**STOP/INTREPID Teleconference: Wednesday, February 7, 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/))

# Summary of Jan 10 meeting:

* Beyond 26 weeks Q&A
* Remember: people need to have been nicotine/tobacco free (except for NRT) for at least 30d in order to qualify for this extension
  + Once they qualify once, the do not need to meet this restriction again (i.e., this criteria is only checked once)
  + Please fill out the entire visit form (all questions) and include visit date and ID#

Discussion: Compass CHC STOP participant one-pager (Jay)

* See **attached** document for this tool developed by a STOP provider from Compass CHC
* Feel free to use and/or modify it as you wish

INTREPID updates:

Newsletter:

* Dive into the Latest Updates at STOP with our newest edition of the newsletter**,** [**INTREPID Newsletter Volume 2**](https://camh1.createsend.com/campaigns/reports/viewCampaign.aspx?d=y&c=8D25CB519045E210&ID=D37C8F916089493B2540EF23F30FEDED&temp=False&tx=0&source=Report). It is packed with exciting updates, key achievements, and highlights of our team in 2023. Stay connected & [**Sign up to receive our biannual newsletter**.](https://confirmsubscription.com/h/y/5901866DB84AF1E0)

# STOP Updates:

* **E-intervention for E-cigarettes (E-squared) vaping cessation program**
  + We will be developing testimonial videos in collaboration with individuals who have previous experience using e-cigarettes and have successfully quit vaping
  + **We need to hear from people by the first week of March**
  + We are looking for people who:
* Are 18 years or older
* Speak English
* Have previously used electronic cigarettes/vapes and have now quit vaping
* Live in the GTA and are able to travel to CAMH to film the video
* STOP with AHACs Organizations: we are conducting a new initiative to **help** **healthcare providers working within Indigenous communities deliver interventions for addressing e-cigarette use among clients**
* To learn more about your experiences in practice, we will be conducting one-hour interviews (virtual or in-person) between February – March 2024
* **If you are interested in participating, please let us know ASAP**

Study recruitment:

* To learn more about INTREPID Lab’s current research studies and recruitment opportunities for patients/clients, please visit:
  + <https://www.nicotinedependenceclinic.com/en/Pages/Patient-Research.aspx>
  + See **attached** flyer for the **Menstrual Cycle-NRT study**

# TEACH Updates:

* Educational rounds:
  + 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/)
* Specialty course: **Tobacco Interventions for First Nations, Inuit and Métis Populations**
  + Feb 14-Mar 20, 2024
  + $400
  + [https://teach.camhx.ca/moodle/course/view.php?id=114](https://urldefense.com/v3/__https:/teach.camhx.ca/moodle/course/view.php?id=114__;!!FxkXuJIC!cTLCfIDwrTDw7XF2UQO70n-Q1dneJWJ4aqkYyxS-6BMgAm4Yr6dFOsFU01Aep6_sr18X6lTPvyP9l5Bk2Ie64tE$)
* Course: **E-Cigarettes and Vaping: Approaches to Address Use With Adults and Youth**
  + Feb 21-Mar 27, 2024
  + $400
  + [https://teach.camhx.ca/moodle/course/view.php?id=115](https://urldefense.com/v3/__https:/teach.camhx.ca/moodle/course/view.php?id=115__;!!FxkXuJIC!brmPNbWIxMVyEL2hCaBsL0kKnyl7wykcXHbqqO6tSTFGnDJEkw5H0nT78e3CNyOvcdahA3DDNtf2RmlU8CwZ8cA$)
* Educational rounds: **Outcomes in Black Communities Throughout the Greater Toronto Area (GTA)**
  + Wed Feb 21, 12-1 pm EST
  + Kevin Haynes and Jama Yusuf
  + [https://redcap.link/FebTERReg](https://urldefense.com/v3/__https:/redcap.link/FebTERReg__;!!FxkXuJIC!ZEkXqaprUN33OKr38lgdLLoMFIgTXpBYNNfcXHTtirJ0HP3vraE4wBIVdUuIet-FQEvE1MnfFMCHqfqFCel7YE4$)

Q&A:

**Q: Where can we find the “My Change Plan” booklets? Can we get them from CAMH?**

A: These are available online in PDF form only. Please visit our [Provider Resources](https://www.nicotinedependenceclinic.com/en/resources-for-providers) website to [download](chrome-extension://efaidnbmnnnibpcajpcglclefindmkaj/https:/www.nicotinedependenceclinic.com/en/teach/Documents/My%20Change%20Plan%20Edition%208.pdf) the PDF. There is an app version available on the [Apple Store](https://apps.apple.com/us/app/my-change-plan-mcp/id1553920878?ign-itscg=30200&ign-itsct=apps_box_badge) or on [Google Play](https://play.google.com/store/apps/details?id=com.camh.my_change_plan&hl=en_US&gl=US&pcampaignid=pcampaignidMKT-Other-global-all-co-prtnr-py-PartBadge-Mar2515-1).

**Q: Do you have any smoking cessation pictures or pamphlets for children?**

A: We will check in with our team and share any resources they provide.

[Canadian Paediatric Society website](https://cps.ca/)

[Youth Wellness Hubs](https://www.ontario.ca/page/youth-ontario?gad_source=1&gclid=EAIaIQobChMIi_mlgeqohAMVHGtHAR2powaREAAYASAAEgKokPD_BwE&gclsrc=aw.ds)

[Youth Addiction and Concurrent Services](https://hrsoft.camhx.ca/uat/)

**Q: How do we decrease the number of weeks given out when the client returns products (ex. when the strength of the patch is too much/not working)?**

A: We do not have any way of decreasing the number of weeks (we can’t do NRT ‘refunds’). More frequent visits at the start of treatment are beneficial in determining the appropriate dosage. Practitioner suggestion: if patches are not strong enough, encourage clients to keep the product as they might use them in the future.

