**STOP in LTC Homes/INTREPID Teleconference: Monday, December 2nd, 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/)

**General Reminders:**

**New staff at LTCH:**

* New staff, or staff reassigned to manage the NRT, should reach out to me to attend the Operations Training.

**STOP Program Evaluation:**

* For those organizations having reached about 6 or 7 months since first ordering NRT, you will be contacted to help us with our STOP Program Evaluation. This evaluation is very important for us as we have few other measures to evaluation the success or any barriers to the program.

**Mouth Spray:**

# Current supply of mouth spray will be expiring at the end of February. Please order now if you are interested in the spray, or STOP will be diverting the stock to another program.

* + - **Update: The mouth spray will no longer be available to order after this month (December)**

# STOP/INTREPID Updates:

* Clinical Q&A with a CAMH Nicotine Dependence Clinician, Dr. Osnat Melamed, **occurred in November.** [**Click here to watch the recording**](https://urldefense.com/v3/__https:/camh.webex.com/camh/ldr.php?RCID=2e0aaea5dfa3de91409facd02ec9b037__;!!FxkXuJIC!aeNqK7Xuz531op5y9xFYHJA28vpCp4CZV8bvUwTFYUxuGLxMg4vlUSjQUikyNwDTLCsDPkrpN1GqH5c0EqnxJA$)

**Password: YiVKb2UF**

**Here are a couple questions/answers that came up in the session:**

**Q: What are some of the pharmacological or physiological effects of using both nicotine (through smoking, NRT use, or combination of both) and anti-depressants? Does it cancel out? Does it worsen?**

A: We know that people who have depression are more likely to smoke to try and reduce their depressive symptoms. There are some abnormalities for those with depression (could be related to neurotransmitters) and it’s possible that for those with depression, there is susceptibility to starting to smoke and challenges with stopping smoking. Clients with depression may run into additional mental health issues after quitting smoking; however, the benefits of quitting smoking are much higher than the relatively low risk of deterioration in mental health.

**Q: With increased smoking, there is an upregulation of nicotine receptors. When someone stops smoking, what happens to these receptors? Do they "disappear" or lay dormant? Are neuropathways altered when someone stops smoking?**

A: We don’t have much information on changes in receptor density (depends on several factors like sex, intensity of smoking, etc.). For those who have been smoking a very long time, the pathway/cycle of addiction is well-established, making smoking a learned behaviour. It is difficult to extinguish these pathways permanently – people tend to associate feelings with their cravings/urges and big, life events can trigger stronger cravings. These pathways remain in the brain, which is why even one cigarette can lead to a flare-up of ‘symptoms.’ Even those who smoke only in social settings are at risk of cardiovascular issues if they return to regular tobacco and nicotine use.

**Q: A client is very reluctant to reduce their NRT patch dosage due to fear of increased cravings and increased risk of smoking. Would it be okay to keep them on the 21mg patches?**

A: It is important to consider how long the client has been quit and consider how much short-acting NRT they are using – recommendations would vary.

* If it is a relatively new quit and client is using large amounts of short-acting NRT:
* Will likely need more time before reducing patch dosage
* Could increase dose of patch to 21mg and 7mg, then cut down on patches once there is a reduction or minimal use of short-acting NRT (ex. take away the 7mg over the course of a few weeks, then reduce 21mg to 14mg patches)
* If it has been a longer quit and client is only using 21mg patches:
* Explore why they are reluctant
* Address cravings and coping strategies that help them avoid smoking
* Affirm and reassure that they have been smoke-free and encourage reduction in patch dosage

# Tobacco Use Among Older Adults: A Forgotten Population, Dr. Bethea Kleykamp, PhD, Tuesday December 10 12 p.m. (attached flyer) [Click here](https://us06web.zoom.us/meeting/register/tZUtdeivqDwpE9D2wED7bU4abqM0OlKNImMK#/registration) for registration.

# STOP in LTC Q&A with a Geriatric Psychiatrist, Dr. Aviva Rostas, Monday January 27. Please share with any team members who may be interested and mark your calendars. We have a flyer (attached) to share or post around your home.

