

# **Tobacco Free Florida AHEC Cessation Program**

## **Online Modules**

**[www.aheceducation.com](http://www.aheceducation.com)**

This program is sponsored by the Florida AHEC Network and the Florida Department of Health.



In 2006, Floridians overwhelmingly approved a constitutional amendment to fund a comprehensive evidenced-based tobacco education and use prevention program based on the Centers for Disease Control and Prevention's Best Practices for Comprehensive Tobacco Control Programs. The result was the creation of the Florida Department of Health's Bureau of Tobacco Free Florida (BTFF).

Tobacco Free Florida's mission is to create a healthy, sustainable, tobacco-free environment for all Floridians and visitors to the state. The vision of the program is: A Tobacco Free Florida.

With a current annual legislative appropriation of over \$13 million, the Area Health Education Center (AHEC) Network collaborates with the Florida Department of Health Bureau of Tobacco Free Florida to strengthen the capacity of Florida's healthcare system to deliver effective tobacco use treatment and cessation services throughout the state. AHEC's build partnerships with a myriad of organizations such as federally qualified health centers, hospitals, health departments, worksites, tobacco-free partnerships, academic institutions, and many other entities. This assures that AHEC staff and TFF resources are being effectively leveraged and maximally utilized to address local, regional, and statewide needs related to tobacco control.

The AHEC Network, which is comprised of five AHEC Program offices at the University of Florida, University of Miami, University of South Florida, Nova Southeastern University, and Florida State University, and their ten affiliated regional AHEC Centers have trained and/or certified Tobacco Cessation Specialists to facilitate free in-person group cessation classes within all 67 counties.

TFF AHEC Cessation Program offers two options for the free in-person group cessation classes. A one-time two-hour Tools to Quit class and a one-hour six-week Quit Smoking Now group class. Tobacco Cessation Specialists cover five core essential topics during the class: Dangers of smoking, Benefits of quitting, Challenges of quitting, Aids for quitting, and Support for quitting. Participants are eligible to receive up to four-weeks of free Nicotine Replacement Therapy (NRT) including patches and gum or lozenges. Since 2007, more than 159,000 Floridians have successfully quit, using Tobacco Free Florida's free cessation services, resulting in a quit rate between 32% - 37.5%.

The AHEC Tobacco Training and Cessation (A.T.T.A.C.) program is implemented in collaboration with our community and academic partners. The A.T.T.A.C. program partners with area colleges and universities to train their health professions students on tobacco use, prevention, and cessation issues. In addition to health profession student training and tobacco cessation efforts, the A.T.T.A.C. program also offers health care professionals continuing education opportunities on a variety of tobacco related subjects.

The Florida AHEC Network is pleased to provide access to a suite of online tobacco education and cessation modules. Various CE/CEU is available for Florida health care providers. This packet includes the most up-to-date listing of online tobacco education modules, an overview of the training goals, and directions on how to register on the AHEC Education website.

Please contact your local AHEC representatives with questions or concerns:

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**\* USF Health Professions Students! Please email your certificate of completion to [ahectobacco@health.usf.edu](mailto:ahectobacco@health.usf.edu) upon completion of each online module.**

# AHEC Tobacco Online Modules

[www.aheceducation.com](http://www.aheceducation.com)

## Clinical Tobacco Modules Available:

1. Epidemiology of Tobacco
2. Lung Cancer: A Clinical Update
3. A Clinician's Guide to Helping Pregnant Women Quit Smoking
4. Motivational Interviewing in Tobacco Cessation
5. Treating Tobacco Dependency in Primary Care
6. Alternative & Complementary Treatments in Tobacco Cessation
7. Adolescent Tobacco Use
8. Tobacco Dependency in Women – Update 11/11
9. Tobacco Use & Oral Health
10. Detrimental Health Effects of Environmental Tobacco Smoke
11. Pharmacotherapy of Smoking Cessation
12. Alternative Tobacco Products
13. Waterpipe Tobacco Smoking: An Emerging Trend
14. Tobacco Cessation: Facts, Fiction and Urban Legends
15. Reducing Tobacco Related Health Disparities
16. Tobacco Related Cancer and Cardiovascular Disease in Women
17. Tobacco Related Cancer and Cardiovascular Disease in Men
18. Nutrition, Weight Gain and Exercise in the Treatment of Tobacco Dependence
19. E-cigarettes: What We Know and Don't Know
20. A Brief Intervention
21. Tobacco, Mental Health and Substance Abuse within the LGBT Community

