**STOP/INTREPID Teleconference: Wednesday, November 1, 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 Oct 18 meeting:

* [[Fundamentals of Tobacco Interventions - Geriatric Considerations](https://edc.camhx.ca/redcap/surveys/?s=NAJWLMMDK79CPPEM)](https://edc.camhx.ca/redcap/surveys/?s=NAJWLMMDK79CPPEM)

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# TEACH Updates:

* Educational rounds: Complex Client Cases (October 25, 2023)
  + 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/)
* [Integrated Chronic Disease Management and Prevention Course](https://teach.camhx.ca/moodle/enrol/index.php?id=95)
  + *This online specialized course will allow learners to increase their knowledge about modifiable risk factors (i.e. alcohol use, physical inactivity, stress, poor sleep and poor nutrition) and its relationship to tobacco dependence, opportunities for screening, assessment and treatment. Learners should also be able to apply these skills and approaches to individuals who use tobacco to address multiple modifiable risk factors as a part of tobacco dependence treatment.*
  + November 8 - December 13, 2023, facilitator-led
  + $400

# STOP Updates:

* Go [here](https://www.nicotinedependenceclinic.com/en/stop/implementer-resources) to access the STOP implementer resource page

# STOP Portal:

* 26 week STOP Program – survey updates are Live!
  + 12-month follow-up minor updates
  + Visit form update: addition of new questions regarding e-cigarette use and other commercial tobacco/nicotine use
* All STOP Portal emails will be sent from [stop.program@camh.ca](mailto:stop.program@camh.ca) (no longer from [stop.study@camh.ca](mailto:stop.study@camh.ca))

General Q&A:

***Has anybody written their Certified Tobacco Educator exam (especially recently)? If so, a STOP provider has some questions (e.g., study material) – if you are willing to help out, please let us know.***

**Q: Are there any sites in the Newmarket area taking non-rostered patients?**

A: According to our [map of organizations](https://www.easymapmaker.com/map/49cd6fe2c320c9a117d674e2f87739e0) that accept non-rostered patients on the [STOP Implementer resource page](https://www.nicotinedependenceclinic.com/en/stop/implementer-resources), there are unfortunately none in the area. You can also look at Smokers’ Helpline [Quit Map](https://csl.cancer.ca/smokershelpline/en) to find local supports.

**Q: Are there any updates regarding FUM or the** **Zonnic pouches?**

A: Our physicians have not had experience with this, but we will ask our clinical team at the next teleconference on Nov 15. Both are very youth-focused and Zonnic has received natural health product approval.

# Presentation (INTREPID Lab - Sabrina):

* [Incidence of chronic disease following smoking cessation treatment: A matched cohort study using linked administrative healthcare data in Ontario, Canada](https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0288759)
* See attached slides

Q&A:

**Q: Is there any correlation to weight gain or age for the increased incidence of diabetes within the treatment group?**

A: The treatment and control groups were matched for age so there were no age differences between the treatment and control groups. We did not look at whether the increased incidence of diabetes varied by age and were not able to look at weight gain.

**Q: Could it be that there is a correlation between quitting, diabetes and COPD because they decided to make a change because their health was affected?**

A: The treatment group did generally have greater health issues however, we did exclude anyone already diagnosed with each condition at baseline.

Link to fact sheet about tobacco use and Type 2 Diabetes: <https://www.nicotinedependenceclinic.com/en/teach/Documents/Tobacco%20Use%20and%20Diabetes.pdf>

**Q: Correlation of COPD and diabetes?**

A: We were not able to fully eliminate differences between the treatment and control groups in the prevalence of comorbid conditions at baseline – this is one of the limitations of our study.

