

SMOKING CESSATION FOR PREGNANCY AND BEYOND: A VIRTUAL CLINIC WB2590

PROGRAM DESCRIPTION: The goal of this educational offering is to improve the clinical application of best practice interventions for treating tobacco dependence prior to, during, and following pregnancy, through education of health care professionals using a multimedia educational program.

OBJECTIVES:

At the conclusion of the session, the participant will be able to:

1. Apply a standard method of tobacco cessation counseling, the 5 A's, for female smokers prior to, during, and following pregnancy.
2. Describe the effects of inhaled tobacco smoke on the health of the mother and fetus, at a minimum to include the effects of nicotine and carbon monoxide.
3. Describe the benefits of quitting for the mother and fetus.
4. List the effects of nicotine withdrawal and ways of coping with them.
5. State the risks and benefits of pharmacotherapy for smoking cessation during pregnancy or while breastfeeding.
6. Discuss the application of the 5 A's for the patient who has relapsed during pregnancy.
7. Describe strategies for addressing weight gain in relationship to smoking.
8. Describe the application of the 5 A's to help a patient deal with postpartum relapse.
9. Apply the 5 R's for a patient who is not ready to quit.
10. Describe the effects of secondhand smoke exposure on the health of children.
11. Apply the 5 A's (full and abbreviated versions) for patients who are not pregnant.
12. Describe the use of pharmacotherapy, counseling, and adjuncts to cessation such as quit lines and fax referrals for patients who are not pregnant.
13. Describe the risks associated with smoking or other nicotine-containing products on reproductive health, including the effects on the health of woman and the newborn.
14. Describe the neurophysiological aspects of nicotine addiction.
15. Describe the behavioral aspects of nicotine addiction, with emphasis on triggers and the predominant role of behavioral modification for smoking cessation.
16. Discuss importance of counseling combined with pharmacotherapy
17. Apply motivational interviewing for smoking cessation.

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18. List the core skills involved in motivational interviewing.
19. Describe the use of Scales to elicit patient consideration about conviction and confidence regarding their commitment to behavior change.
20. Describe the steps of implementing an office system for smoking cessation, through the “GAPS” approach.
21. Implement disease detection and prevention health care services (e.g., smoking cessation) to prevent health problems and maintain health.
22. Describe electronic nicotine delivery systems, their potential health effects during and after pregnancy, and discuss effective tobacco cessation treatments.

FACULTY/ CREDENTIALS:

- Neal L. Benowitz, MD, Chief, Division of Clinical Pharmacology, University of California, San Francisco
- C. Everett Koop, MD, ScD, Director of the Koop Institute, Dartmouth Medical School
- Cheryl Oncken, MD, MPH, Professor of Medicine and Ob/Gyn, University of Connecticut School of Medicine
- Sharon Theresa Phelan, MD, Medical Director for Labor and Delivery, Mother Baby Unit and Postpartum Units, University of New Mexico
- Nancy Rigotti, MD, Associate Physician, General Medicine Division, Massachusetts General Hospital
- James Broadhurst, M.D., M.H.A
- Allen Dietrich, MD
- Michael Goldstein, MD
- Cathy Melvin, PhD, MPH

ORIGINATION DATE 7/30/2016

RENEWAL DATE:

EXPIRATION DATE: 7/30/2018

URL: <https://www.smokingcessationandpregnancy.org/>

HARDWARE/SOFTWARE: Computer, a web-browser with flash plugin, speakers or other sound source (such as

headphones), and broadband internet access.

MATERIALS:

None

TARGET AUDIENCE:

CHES certified health educators, dentists, DOs, epidemiologists, licensed nurses, MDs, medical students, nurse practitioners, nurse technicians, other health educators, pharmacists, physician assistants, program managers, and registered nurses

PREREQUISITES:

Participants should have a general interest in helping female smokers quit smoking, and though not required, participants should have a basic understanding of the clinical care of female patients during prenatal and postpartum care.

FORMAT:

Web based

CONTACT INFORMATION:

Emily Johnston, Maternal and Infant Health Branch, 770-488-6259

ACCREDITATION STATEMENTS:

CME activities with Joint Providers: This activity has been planned and implemented in accordance with the Essential Areas and policies of the Accreditation Council for Continuing Medical Education through the joint providership of the Centers for Disease Control and Prevention and Interactive Media Laboratory, Dartmouth Medical School and Association of Women's Health, Obstetrics and Neonatal Nurses. The Centers for Disease Control and Prevention is accredited by the (ACCME®) to provide medical education for physicians. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

The Centers for Disease Control and Prevention designates this **enduring material** for a maximum of **5.25 AMA PRA Category 1 Credits™**.

CNE: The Centers for Disease Control and Prevention is accredited as a provider of Continuing Nursing Education by the American Nurses Credentialing Center's Commission on Accreditation.

This activity provides **5** contact hours.

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CEU: The Centers for Disease Control and Prevention is authorized by IACET to offer **0.5 CEU's** for this program.

CECH: Sponsored by the Centers for Disease Control and Prevention, a designated provider of continuing education contact hours (CECH) in health education by the National Commission for Health Education Credentialing, Inc. This program is designated for Certified Health Education Specialists (CHES) and/or Master Certified Health Education Specialists (MCHES) to receive up to **5** total Category I continuing education contact hours. Maximum advanced level continuing education contact hours available are **0**. CDC provider number **GA0082**.



CPE: The Centers for Disease Control and Prevention is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education.

This program is a designated event for pharmacists to receive **0.5 CEUs** in pharmacy education. The Universal Activity Number is **0387-0000-16-164-H01-P**.

This activity has been designated as Knowledge-Based

Once credit is claimed, an unofficial statement of credit is immediately available on TCEOnline. Official credit will be uploaded within 60 days on the NABP/CPE Monitor.

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DISCLOSURE: In compliance with continuing education requirements, all presenters must disclose any financial or other associations with the manufacturers of commercial

products, suppliers of commercial services, or commercial supporters as well as any use of unlabeled product(s) or product(s) under investigational use.

CDC, our planners, our content experts, and their spouses/partners wish to disclose they have no financial interests or other relationships with the manufacturers of commercial products, suppliers of commercial services, or commercial supporters with the exception of Dr. Neal Benowitz and Dr. Cheryl Oncken. Dr. Benowitz wishes to disclose he was a scientific advisory board member for Pfizer and his past testimony in litigation against tobacco companies related to nicotine addiction. Dr. Oncken wishes to disclose free medicine and placebo for NIH funded study. Planning committee reviewed content to ensure there is no bias. Content will not include any discussion of the unlabeled use of a product or a product under investigational use with the exception of Dr. Oncken's discussion on e-cigarettes and pregnancy. She will be discussing nicotine replacement therapy and electronic cigarette use by pregnant women.

The Centers for Disease Control and Prevention and Association of Women's Health, Obstetrics and Neonatal Nurses and American College of Obstetricians and Gynecologists and Interactive Media Laboratory, Dartmouth Medical School are jointly providing the CNE for this activity.

CDC did not accept commercial support for this continuing education activity.

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