## Community Health and Tobacco Modules Available:

1. History of Florida's Tobacco Settlement
2. Medical Complications of Tobacco
3. Neurobiology of Tobacco Addiction
4. Treating Tobacco Use and Dependence
5. Spirometry and CO Monitoring
6. COPD Update

**KEYS AHEC**  
THE KEYS TO HEALTH

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**PROFESSIONAL CLASSES**  
Courses for Professionals seeking continuing education credits.

**STUDENT CLASSES**  
Courses for Students to enhance their professional development.

**COMMUNITY CLASSES**  
Non accredited courses for Community members.

Welcome to the  
Florida Keys Area Health  
Education Center, Inc.

The Mission of the Florida Keys AHEC is to effectively promote health and wellness through education, health assessments, and professional development using partnerships and other contract-funded services, resulting in a healthier, better educated community. [See how this site works.](#)

Quit Smoking Now AHEC Quitline 1-877-U-CAN-NOW Tobacco Free Florida

# Online Tobacco Modules Overview

[www.aheceducation.com](http://www.aheceducation.com)

The Florida AHEC Network is pleased to provide access to a suite of online tobacco education and cessation modules. Various CE/CEU is available for Florida health care providers.

## Course Description of Tobacco Modules:

### 1. [A Clinician's Guide to Helping Pregnant Women Quit Smoking](#)

**Abstract:** This course will train healthcare professionals on the implementation of successful smoking cessation strategies during pregnancy and was developed by the American College of Obstetricians and Gynecologists.

**Objectives:** After you have studied the information presented here, you will be able to:

- Understand risk factors and types of disease associated with smoking and pregnancy
- To provide training on smoking cessation intervention methods
- Identify progress and address obstacles in treatment
- Formulate an approach for long term adherence

This is an audio/visual course of approximately 60 minutes in length.

### 2. [Adolescent Tobacco Use](#)

**Abstract:** This course will provide the clinician with public health recommendations pertaining to adolescent smoking as well as prevention and treatment of teen tobacco use.

**Objectives:** After you have studied the information presented here, you will be able to:

- To understand the prevalence of teen tobacco use and second hand smoke & its consequences
- To become familiar with approaches to prevention and treatment of tobacco use in teens
- To review current recommendations (CDC, school health policies) for tobacco use in teens

This is an audio/visual course of approximately 60 minutes in length.

### 3. [Alternative and Complementary Treatments in Tobacco Cessation](#)

**Abstract:** This course will provide the clinician with alternative and complementary treatment techniques in tobacco cessation.

**Objectives:** After you have studied the information presented here, you will be able to:

- Discuss recent research involving acupuncture therapy & smoking cessation
- Discuss current research involving hypnosis and smoking cessation
- Understand the importance of stress reduction techniques for smoking cessation

This is an audio/visual course of approximately 60 minutes in length.

### 4. [Epidemiology of Tobacco](#)

**Abstract:** The Epidemiology of Tobacco Use and course will introduce the participant to global tobacco issues, the epidemiology of tobacco use, and associated diseases. It will review the elements of effective tobacco control programs and HHS guidelines for tobacco control programs (CDC, PHS, NIH).

**Objectives:** After you have studied the information presented here, you will be able to:

- Understand the global tobacco epidemic and the status of cancer control
- To describe the prevalence of tobacco use in the United States and Florida
- Describe the elements of an effective tobacco control program
- Be Familiar with Best Practices for Comprehensive Tobacco Control

This is an audio/visual course of approximately 60 minutes in length.