**Q: Why did the study look at 5 years only? Are you considering doing a 10-year analysis as a follow-up and if so, would we expect a difference? Maybe analyzing for cancers at five years may not be sufficient to see a difference?**

A: The 5-year window was chosen for practical reasons, the data was linked to healthcare administrative data several years ago and only 5 years of data from STOP with FHTs, CHCs, and AAs was available at the time. There are currently no plans to do a 10-year analysis of this kind, it may be difficult to get funding to replicate this work at 10 years given the limitations. However, there are plans to continue linking STOP data with healthcare administrative data to answer various questions. It’s not clear whether 10 years would make it easier to detect changes in cancer outcomes, but generally incidence of cancer is inversely related to time since someone quits, so longer time frames may show a significant change.

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# Smoker’s Helpline Presentation (Arionne – recorded):

* Smokers’ Helpline (SHL): attended and shared an overview of current services
* Recording can be viewed [here](https://urldefense.com/v3/__https:/camh.webex.com/camh/ldr.php?RCID=7d690b1d5ccefadf7b951afdb6f68d2f__;!!FxkXuJIC!cAPzlkh1ByzDD7vFOoTq6HO_17G8xeui8l89RiPip0EuxIe8khO4P7LmoQtrBREQEIclc_nIrLXC38HCH3PmAA$)
  + Password: Hh2d5qDq
* See attached slides

Q&A:

**Q: Are callers from Ontario immediately connected to a quit coach or is it a two-step process?**

A: SHL unfortunately doesn’t provide phone-based support in Ontario anymore but this service is now provided by Health811 (formerly Telehealth Ontario). People in Ontario can still access phone-based support by calling Health 811. SHL still serves Ontarians through text messages and online through the website.

Smokers’ Helpline contact information: <https://smokershelpline.ca/>; 1-877-513-5333

**Q: If individual contacts Talk Tobacco will they be connected with a Quit Coach.?**

A: Yes. Talk Tobacco provides culturally appropriate support and resources for the indigenous community. If you contact TalkTobacco, you will be connected with quit coaches who have culturally appropriate training.

**Q: How much NRT does SHL/Talk Tobacco provide to eligible individuals? If the individuals is enrolled in the STOP Program, does this affect their ability to obtain NRT via SHL or Talk Tobacco or vice versa?**

A: With SHL/Talk Tobacco, you can get a trial pack ( 2-day supply) of NRT (see trial use offer [here](https://smokershelpline.ca/trial-pack/trial-offer)), which can be used as a stepping stone if a participant is trying out the medication to see if it works. Since it is a separate program, this does not affect an individual’s eligibility for the STOP Program. STOP can be the route they take after using the trial packs.

**Q: Has anyone had a client / patient use the Health811 telephone service to support them in their quit?**

A:

* One practitioner shared that they had clients use SHL in the past and they had great support once a week on the phone (that was about a year ago)
* Another practitioner called Health 811 earlier in the year and was directed to call a health care provider or public health; they did not keep a list of who provides cessation support
* Please feel free to provide feedback on this service [here](https://health811.ontario.ca/static/guest/feedback-form)

**Q: Seeing all the 811 questions, would it be possible to organize a similar presentation from Ontario Health at a future STOP teleconference?**

A: We will reach out Health811 to see if they would be available to do a presentation at a future presentation. We will keep you posted as soon as we hear back.

**Q: Does SHL provide any virtual or in-person support groups for people who smoke to connect with each other in the process of quitting? Are there any peer support connections/opportunities available through SHL?**

A: SHL does not offer any virtual or in-person support group sessions. However, they have an active online community forum (accessible through the SHL website once a client has registered). It allows people to talk to one another and share their experiences. This online forum is monitored by SHL staff who provide additional support and answer questions if there are any.

The SHL Facebook page is also extremely active with clients who have used SHL in the past or currently use it. Currently, there is no program in place to monitor or establish a peer connection amongst clients.

As well, SHL also participates in promotional events (e.g. [free trial pack of NRT](https://smokershelpline.ca/trial-pack/trial-offer?gad=1&gclid=Cj0KCQiAgK2qBhCHARIsAGACuzl_8vj0C2wi56U0JmpQ50qle241_FIbM6JYTzxb2qYkQem9s1K24IcaAiV7EALw_wcB)) and partners with other health units to run campaigns that share more information about the services the health units offer.

