Wake Forest® School of Medicine NORTHWESTAHEC

Counseling for Change: Supporting the Journey to Being Tobacco-Free

Program Overview

In the United States, tobacco use continues to be a leading cause of preventable disease, disability and death. Healthcare providers can play an important role in reducing rates of tobacco use by offering tobacco cessation counseling. This course is designed to provide tools and resources to enhance the skills of healthcare providers when supporting individuals on their journey to live a tobacco-free life. This activity also offers the opportunity to practice tobacco cessation counseling through four interactive case studies.

Target Audience

Physicians, physician assistants, nurses, nurse practitioners, counselors, social workers, psychologists, respiratory therapists and all other interested healthcare professionals.

As part of our commitment to diversity and inclusion, the Northwest AHEC provides compassionate education and respectful care for all, regardless of socioeconomic status, race, ethnicity, language, nationality, sex, gender identity, sexual orientation, religion, geography, disability and age.

Objectives

Upon completion of this program, participants will be able to:

- Identify tobacco-related health disparities.
- Apply skills and resources to encourage behavior change when counseling individuals to be tobacco-free.
- Describe how the stages of change can be utilized in tobacco cessation counseling.
- Practice using the 5A's through interactive case studies.

Cost

$30 — Registration fee

Credits

- 3.0 Contact Hours from Northwest AHEC
- 3.0 Nursing Contact Hours
  Northwest AHEC is approved as a provider of nursing continuing professional development by the North Carolina Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.
  Criteria for successful completion includes participation in 100% of online course and completion of course evaluation.
- 3.0 hours of CE. Approved by the North Carolina Respiratory Care Board (Approval # 214069)
  Criteria for successful completion includes participation in 100% of online course and completion of course evaluation.

- NC AHEC is a 2022 NASW-NC approved provider of distance continuing education. This program has been approved for 3.0 contact hours.
- The North Carolina Addictions Specialist Professional Practice Board has approved this workshop for 3.0 Substance Abuse Specific hours, Approval #22-360-S (ND)
- Northwest AHEC is recognized by the North Carolina Psychology Board as an approved provider of (Category A) Continuing Education for North Carolina Licensed Psychologists. This program will provide 3.0 contact hours of (Category A) continuing education for North Carolina psychologists. No partial credit will be given.

Register online today at nwahec.org/66517

For additional information, contact Lisa Thomas at 336-713-7729 or lisathom@wakehealth.edu