

Resources for Health Professionals

Online

5 A's (Ask Advise, Assess, Assist and Arrange)

Website: www.healthunit.org/professionals/ruralnursing/BCC_Guide-ENG.PDF

Description:

This document includes a section (p. 11-14) that goes into detail on the 5 A's including examples on how to start the conversation for each of the respective A's.

Alberta Quits

Website: www.albertaquits.ca/my-quit-centre/services

Highlight(s):

This online resource has a page solely for health professionals to reference (*Helping Others Quit > Healthcare Providers*). This page has a section dedicated to "Training and Education" including training videos (e.g., Resistant Quitter video, Nicotine Patch video). It also includes a link to the province's "Tobacco Free Futures Guidelines" document (*Helping Others Quit > Tobacco Free Futures > Guidelines*) which elaborates greatly on things such as: intensive cessation counselling; pharmacotherapy; details on tobacco cessation in surgical/emergency/home care and public health; as well as specific information for special subpopulations (e.g., addiction and mental health, pregnant and postpartum women).

Drug Benefit List 2014

Website: www.hc-sc.gc.ca/fniah-spnia/nihb-ssna/provide-fournir/pharma-prod/med-list/index_eng.php

Description:

The above link redirects one to the online PDF which outlines the drug benefits obtainable through the Non-Insured Health Benefits (NIHB) program.

Southern Health-Santé Sud Drug Formulary

Website: <http://portal/CRefLib/Pharmacy/Pages/Formulary.aspx>

Tobacco Free RNO (Registered Nurses' Association of Ontario)

Website: tobaccofreernaoc.ca/sites/tobaccofree/splash.html (Bilingual)

Highlight(s):

It is recommended that all health professionals' reference the RNO's 2011 Pocket Guide entitled, "*Integrating Smoking Cessation into Daily Nursing Practice: A Pocket Guide*." This document outlines things such as: the 4 A's (equivalent to the 5 A's), the stages of change and benefits of quitting smoking- just to name a few.

Canadian Cancer Society's Smoker's Helpline

Fax Number: 1(877)513-5334

Website: www.smokershelpline.ca/docs/hcp/mb_fax-referral-form_quit-connection_nov2014.pdf?sfvrsn=2

Highlight(s): The Smoker's Helpline Fax Referral program serves as an additional means of smoking cessation support for a patient upon discharge. With the permission of the patient, the healthcare professional can fax the "Fax Referral Form" onto the Smoker's Helpline who will provide confidential follow-up support via the phone.

Regional Projects

Early Identification of Tobacco Use on Admission Cessation Support

Contact Information:

If you would like further information please contact either a Healthy Living Facilitator or Tegan Bailey at the following phone number: **(204) 428-2736**.

Description:

The PDGH Tobacco pilot was focused on introducing tobacco cessation supports to inpatients who were smokers. In total, the pilot took place over 9 months- 6 months implementation with 3 months of review.