TEACH Listserv** is a way for you to network and share information around cessation counselling. Join over 800 health care providers in sharin​​g and discussing current events, cutting edge research, and the latest changes in the health field!​​

If you are interested in subscribing, please have a read through of our [TEACH ​Listserv Guidelines](https://intrepidlab.ca/en/teach/PublishingImages/Pages/TEACH-Connect/TEACH%20CoP%20Listserv%20Guidelines.pdf).​

To subscribe, simply send an email from your preferred e-mail address to: teach-request@info2.camh.net and write 'subscribe' in the subject line of your e-mail.​

You will receive a message confirming your subscription, as well as instructions on how to post or unsubscribe - it's fast and easy!​​​

**Please email** **teach@camh.ca** **to join the regular mailing list**

* [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**

(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:

**Q. Resident at LTC home finds going to the nursing station each time to get 1 piece of gum a bit tedious. Are there situations where some residents can keep more than one piece of gum at a time in their rooms?**

A. Speak to the physician and ask about providing more than one piece to resident. One practitioner suggested dividing up the sleeves within each box, or cutting a sleeve of gum in half so resident has some autonomy but won’t have an excessive amount of NRT.

News:

**New study recommendations for seniors and exercise**

<https://www.cbc.ca/listen/live-radio/1-193-fresh-air/clip/16125402-new-study-recommends-exercise-seniors-reduce-risk-death>

**Podcast on Dementia**

 [baycrest.org/Podcast/About](https://www.baycrest.org/Podcast/About)

**The Benefits of Quitting Smoking at Different Ages**

 [https://www.ajpmonline.org/article/S0749-3797(24)00217-4/fulltext](https://www.ajpmonline.org/article/S0749-3797%2824%2900217-4/fulltext)

 The chances of gaining at least 1 year of life among those who quit at age 65 and 75 are 23.4% and 14.2%, respectively.

### Resources:

**STOP Practitioner Resources Webpage**:

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

# 2025 Teleconference schedule:

|  |  |  |  |
| --- | --- | --- | --- |
| ~~January 27 (Q&A with Dr. Aviva Rostas)~~ | ~~February 10~~ | March 3 | April 7 |
| May 5 | June 2 | Tbd | Tbd  |

# Attendance

# Cummer Lodge

# Elm Grove

# Fudger House

# Wellington Terrace