**STOP/INTREPID Teleconference: Wednesday, June 21, 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/)

*On June 21, for* [*National Indigenous Peoples Day*](https://www.rcaanc-cirnac.gc.ca/eng/1100100013718/1534874583157)*, we recognize and celebrate the history, heritage, resilience and diversity of First Nations, Inuit and Métis across Canada*

**STOP with AHACs Program – key features**

* Operational since 2014
* Over 3000 people enrolled at 26 organizations (9 AHACs and 17 Indigenous Health Organizations)
* [IT’S TIME toolkits](https://www.nicotinedependenceclinic.com/en/teach/practitioner-resources)
	+ Provide culturally-relevant commercial tobacco reduction/cessation tools, integrating evidence-based resources with Indigenous ways of learning and knowing
* **If you know of any organizations in your area that deal with Indigenous Health and might be interested in the STOP Program, please let them know about us and consider sharing our contact information**

Recap of June 7 minutes:

# Q&A and various news stories, including [Cigarette warning labels are about to get even harder to ignore in Canada](https://www.cbc.ca/news/health/canada-cigarette-warning-labels-1.6860301)

# TEACH Updates:

* Website: <https://www.nicotinedependenceclinic.com/en/teach>
* Courses: <https://teach.camhx.ca/moodle/> (a number of self-study courses are available)

[**Foundational Health Educator Workshop**](https://www.nicotinedependenceclinic.com/en/teach/foundational-health-education-course)

* September 11 & 12, 8:00 am-5:00 pm
* 1001 Queen St. W, Toronto ON, M6J 1H4
* $595 fee (*includes the cost of the required workbook and a lunch on both workshop days*)
* No prerequisites are required; space is limited and registration is on a first come, first served basis
* Requirement for the Certified Tobacco Educator (CTE) credential
* The core competencies of the work﻿shop include:
	1. Health Promotion and Education
	2. Communication (including motivational interviewing)
	3. Educational Interventions
	4. Resource Management
	5. Professional Practice
	6. Program Evaluation
* Register here: [FHE (September 2023) (camhx.ca)](https://teach.camhx.ca/moodle/enrol/index.php?id=98)

# STOP Updates:

STOP Portal:

* Withdrawal notification of patient starting with ***000-*** (this denotes they were in the ‘unassigned pool’ when they withdrew) was sent out in error – this loophole has been fixed

### Resources:

**STOP Practitioner Resources Webpage**:

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

General Questions:

**Q: Any suggestions for clients who sweat a lot and are finding the patches hard to stay on?**

A: [suggestions from practitioners]

* Barrier skin wipes
* Clear medical/nursing tape, Hypafix tape, Tegaderm band-aids, Skin Tac (wipes)
* K-tape, better known as Coban wrap: physio tape that is non-adhesive
	+ Wrapped around the limb over the patch and it “sticks” to itself; bought in a roll, can be cut to size and re-used
* Spray deodorant

**Q: Aside from rotating site, shorter duration of application, topical or oral antihistamines, are there any other suggestions for preventing itchy site reactions?**

A: Similar to rotating the patch site, some practitioners suggest applying the patch to an area of the body which could be less sensitive, *e.g,. top of the foot*

**Q: When can a patient re-enroll in the STOP Portal?**

A: After their previous 1-year enrollment period (as of consent date) has expired. For example, someone who enrolled on June 1, 2022 can re-enroll on June 1, 2023 (assuming they meet re-enrollment eligibility criteria)

**Q: Would you be able to share the medical directive for including vaping in STOP?**

A: From Hastings Prince Edward PHU: <https://hpepublichealth.ca/wp-content/uploads/2019/11/Nicotine-Replacement-Therapy-Medical-Directive-Oct-7-2019.pdf>

**Q: We did not receive a meeting link/Any chance of using the same link for each teleconference?**

A: We are looking into fixes for this. The issue is the teleconference schedule doesn’t repeat in a ‘regular’ pattern (1st and 3rd Wednesdays are not able to be set as ‘recurring’).

**Q: What should we do for patients who are not able to stop vaping using NRT?**

A: [suggestions from practitioners]

* Start with short-acting NRT and work your way up
* Some MDs use Champix for off-label vaping cessation
* Consider focusing on behavioural strategies
	+ Reducing vaping sessions, reducing concentration of vape juice/liquid, pick a less desirable flavour
* Explore the context of use
* Explore the reason for change
* Quash app (to augment counselling)
* Practitioners pointed out that nicotine absorption may be different when comparing smoking tobacco vs. vaping nicotine
* Can also review the Intrepid pharmacotherapy recommendations for vaping cessation on our [resource page](https://www.nicotinedependenceclinic.com/en/stop/implementer-resources)

**Q: When will the vaping course that is set to run this fall open up for enrollment?**

A: E-Cigarettes and Vaping: Approaches to Address Use with Adults and Youth

*This ​course ​is designed to provide learners with the opportunity to increase their knowledge about e-cigarette use to help guide clinical decision-making. Learners will be able to screen & assess for e-cigarette use and use disorder, and design treatment plans using a client-centred, biopsychosocial approach.*

**Cost:**$400 CAD
**Next offered:**September 20, 2023 – October 25, 2023

Registration will open a few weeks in advance of this on our Moodle (<https://teach.camhx.ca/moodle/>) under “Register for Available Courses”

**Q: Do you have other options for weaning someone off NRT gum (other than substituting with regular gum)?**

A: In addition to behavioural strategies, Varenicline has been used for this purpose before (see below).