## 5. [Lung Cancer: A Clinical Update](#)

**Abstract:** This course will provide the clinician with updated evaluation and diagnosis techniques as well as new therapies in the treatment of lung cancer.

**Objectives:** After you have studied the information presented here, you will be able to:

- Understand the screening process for lung cancer
- Better perform an evaluation of a patient with a solitary pulmonary nodule
- Establish a diagnosis of lung cancer
- Be familiar with standard and new therapies in the treatment of lung cancer
- Understand options for palliative care in patients with terminal lung cancer

This is an audio/visual course of approximately 60 minutes in length.

## 6. [Motivational Interviewing in Tobacco Cessation](#)

**Abstract:** This course will provide the clinician with an understanding of motivational interviewing techniques designed for implementation during smoking cessation.

**Objectives:** After you have studied the information presented here, you will be able to:

- Understand how the theory of MI can be applied to smoking cessation
- Assess a patient's readiness to change their smoking behaviors
- Choose an intervention based on the patient's level of readiness

This is an audio/visual course of approximately 60 minutes in length.

## 7. [Tobacco Dependency in Women](#)

**Abstract:** This course will provide the clinician with evidence-based guidelines to be used in the treatment of women and pregnant women dependent on tobacco.

**Objectives:** After you have studied the information presented here, you will be able to:

- Understand the global tobacco epidemic
- Describe the risks associated with the use of tobacco products & women's health
- Employ evidence-based guidelines for smoking cessation during pregnancy
- Recognize when to use pharmacologic intervention
- Establish a smoking cessation program in the practice setting

This is an audio/visual course of approximately 60 minutes in length.

## 8. [Tobacco Use and Oral Health](#)

**Abstract:** This course will outline the different types of oral disease commonly associated with tobacco use and provide techniques for prevention, diagnosis and treatment.

**Objectives:** After you have studied the information presented here, you will be able to:

- Describe recent trends in the prevalence of cigarette smoking, cigar smoking, smokeless tobacco use, and hookah smoking in the United States
- Identify at least 3 oral diseases or conditions causally related to cigarette smoking
- Identify at least 4 diseases or conditions associated with the use of smokeless tobacco

This is an audio/visual course of approximately 60 minutes in length.

## **9. Treating Tobacco Dependency in Primary Care**

**Abstract:** This course will provide the clinician with updated evaluation techniques as well as new therapies and pharmaceuticals in the treatment of Tobacco Dependency.

**Objectives:** After you have studied the information presented here, you will be able to:

- Describe the health effects of nicotine addiction
- Describe brief interventions for tobacco cessation
- Describe Public Health Service Guidelines for tobacco cessation

This is an audio/visual course of approximately 60 minutes in length.

## **10. Pharmacotherapy of Smoking Cessation**

**Abstract:** This presentation will describe the pharmacological effects of nicotine and explain the addiction mechanism for those who use tobacco products. Additional course content will include FDA-approved products for smoking cessation treatment and describe appropriate pharmacotherapy for tobacco users.

**Objectives:** After you have studied the information presented here, you will be able to:

- Explain the pharmacological effects of nicotine and the health implications of tobacco use.
- Compare and contrast the available pharmacotherapies for smoking cessation.
- Formulating treatment plans using preferred pharmacotherapies for tobacco cessation.

This is an audio/visual course of approximately 60 minutes in length.

## **11. Detrimental Health Effects of Environmental Tobacco Smoke**

**Abstract:** This program has been developed to highlight different types of environmental tobacco smoke, health related hazards and public health recommendations.

**Objectives:** After you have studied the information presented here, you will be able to:

- Identify terminology related to environmental tobacco smoke
- Identify types and sources of environmental tobacco smoke
- Describe the medical hazards associated with exposure to environmental tobacco smoke

This is an audio/visual course of approximately 60 minutes in length.

## **12. Alternative Tobacco Products**

**Abstract:** This course will address the current Alternative Tobacco Products. The goal of this presentation is to increase participant's awareness of the increasing prevalence of alternative tobacco products and to increase participant's knowledge on the various types of alternative tobacco products available.