**Q: How does SHL get updates about local support options? How can we update listings on the site?**

A: There is a [Quit Map](https://csl.cancer.ca/smokershelpline/en) feature on the SHL website that can be updated. It captures all of the resources available to clients in their region. SHL regularly updates the quit map with new information as it becomes available. That said, if you are aware of an update to your service (or a new program), you can add it to the Quit Map locator by clicking on the ‘Add your service’ button. The SHL team will review your submission and update the directory accordingly.

# News:

[Big Tobacco turns to rooibos tea to counter upcoming ban](https://www.reuters.com/business/retail-consumer/big-tobacco-turns-rooibos-tea-counter-upcoming-ban-2023-10-16/)

[Pandemic's effect on screen time, physical activity more evident among girls: StatCan](https://www.thestar.com/life/health-wellness/pandemics-effect-on-screen-time-physical-activity-more-evident-among-girls-statcan/article_2c37254c-6f42-5a00-a23d-1cfebac46676.html)

### Resources:

[Consider the Consequences of Vaping - Canada.ca](https://www.canada.ca/en/services/health/campaigns/vaping.html)

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**
* Special bonus session (different link) – **Nov 15 @1:00 pm Q&A with Intrepid Lab clinical staff**

# 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 – special Q&A session** | December 6 |  |

# Fun Story:

[‘Beer goggles’ study finds alcohol does not make people seem better looking](https://uk.news.yahoo.com/beer-goggles-study-finds-alcohol-051018350.html?guccounter=1)

Fun Poll:

***Would you move Halloween to an earlier date (e.g., due to more sunlight, better weather)?***

1. *Yes 16/42 = 38%*
2. ***No 25/42 = 60%***
3. *Don't know/prefer not to answer 1/42 = 2%*

# Attendance:

# Access Alliance CHC

# Algoma PHU

# Arnprior and District FHT

# Athens FHT

# Barrie and Community FHT

# Blue Sky FHT

# Breakaway AA

# Byward FHT

# Carefirst FHT

# Central Brampton FHT

# Chatham-Kent CHC

# Chatham-Kent FHT

# Chatham-Kent PHU

# CHIRS

# City of Lakes FHT

# CMHA Algoma

# CMHA Toronto

# CMHA Windsor

# De dwa da dehs nyes AHAC

# Durham Region PHU

# Fort William FHT

# Georgian Bay FHT

# Grandview Medical Centre

# Guelph FHT

# Haldimand FHT

# Halton ADAPT AA

# Hamilton-Niagara CHC

# Hamilton PHU

# Health for All FHT

# Huronia NPLC

# Inner City FHT

# Jane-Finch FHT

# KFL&A PHU

# Kingston CHC

# Kirkland Lake FHT

# Loyalist FHT

# Leeds and Grenville FHT

# Leeds and Grenville PHU

# London InterCHC

# Mackay Manor AA

# Matawa First Nation

# Maitland Valley FHT

# Middlesex-London PHU

# Niagara North FHT

# Niagara Region PHU

# North Durham FHT

# North Muskoka NPLC

# North York FHT

# Northeastern Manitoulin FHT

# Ottawa Valley FHT

# Owen Sound FHT

# PAARC AA

# Peterborough FHT

# Prime Care FHT

# Queen’s FHT

# Queen’s Square FHT

# Rainbow Valley CHC

# Rideau CHC

# Sandy Hill CHC

# Scarborough Academic FHT

# Smithville FHT

# Somerset West CHC

# Southwest Ontario AHAC

# Stonegate CHC

# Stratford FHT

# Sudbury PHU

# Summerville FHT

# Superior FHT

# Taddle Creek FHT

# Temiskaming CHC

# Thamesview FHT

# Thunder Bay PHU

# Twin Bridges NPLC

# Two Rivers FHT

# Unison CHC

# Upper Canada FHT

# Vitanova Foundation

# West Champlain FHT

# West Elgin CHC

# Women’s College FHT