**STOP in LTC Homes/INTREPID Teleconference: Monday, November 6, 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/)

# 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)
* Educational rounds: Women-Specific Smoking Cessation Support with Dr. Osnat Melamed) (November 15 12 p.m.) [Register here](https://edc.camhx.ca/redcap/surveys/?s=7EF4Y7YHYN4XXP4D)
* [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:

# Fundamentals of Tobacco Interventions – Geriatric Considerations Module

A: You can register here: <https://edc.camhx.ca/redcap/surveys/?s=NAJWLMMDK79CPPEM>. The registration form can also be accessed through our Implementer Resources page: <https://www.nicotinedependenceclinic.com/en/stop/ltc-implementer-resources>.

# STOP Community of Practice

* Special bonus session **Nov 15 @1:00 pm Q&A with Intrepid Lab clinical staff**
* Link for the meeting: [Click here](https://urldefense.com/v3/__https:/camh.webex.com/camh/j.php?MTID=m2827020dbcbf21045062386ceb5b3ddf__;!!FxkXuJIC!YE66wgvDahBjO3CrxUV3VzUEjx7Oy015g0qzhruz8cksQArxOlOvqV04-RY3x0_6o1hYxRzxNXldNafocW09ig$)
* Link will also be shared again next week

General Q&A:

**Q: Resident on patch and buproprion (Wellbutrin). When buproprion prescription finished at 11 weeks, behavioural issues with resident increased, with more aggression. No more allowance for extending prescription or getting a varenicline (Champix) prescription. What is the natural health product similar to varenicline?**

**A:** Cytisine, sold as Cravv in Canada, is an approved natural health product that targets same receptors as varenicline. It is less costly and can be purchased online. Here is the [link](https://www.zpharm.ca/).

**Q. What are some strategies for reducing loss of inhaler/mouth pieces, especially with residents with cognitive impairments?**

**A.**  Using tape to keep inhaler mouth piece attached is one strategy, or around a lanyard (if allowed). Risk is allowing a resident with less cognitive functions to use continuously and get nicotine toxicity.

Some prescribers are very restrictive and allow just one or two puffs, when 5 minutes of puffing may be required to get nicotine levels, but self-regulation not always an option for residents.

**Q. How can staff apply to the STOP Program?**

**A.** Staff, if LTCH policies allow, can access the NRT from the onsite program. They would need to have another staff provide it to them. They can also access STOP on the Net, a 10-week mailed kit delivered to their home (if they are eligible as it is on-label). The link is: [www.stoponthenet.com](http://www.stoponthenet.com) .

**Q. How are other LTC Homes implementing in terms of NRT storage/distribution?**

**A.**  One LTC home leaves in the DOC office, and another in the BSO office and supplies are provided to units/med carts as needed.

News:

[**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)

[**Healthcare professionals can now prescribe a trip to your Zoo to improve mental and physical health**](https://www.allianceon.org/Social-Prescribing) **(social prescribing)**

* [Toronto Zoo | Press Releases](https://www.torontozoo.com/mediaroom/press2023/20230927)

### Resources:

**STOP Practitioner Resources Webpage**:

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

# 2023-24 teleconference schedule:

|  |  |  |  |
| --- | --- | --- | --- |
| ~~October 2~~ | ~~November 6~~ | December 4 | February 5 |
| March 4 | April 8 | May 6 | May 3 |

# Attendance

# Baycrest

# Castleview

# Fairhaven

# Golden Manor

# Idlewyld Manor

# O’Neill Centre

# Rekai Centres

# St. George