**Objectives:** After you have studied the information presented here, you will be able to:

- Identify various forms, prevalence and trends of smoking and smokeless tobacco products
- Recognize and explain why these alternate forms are not a safe substitute to cigarettes
- Identify health problems associated with the use of alternative forms of tobacco

This is an audio/visual course of approximately 60 minutes in length.

### 13. Waterpipe Tobacco Smoking: An Emerging Trend

**Abstract:** Waterpipe Tobacco Smoking: An Emerging Trend will give a public health overview of concerns, regulations and statistics among youth or young adult populations at risk for disease associated with tobacco use.

**Objectives:** After you have studied the information presented here, you will be able to:

- Identify the components and function of waterpipe tobacco smoking
- Understand the culture and negative health consequences of waterpipe tobacco smoking among the youth population
- Describe the current prevalence rates of waterpipe tobacco smoking

This is an audio/visual course of approximately 60 minutes in length.

### 14. Tobacco Cessation: Facts, Fiction and Urban Legends

**Abstract:** The speaker will present an update on tobacco use and dependence with a focus on clinical facts, fiction, and myths of treating tobacco dependence which include double Nicotine Replacement Therapy (NRT), NRT and the cardiac patients, as well as NRT and surgical patients.

**Objectives:** After you have studied the information presented here, you will be able to:

- Take appropriate action to evaluate, manage, and treat tobacco addiction
- Describe the current as well as the newest clinical management protocols of tobacco dependence
- Recognize the facts, fiction, and myths of the clinical treatment for tobacco dependent patients

This is an audio/visual course of approximately 60 minutes in length.

### 15. Reducing Tobacco Related Health Disparities

**Abstract:** This presentation focused on health disparities exacerbated by tobacco across a number of FL populations, including youth, Hispanics, African-Americans, and rural residents. Potential factors to address to reduce tobacco dependency ranging from policy changes to cessation were also discussed.

**Objectives:**

- Discuss policy options for reducing tobacco prevalence
- Understand the impact of tobacco on various minority and sub-populations with FL
- Describe CDC recommended best practices

This is an audio/visual course of approximately 60 minutes in length.

### 16. Tobacco Related Cancer and Cardiovascular Disease in Women

**Abstract:** This course will provide the clinician with evidence-based guidelines to be used in the treatment of women and associated tobacco-related cancers and cardiovascular disease.

**Objectives:** Participants will understand

- Cardiovascular Disease in women: risk factors, presentation , evaluation and management

- Cancer in Women: prevalent cancers (cervical, breast, colon, lung) and current guidelines
- Consequences of tobacco use in women with emphasis on cardiovascular and cancer risks
- The effects of tobacco use on the children of smokers

This is an audio/visual course of approximately 60 minutes in length.

### 17. Tobacco Related Cancer and Cardiovascular Disease in Men

**Abstract:** Men have unique health needs that and there exists a knowledge gap for physicians and selective issues that affect men's health. This educational session will focus on the specific areas of men's health to improve appropriate utilization as well as overall care in the following areas: smoking cessation, abdominal aortic screening in men, prostate screening, and cardiovascular disease prevention.

**Objectives:**

- Screen for abdominal aortic aneurysms in appropriately selected men.
- Counsel and treat men for smoking cessation.
- Avoid inappropriate prostate cancer screening.

This is an audio/visual course of approximately 60 minutes in length.

### 18. Nutrition, Weight Gain and Exercise in the Treatment of Tobacco Dependence

**Abstract:** Weight gain after smoking cessation is perceived to be a barrier against treatment for tobacco use and continued abstinence from tobacco use. According to the US Dept. of Health and Human Services, 80% of persons who quit smoking typically gain weight and may experience health consequences as a result. Tobacco treatment professionals can contribute to Healthy People 2020 objectives related to smoking cessation and obesity.