# Sample question for Dr. Rostas – *How can we support residents with schizophrenia? How can geriatric smokers with schizophrenia cut down?*

# If unable to attend, but have clinical questions, please send in advance. This session will be recorded.

# This will take the place of the January and February Community of Practice meetings. We will be sharing a poster soon. Please share around to all who may be interested.

# TEACH updates:

### Join T​EACH's Li​stserv​

The **TEACH Listserv** is a way for you to network and share information around cessation counselling. Join over 800 health care providers in sharin​​g and discussing current events, cutting edge research, and the latest changes in the health field!​​

If you are interested in subscribing, please have a read through of our [TEACH ​Listserv Guidelines](https://intrepidlab.ca/en/teach/PublishingImages/Pages/TEACH-Connect/TEACH%20CoP%20Listserv%20Guidelines.pdf).​

To subscribe, simply send an email from your preferred e-mail address to: [teach-request@info2.camh.net](mailto:teach-request@info2.camh.net?Subject=subscribe) and write 'subscribe' in the subject line of your e-mail.​

You will receive a message confirming your subscription, as well as instructions on how to post or unsubscribe - it's fast and easy!​​​

**Please email** [**teach@camh.ca**](mailto:teach@camh.ca) **to join the regular mailing list**

* **Womenmind Project Update**
  + Wednesday, December 4 @12:00-1:00 pm EST
  + Presented by Dr. Osnat Melamed MD
  + Register [here](https://intrepidlab.ca/en/teach/Pages/TEACH-Webinars.aspx)
* **Roberta Ferrance Lecture Series: ACT Application in Addiction**
  + January 22, 2025 12 to 1 p.m. EST
  + Presented by Dr. Lilian Dindo PhD
  + Register [here](https://intrepidlab.ca/en/teach/Pages/TEACH-Webinars.aspx) (registration to open soon)

* [Self-study courses](https://teach.camhx.ca/moodle/)
* TEACH offers a selection of additional modules focused on specific populations or topics (e.g., tobacco interventions with: youth and young adults; cannabis; cancer care settings)

**For any questions about the above TEACH courses, workshops, and Educational Rounds, please reach out to** [**teach@camh.ca**](mailto:teach@camh.ca)

(all past recordings can be found on the [TEACH Project’s YouTube channel](https://www.youtube.com/playlist?list=PLmLKlp1R6077gOXIyxwToXAZbVrG7GnZx&si=qFcnoYjnQF6h7e6m))

General Q&A or Comments:

**Q. Client with cognitive issues started on mouth spray, but now uses mouth spray more frequently than the number of cigarettes smoked previously. How to address the potential increased nicotine levels?**

A. As with other medications, only have the mouth spray at the nursing station, but keep a tracking sheet that resident initials. The tracking sheet will help to monitor the intake and discuss with the resident.

News:

**Updates to Health Canada’s tobacco and vaping public education campaigns:**

Health Canada is launching another phase of the[*Tools for a Smoke-Free Life*](https://urldefense.com/v3/__http:/www.canada.ca/quit-smoking__;!!FxkXuJIC!e0XXMvAHv5h0w24LcE_Lr4DRSXfB2JzxrAOPgvaIoaCKA9xr89je2fjpdC_09XNHkCGGEmNaJHxJFJcWXst2GyJwNKm_mJyvtg$) campaign, starting in mid-November. The campaign will continue to encourage adults who smoke, to learn more about the array of tools and supports that can help them quit smoking and to make a quit plan. The campaign continues to feature empowering testimonials from people who have successfully quit smoking. The messaging reinforces that quitting is possible and that combining effective approaches improves one’s chances of success. Advertising will continue until early February.

### Resources:

**STOP Practitioner Resources Webpage**:

[**https://intrepidlab.ca/en/stop/ltc-implementer-resources**](https://intrepidlab.ca/en/stop/ltc-implementer-resources)

# 2023-24 teleconference schedule:

|  |  |  |  |
| --- | --- | --- | --- |
| **~~September 9 (new link)~~** | ~~October 7~~ | ~~November 4~~ | ~~December 9~~ |
| January 27 (Q&A with Dr. Aviva Rostas) | ~~February 10~~ | March 3 | April 7 |

# Attendance

# Baycrest

# Elm Grove

# Hawthorne Place