**STOP/INTREPID Teleconference: Wednesday, October 4, 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/)
* [Truth and Reconciliation Calls to Action](https://www2.gov.bc.ca/assets/gov/british-columbians-our-governments/indigenous-people/aboriginal-peoples-documents/calls_to_action_english2.pdf)

Summary of Sep 20 meeting:

* Operations Manual updates; STOP logo ideas; September 27 STOP Portal data partition

# TEACH Updates:

* [Self-study courses](https://teach.camhx.ca/moodle/)
* [First Nations IT’S TIME Toolkit is now available in French](https://www.nicotinedependenceclinic.com/en/teach/Pages/TEACH-FNitstimetoolkitFR.aspx)

# STOP Updates:

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

# Updated Operations Manuals (all organizations)

# STOP data partitioning v2.0 (September 27, 2023)

* + Study enrollments from July 29, 2021 to August 26, 2022 were transferred and are no longer be accessible on the STOP Portal
	+ These participants *will not be included* in:
* Patient Searches
* Dashboard enrollment summary & list of recent encounters
* Feedback reports
* If you need access to older records, please contact STOP

# 26 week STOP Program – survey updates

# Changes will be made to the 12-month follow-up (similar to 6-month follow-up) and visit form to introduce questions related to e-cigarette use and to ensure our survey instruments better reflect our program evaluation goals.

# We will share details on the specific updates at next teleconference

# Non-rostered sites

# If you are a site that accepts non-rostered patients, we would love to hear more about the process through which you were able to achieve this. Non-rostered means patients do not need to be formally registered or enrolled to the team-based primary care clinic in order to receive care. If there is anything you are able to share about how you are able to treat non-rostered patients, please email us at stop.fhts@camh.ca. We have other sites who are looking for ways to accept non-rostered patients into the STOP Program and would greatly benefit from your experience and insights!

# One FHT clinic that allows non-rostered patients indicated they have a medical directive that allows the staff to offer certain services, such as smoking cessation, to non-rostered individuals. Some CHCs have “community health programs” that serve non-rostered patients, also under a medical directive.

Non-Rostered Sites:

**Q: Please include the link to the map of non-rostered sites (i.e., places that are open to accepting STOP patients).**

A: <https://www.nicotinedependenceclinic.com/en/stop/implementer-resources> > [STOP Organizations that accept non-rostered patients](https://www.easymapmaker.com/map/49cd6fe2c320c9a117d674e2f87739e0)

Cytisine:

**Q: Does STOP/TEACH/CAMH have information to share on cytisine?**

A: Please see this archived [TEACH webinar](https://www.youtube.com/watch?v=C-nsx-BROCA) on this topic.

* One practitioner suggested a paper from 2018: <https://www.cmaj.ca/content/190/19/E596>

**Q: Is cytisine prescription or OTC?**

A: Cytisine is approved as a natural health product by Health Canada. It does not require a prescription.

**Q: Has anyone encountered difficulty finding a pharmacy that dispenses cytisine? Can you still get it from the CRAVV website?**

A: One practitioner suggests <https://www.zpharm.ca/>.

General Q&A:

**Q: Which Wednesday of the month will teleconferences be held?**

A: First Wednesday of each month – [practitioner resource page](https://www.nicotinedependenceclinic.com/en/stop/implementer-resources) will be updated with the new schedule in January 2024. We will also be offering additional sessions throughout the year – stay tuned for more information.

**Q: Are there any opportunities for hospitals to provide NRT, so we can ‘bridge’ patients to a FHT when they are discharged?**

A: So far, this is only done on a case-by-case basis. Please reach out to STOP in Specific Populations at stop.sp@camh.ca to discuss whether a specific hospital or hospital program is eligible to become a STOP site.

**Q: Is SOTN continuing to provide vaping modules to dual users who participate?**

A: We are not currently offering the “E-Interventions for E-Cigarettes” program (“E-squared”) at this time; we have recently completed the program evaluation that is informing the development of an improved, revised version of this module, as well as looking into other ways of delivering this information. We look forward to offering a new iteration of “E-Squared” in the new year and will share more details soon.

**Q: Are providers required to do the follow-up surveys?**

A: This is not required. We have dedicated CAMH staff that follow up with patients over the phone at 6 and 12 months. Practitioners may choose to do it to assist with program statistics and/or reporting, as well as re-engaging with clients at the 12m follow-up. Please let us know if you would like to understand more about how we engage patients in post-program follow-up.

**Q: Could we have a speaker from Smokers’ Helpline?**

A: We have had this in the past and we will discuss it again with our team. If useful and there is interest in asking questions, we can look into it for the New Year.