**Objectives:** Upon completion of this course, participants will be able to:

- Discuss post smoking cessation weight gain including patterns of post cessation weight gain, risk factors for post cessation weight gain, mechanisms of post cessation weight gain and significance of post cessation weight gain.
- Explain how the dietary habits and nutrient intakes of smokers differ from non-smokers and the potential health implications of these differences.
- Identify possible evidence based interventions for preventing weight gain after smoking cessation.

This is an audio/visual course of approximately 60 minutes in length.

### 19. E-cigarettes: What We Know and Don't Know

**Abstract:** Electronic cigarettes, also known as e-cigarettes, are battery-operated products designed to deliver nicotine, flavor and other chemicals. They turn chemicals, including highly addictive nicotine, into an aerosol that is inhaled by the user. This program is designed to help clinicians to better address patient questions and concerns about the use of these products.

**Goal:** To assist participants in understanding more about e-cigarettes so they will be better able to address patients' questions about and use of these products.

**Objectives:** Upon completion of this course, participants will be able to:

- Describe how electronic delivery systems function
- State two potential health risks of electronic cigarettes
- Describe the current state of policy and marketing efforts regarding e-cigarettes

This is an audio/visual course of approximately 60 minutes in length.

## 20. A Brief Intervention

**Abstract:** This course provides information about Brief Tobacco Interventions in Primary Care, including CDC recommendations, pharmacology updates and motivational interview techniques.

**Goal:** To assist participants in understanding the CDC recommendations for brief tobacco interventions and the resources available to assist in a quit attempt.

**Objectives:** After you have studied the information presented here, you will be able to:

- Describe how to use brief tobacco intervention in medical practice to help patients quit tobacco use
- Describe nicotine replacement therapy (NRT), its benefits and use
- Define the free resources available for help with tobacco addiction and the referral process

This is an audio/visual course of approximately 60 minutes in length.

## 21. Tobacco, Mental Health and Substance Abuse within the LGBT Community

**Abstract:** This course is designed to create cultural awareness among providers treating LGBT clients or patients with substance abuse, tobacco use or mental health issues. The aim is to skillfully and respectfully negotiate diversity, particularly when there are sociocultural mismatches between clients and providers.

**Objectives:** After you have studied the information presented here, you will be able to:

- Gender Identify Overview and Definitions
- Cultural Competence and Cultural Humility
- Statistics on Mental Health, Substance Abuse and Tobacco use
- Macroaggressions: Provider/Cessation Facilitator Awareness and Impact on Care
- Counseling Tips for Clinicians

This is an audio/visual course of approximately 60 minutes in length.

## Online Tobacco Modules Directions for Health Care Professionals

The Florida AHEC Network is pleased to provide access to a suite of online tobacco education and cessation modules. Various CE/CEU is available for Florida health care providers.

1. Visit the website [www.aheceducation.com](http://www.aheceducation.com)
  - a. Please note, before accessing the online modules, your computer will need to have Windows Media Player (for the audio/visual component of the course) & Adobe Reader (for the PDF documents).
2. Select the blue tab on the left hand side: **Professional Classes-courses for professionals seeking continuing education credits.**
3. Before you are able to access the modules, you must first create a Login so select the tab **Create E-learning Profile** (You may want to write down the User Name & Password you select for future access).
  - a. Complete information in all boxes
    - i. Please make sure you enter your correct professional license number if seeking continuing education credits
    - ii. The information you input in to the system is secure and will only be utilized by the Florida Keys AHEC (FKAHEC) for reporting purposes and processing continuing education credits
  - b. Upon completing all of these tabs, select **Create User**
4. At the top of the screen select tab: **Course Catalog**
  - a. Select the category: **Tobacco Dependency-Health Care Professional**
    - i. Under: **Available Courses** there are a total of 17 tobacco modules listed (on pages 1-4) which include:
      1. Epidemiology of Tobacco
      2. Lung Cancer: A Clinical Update
      3. A Clinician's Guide to Helping Pregnant Women Quit Smoking
      4. Motivational Interviewing in Tobacco Cessation
      5. Treating Tobacco Dependency in Primary Care
      6. Alternative & Complementary Treatments in Tobacco Cessation
      7. Adolescent Tobacco Use
      8. Tobacco Dependency in Women – Update 11/11
      9. Tobacco Use & Oral Health
      10. Detrimental Health Effects of Environmental Tobacco Smoke
      11. Pharmacotherapy of Smoking Cessation
      12. Alternative Tobacco Products
      13. Waterpipe Tobacco Smoking: An Emerging Trend
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      15. Reducing Tobacco Related Health Disparities
      16. Tobacco Related Cancer and Cardiovascular Disease in Women
      17. Tobacco Related Cancer and Cardiovascular Disease in Men
      18. Nutrition, Weight Gain and Exercise in the Treatment of Tobacco Dependence
      19. E-cigarettes: What We Know and Don't Know
      20. A Brief Intervention
      21. Tobacco, Mental Health and Substance Abuse within the LGBT Community
    - ii. Each module is approximately 60 minutes in length and there is no cost to access the modules.
5. Select each module individually by name
  - a. When you click on each module, the course details will then be provided including abstract, speaker information, etc.
  - b. Please read each course session description carefully to identify which professional accreditation continuing education credits will be offered.
    - i. Scroll all the way down to the bottom of this screen & select the tab: **Add to Cart**
  - c. You will need to select each of the following modules individually and select the tab: **Add to Cart** for ALL of the modules you are interested in accessing.

