

Integrated Chronic Disease Management and Prevention: A person-centred approach to addressing tobacco and other modifiable risk factors

This specialized course will allow learners to increase their knowledge about modifiable risk factors and its relationship to tobacco dependence, opportunities for screening, assessment and treatment. Learners should also be able to apply these skills and approaches to tobacco users to address multiple modifiable risk factors as a part of tobacco dependence treatment.

1. The relationship between tobacco use disorder and other modifiable risk factors (MRFs)

1.1. Describe how modifiable risk factors (i.e. tobacco, stress, alcohol, nutrition, physical activity, and sleep) impact NCDs.

1.1.1. Describe the impact of MRFs on the physical and mental health, and the economic/healthcare burden

1.2. Examine the relationship between tobacco use disorder and other MRFs (alcohol, nutrition, physical activity, stress and sleep).

1.2.1. Describe the impact of MRFs on tobacco cessation/reduction.

2. Select screening and assessment tools to identify risk factors among clients who use tobacco.

2.1. Screen all clients who use tobacco for other modifiable risk factors.

2.1.1. Identify the various screening and assessment tools (advantages, disadvantages, outcomes, uses, limitations) for modifiable risk factors.

2.2. Identify guidelines and recommendations for reducing modifiable risk factors.

3. Create individualized treatment plan based on client assessment and goals

3.1. Evaluate the client's interest in addressing multiple risk factors.

3.1.1. Apply agenda mapping to help the client set SMART goals for concurrent or sequential behavior change.

3.1.2. Tailor treatment according to the needs of various populations

3.2. Provide interventions to address modifiable risk factors.

3.2.1. Provide psychosocial interventions.

3.2.2. Provide pharmacological interventions where appropriate.

3.3. Collaborate with other individuals within the client's circle of care to coordinate treatment.

4. Identify barriers and enablers to an integrated approach to addressing multiple modifiable risk factors.

4.1. List barriers and enablers to implementation (e.g. policy, administration, attitudes, documentation, resources):

- a) Practice
- b) Program
- c) Organization
- d) System

4.2. Identify recommendations to address barriers.

4.3. Develop an implementation plan to address barriers within the practitioner's scope.

4.4. Design an advocacy plan to address barriers.

Learning Objectives (workshop)

1. Identify the relationship between tobacco use disorder and other modifiable risk factors.
2. Describe strategies for screening and assessing tobacco use and other modifiable risk factors.
3. Select tailored screening and assessment tools for use with clients who use tobacco and have other modifiable risk factors.
4. Explain strategies for engaging clients who use tobacco and have other modifiable risk factors.
5. Provide client-centred evidence informed psychosocial interventions for clients who use tobacco and have other modifiable risk factors.
6. Provide client-centred evidence informed pharmacological interventions for clients who use tobacco and have other modifiable risk factors.
7. Identify barriers and enablers to an integrated approach to addressing multiple modifiable risk factors.

The learning objectives for this TEACH Specialty course are linked to the CanMEDS Physician Competency Framework recommended by the Royal College of Physicians and Surgeons of Canada (<http://www.royalcollege.ca/rcsite/canmeds/canmeds-framework-e>).

Move to the next page to find out how this TEACH Specialty course's learning objectives relate to the specific roles outlined in the CanMEDS Physician Competency Framework. Note that these learning objectives reflect the content covered in the course

TEACH Specialty Course – Learning Objectives	CanMEDS Physician Competency Framework - Roles
Identify the relationship between tobacco use disorder and other modifiable risk factors.	Communicator, Collaborator, Scholar, Professional
Describe strategies for screening and assessing tobacco use and other modifiable risk factors.	Communicator, Collaborator Health Advocate, Professional
Select tailored screening and assessment tools for use with clients who use tobacco and have other modifiable risk factors.	Communicator, Health Advocate, Professional
Explain strategies for engaging clients who use tobacco and have other modifiable risk factors.	Communicator, Collaborator, Health Advocate, Professional
Provide client-centred evidence informed psychosocial interventions for clients who use tobacco and have other modifiable risk factors.	Communicator, Collaborator, Health Advocate, Professional
Provide client-centred evidence informed pharmacological interventions for clients who use tobacco and have other modifiable risk factors.	Communicator, Collaborator, Health Advocate, Professional
Identify barriers and enablers to an integrated approach to addressing multiple modifiable risk factors.	Communicator, Collaborator, Leader, Health Advocate, Professional