News:

# [Calgary opens new park for teens, mental health recovery](https://ca.news.yahoo.com/calgary-opens-park-teens-mental-160111292.html)

[**At Japan's dementia cafes, forgotten orders are all part of the service**](https://www.washingtonpost.com/world/2023/09/19/japan-aging-elderly-dementia-care/)

* *A café in Thunder Bay provides a safe space for people with Alzheimer's and their families to socialize:* [*http://www.urbanabbey.ca/dementia-cafe*](http://www.urbanabbey.ca/dementia-cafe)

### Resources:

# Middlesex London Health Unit – [Newsletter](https://www.healthunit.com/uploads/tcan-cessation-committee-newsletter-fall-2023.pdf)

# Includes comprehensive listing of a number of resources (including online resources; not just localized the MLHU area)

**Pharmacological and electronic cigarette interventions for smoking cessation in adults: component network meta-analyses (Review) (attached)**

***Authors' conclusions***

*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).*

[**Talk Tobacco - Indigenous Quit Smoking and Vaping Support**](https://www.smokershelpline.ca/talktobacco/home)

Teleconference schedule updates:

* Beginning on November 1, we will be shifting to **one regular teleconference** per month (1st Wednesday of each month)
* These will use the **same meeting link** (*will be sent before the Nov 1 teleconference*)
* We may still schedule irregular meetings throughout the year

# 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 cancelled~~ | December 6 |  |

Fun Stories:

# [Want to sleep like Blue Jays pitcher Yusei Kikuchi? Here's what one expert suggests](https://www.cbc.ca/radio/whitecoat/radio-whitecoat-the-dose-how-much-sleep-1.6981204)

[**2023 Ig Nobel Prize winners: Celebrating the silly side of science**](https://newatlas.com/science/2023-ig-nobel-prize-winners/)

* [*A mountable toilet system for personalized health monitoring via the analysis of excreta*](https://www.nature.com/articles/s41551-020-0534-9)
* [*[Boredom Begets Boredom: An Experience Sampling Study on the Impact of Teacher Boredom on Student Boredom and Motivation](http://doi.org/10.1038/s41551-020-0534-9)*](http://doi.org/10.1111/bjep.12549)
* [*Note on the drawing power of crowds of different size*](https://psycnet.apa.org/doiLanding?doi=10.1037%2Fh0028070)

Fun Poll:

***Would you want to date a celebrity?***

* *Yes 13/53 = 24%*
* ***No 37/53 = 70%***
* *DKPNA (don’t know, prefer not to answer) 3/53 = 6%*

# Quote of the day:

*I completted the survey but I just wanted to THANK YOU for supporting me in my journey to kicking ciggarettes. Also, a big thank you from my children! I couldn't have afforded these products as a single mom, so I am so grateful!!!*

*THANK YOU, THANK YOU, THANK YOU!!!*

# Attendance:

# Access Alliance CHC

# Algoma PHU

# Algonquin FHT

# AMHS-KFLA

# Anishwabe Mushkiki AHAC

# Arnprior and District FHT

# Athens FHT

# Bancroft FHT

# Barrie Native Advisory Circle

# Blue Sky FHT

# Burlington FHT

# Carea CHC

# Carefirst FHT

# Carepoint CHC

# Carlo Fidani RCC

# Caroline FHT

# Central Brampton FHT

# Central Lambton FHT

# Centretown CHC

# Chatham-Kent FHT

# City of Kawartha Lakes CHC

# City of Kawartha Lakes FHT

# CMHA Algoma

# CMHA CHC

# CMHA Toronto

# De dwa da dehs nyes AHAC

# Dryden FHT

# Dufferin Area FHT

# Durham Region PHU

# Emery-Keelesdale NPLC

# Espanola FHT

# Georgian Bay FHT

# Good Shepherd Homes

# Grandview Medical Centre FHT

# Grey Bruce PHU

# Guelph FHT

# Halton Regional PHU

# Hamilton General Hospital

# Hastings Prince Edward

# Health for All FHT

# Humber River FHT

# Huronia NPLC

# Inner City FHT

# Jane-Finch FHT

# KFL&A PHU

# Kingston CHC

# Kirkland District FHT

# Lakeview FHT

# Leeds and Grenville FHT

# Mackay Manor AA

# Maitland Valley FHT

# Matawa First Nation

# Niagara North FHT

# North Bay NPLC

# North Durham FHT

# North Huron FHT

# North Muskoka NPLC

# North York FHT

# Northeast RCC

# Northwestern PHU

# Owen Sound FHT

# Peterborough FHT

# Queen’s FHT

# Queen’s Square FHT

# Rama First Nation

# Rideau CHC

# Sandy Hill CHC

# Scarborough CHC

# Seaway Valley CHC

# Simcoe Muskoka PHU

# Simcoe Muskoka RCC

# Six Nations AHAC

# Smithville FHT

# Southwest Ontario AHAC

# Stratford FHT

# Summerville FHT

# Superior FHT

# Taddle Creek FHT

# Thames Valley FHT

# Thamesview FHT

# Thunder Bay PHU

# Timiskaming PHU

# Twin Bridges NPLC

# Upper Canada FHT

# Upper Grand FHT

# Vaughan CHC

# Vitanova Foundation

# Waasegiizhig AHAC

# West Carleton FHT

# West Elgin CHC

# West Nipissing CHC

# Women’s College FHT