- d. Under the tab **My Cart** when it shows you have added all of your modules to your cart, scroll to the bottom of the screen & select the tab **Check Out**. Please note you will NOT be required to pay any costs for accessing these modules.
6. Under Checkout, select the check box at the top **Billing address same as address on file**
  - a. Once the box is checked it will automatically default to the address you previously entered under your profile
  - b. Under **Payment**, select the **Activation Code** button
    - i. An **Activation Box** will appear and you will need to enter the code: **tob001** (please note activation code is case sensitive)
7. You will then be directed to **My Current Courses** where you can begin selecting the modules to view.
  - a. Select one of the modules & click on the **Course Number** to begin taking the pretest
  - b. Upon completing the pretest, you will be provided your % score and the questions you answered wrong
  - c. After viewing this, select the tab **Continue to Lesson**
8. You will be directed to the page **Lesson Display** where the goals, objectives, etc. are included.
  - a. Scroll down to the bottom of the screen to access the tab **Download PowerPoint Handouts** if you choose to
  - b. Then select the tab **Lesson** to begin
  - c. Upon completing the lesson, select the tab **Take Exam**
    - i. You must receive a 75% or higher to pass and complete the module
  - d. Once you have successfully passed the exam, select the tab **Take Survey**
    - i. Answer the course survey & select **Submit**
  - e. You will then be directed to the Course Certificate screen and select **View Certificate**
    - i. A PDF screen will appear with the option to print and/or save the document (it is recommended you do both for your records). **\*\* USF Health students and faculty, please email your certificate to [ahectobacco@health.usf.edu](mailto:ahectobacco@health.usf.edu) upon completion of each module.**
    - ii. Please note: You **WILL NOT** be able to print/save your certificate at a later date so you will need to do so immediately when you are prompted to.
    - iii. Certificates will contain course title, date completed, name, profession, number of credit hours awarded and accreditation statements for each profession. The Florida Keys AHEC will then send electronically a report (monthly) to CE Broker to record your information. Please make sure your license number is correct as we are not responsible for numbers submitted in error
9. If you already to begin your next module, select the tab **View My Courses** and continue by clicking on the next module. Follow the same steps 5-8 again for each module.
10. When you have completed all of the modules & steps, or to resume at another time, select the **Log Out** tab
  - a. When you are ready to access the website again login by selecting the **Professional Classes** tab and then entering your User Name & Password which you previously assigned yourself.
  - b. Upon logging in, select the tab **View My Courses** to continue accessing your modules until every model is complete and your score is included by each module.

**If you have any questions/concerns about this website or if you have any problems activating a session, please contact the Florida Keys AHEC immediately at 305-743-7111 ext. 203 or 202.**