[Can medications like varenicline and cytisine (nicotine receptor partial agonists) help people to stop smoking and do they cause unwanted effects? | Cochrane](https://www.cochrane.org/CD006103/TOBACCO_can-medications-varenicline-and-cytisine-nicotine-receptor-partial-agonists-help-people-stop-smoking)

*Varenicline, an oral medication, is also known as Champix™. It is an α4β2 nicotinic acetylcholine receptor partial agonist, which means that it partially stimulates the nicotine receptor to produce an effect similar to nicotine (but at a lower level; Cahill et al., 2012). Varenicline does not contain nicotine and still reduces cravings and withdrawal.* ***Varenicline has also been used to eliminate dependency on the nicotine gum (Garelik, 2010).*** *It is the most effective medication for tobacco cessation, having been found to double or triple the success of quitting (Cahill, Lindson-Hawley, Thomas, Fanshawe, & Lancaster, 2016).*

**Q: Are there any hotels that will be partnering up with the workshop set to run in Toronto this September?**

A: No partners, but suggested hotels that attendees might consider include:

* *Sheraton Centre Toronto Hotel*
* *King Blue Hotel Toronto*
* *The Drake Hotel*
* *Toronto Marriott City Centre Hotel*
* *Chelsea Hotel Toronto*

**Q: Can we recommend STOP on the Net for participants who are vaping?**

A: This is not recommended – SOTN is entirely on-label, so people who are onlyvapingwon’t be eligible (need to smoke cigarettes).

News:

# [Summary of results for the Canadian Student Tobacco, Alcohol and Drugs Survey 2021-22](https://www.canada.ca/en/health-canada/services/canadian-student-tobacco-alcohol-drugs-survey/2021-2022-summary.html)

# Quote of the day (STOP participant):

*“[Practitioner], is a rock! She is so supportive and helpful - she has gotten me through a lot.”*

# 2023 teleconference schedule:

|  |  |  |  |
| --- | --- | --- | --- |
| ~~January 11~~ |  | ~~February 1~~ | ~~February 15~~ |
| ~~March 1~~ | ~~March 15~~ | ~~April 5~~ | ~~April 19~~ |
| ~~May 3~~ | ~~May 17~~ | ~~June 7~~ | **June 21**  |
| **July 5** | ~~July 19 cancelled~~ | August 2 | ~~August 16 cancelled~~ |
| September 6 | September 20 | October 4 | October 18 |
| November 1 | November 15 | December 6 |  |

# Attendance:

Algoma PHU

AMHS-KFLA AMHA

Athens FHT

Bancroft FHT

Black Creek CHC

Blue Sky FHT

Carepoint CHC

Central CHC

Central Lambton FHT

Chatham-Kent PHU

CHIRS AMHA

City of Lakes FHT

CMHA Algoma

CMHA Huron Perth

CMHA Windsor

Credit Valley FHT

Group Health CHC

Guelph FHT

Halton ADAPT AA

Happy Valley FHT

Health for All FHT

Homewood Community AA

Humber River FHT

Huronia NPLC

Inner City FHT

KFL&A PHU

Kingston CHC

Kirkland District FHT

Leeds and Grenville FHT

Leeds and Grenville PHU

London InterCHC

Loyalist FHT

Mackay Manor

Maitland Valley FHT

Middlesex-London PHU

Monarch Recovery

Niagara North FHT

North Cochrane AMHA

North Huron FHT

Northeastern Manitoulin FHT

Northumberland FHT

Northwestern PHU

Porcupine PHU

Queen’s Square FHT

Rainbow Valley CHC

Sandy Hill CHC

Scarborough A FHT

Seaway Valley CHC

Serenity House AA

Simcoe Muskoka PHU

South Georgian Bay CHC

Southwestern PH

Stratford FHT

Sudbury PHU

Summerville FHT

Sundridge Medical Centre

Taddle Creek FHT

Temagami FHT

The Bridge AA

Thunder Bay PHU

Timiskaming PHU

Upper Canada FHT

Wabano AHAC

West Champlain FHT

West Nipissing CHC

West Nipissing FHT

Windsor Essex PHU

Women’s College Hospital FHT

York Region PHU