**Q: Can we request a shipment of the NRT patches in sleeves instead of boxes?**

A: Right now, only the boxes are available.

**Q: Is there a recommended directive for dispensing NRT products in the community?**

A: CAMH does not have any directives regarding this. Our only rule is to ensure NRT is locked up and/or secure and not kept in extreme temperatures. Other than that, please follow your organization’s policies. Taddle Creek FHT has their medical directive on their [website](https://taddlecreekfht.ca/about-us/medical-directives/), if any are interested.

**Q: Is there any way to get spare inhaler mouthpieces?**

A: These are in limited quantity, as Johnson and Johnson no longer provide them. We can share a small amount from the CAMH NDC, by request.

**Q: Can you provide a dosing algorithm (would be helpful as we start up our program and develop our medical directive)?**

A: An algorithm for treating cigarette use can be found on the [STOP Implementer Resources](https://www.nicotinedependenceclinic.com/en/stop/implementer-resources) page (under the pharmacotherapy section).

**Q: For people who are unhoused or those who do not have a family doctor, who can they go to for a physician referral form?**

A: The STOP Program does not require a physician referral form, so this will be an internal discussion for your organization.

**Other**

* To minimize errors on visit forms, practitioner suggests clicking "save" (not “finish”)
  + This allows practitioners to return to the visit form and edit the information
  + If you do this, don’t forget to click "finish”!

News:

[New graphic health warnings on cigarette packs aim to help smokers kick the habit](https://ca.finance.yahoo.com/news/graphic-health-warnings-cigarette-packs-191051457.html?guccounter=1)

[Unrestricted public coverage is needed for smoking cessation pharmacotherapies](https://www.cmaj.ca/content/196/2/E53)

[Regular Exercise Is Linked to Larger Brain Volume in Memory And Learning Regions](https://www.sciencealert.com/regular-exercise-is-linked-to-larger-brain-volume-in-memory-and-learning-regions)

# 2024 teleconference schedule:

|  |  |  |  |
| --- | --- | --- | --- |
| ​~~January 10~~ | ​~~February 7~~ | ​March 6 | ​April 3 |
| ​May 1 | ​June 5 | ​July 3 | ​August 7 |
| ​September 4 | ​October 2 | ​November 6 | ​December 4 |

# STOP participant quote:

*I want to thank you for the assistance.  I completed the survey today, but I didn’t see a spot to put a quit date!  I am proud to say that my last cigarette was November 12, 2023!  The patches were of great assistance!*

Fun stories:

[New study reveals owning a pet may decrease your risk of dementia — especially if you live alone](https://ca.style.yahoo.com/pet-living-alone-dementia-171119925.html)

Fun poll:

***What should a “STOP for Dogs” Program look like?***

1. ***Staff bring their dogs to work as a way to encourage patients to keep appointments 18/42 = 43%***
2. Organizations partner with animal shelters to assist with dog adoptions 17/42 = 41%
3. Patients use robotic dogs and/or smokerlyzer sensors (for dog collars) to track smoking 6/42 = 14%
4. Don’t know/prefer not to answer 1/42 = 2%
5. I don’t care, I hate dogs 0/42 = 0%

# Attendance:

# Access Alliance CHC

# Algoma NPLC

# Algoma PHU

# AMHS-KFLA

# Anishnawbe Mushkiki AHAC

# Arnprior and District FHT

# Bancroft FHT

# Blue Sky FHT

# Bluewater Health AA

# Brockton and Area FHT

# Burlington FHT

# Carefirst FHT

# Central Brampton FHT

# Central CHC

# Chatham-Kent PHU

# CMHA Algoma

# CMHA Toronto

# CMHA Windsor

# Compass CHC

# De dwa da dehs nyes AHAC

# Dufferin Area FHT

# Durham CHC

# Erie St. Clair AA

# Englehart and District FHT

# Essex County NPLC

# Fort William FHT

# Four Villages CHC

# Georgian Bay FHT

# Grandview Medical Centre

# Great Northern FHT

# Grey Bruce PHU

# Group Health Centre

# Guelph FHT

# Halton ADAPT AA

# Hamilton PHU

# Hamilton-Niagara CHC

# Health for All FHT

# Jane-Finch FHT

# Kingston CHC

# Kirkland District FHT

# Lakeview FHT

# Langs CHC

# Leamington and Area FHT

# Leeds and Grenville FHT

# Leeds and Grenville PHU

# London InterCHC

# Lower Outaouais FHT

# M’Chigeeng Health Services

# Maitland Valley FHT

# Matawa First Nation

# Monarch AA

# Niagara North FHT

# Niagara Region PHU

# North Bay NPLC

# North Durham FHT

# North Muskoka NPLC

# North York FHT

# Northwestern PHU

# Northumberland FHT

# Owen Sound FHT

# PAARC AA

# Parkdale CHC

# Peterborough FHT

# Prime Care FHT

# Queen’s Square FHT

# Rideau CHC

# Sandy Hill CHC

# Sauble FHT

# Scarborough Academic FHT

# Scarborough CHC

# Seaway Valley CHC

# Sherbourne Health Centre

# Six Nations AHAC

# South East Toronto FHT

# Stratford FHT

# Summerville FHT

# Superior FHT

# Taddle Creek FHT

# Temagami FHT

# Thames Valley FHT

# The Bridge

# Thunder Bay PHU

# Two Rivers FHT

# Upper Canada FHT

# Wayside House AA

# West Champlain FHT

# West Durham FHT

# West Elgin CHC

# West Nipissing CHC