

Tobacco Interventions with Women Across the Lifespan

This specialized course is designed to give practitioners the practical knowledge, skills and tools to screen, assess, and treat tobacco dependence among women at all stages of the lifespan using an evidence-based Biopsychosocial model.

1. The relationship between tobacco use, sex and gender

1.1. Examine the relationship between tobacco use, sex and gender among women across the lifespan

- 1.1.1. Identify the prevalence of tobacco use
- 1.1.2. Identify the sex and gender-specific impacts of tobacco use
 - a) Biological
 - b) Environmental
 - c) Behavioural
- 1.1.3. Describe the benefits of quitting tobacco use at all stages
- 1.1.4. Explain how the social determinants of health impacts tobacco use disorder among women across the lifespan
 - a) Explore the concept of intersectionality
 - b) Identify the importance of trauma informed care

2. Screen and Assess tobacco use among women across the lifespan

2.1. Identify opportunities for screening

2.2. Select multimodal screening and assessment tools for tobacco use disorder

- 2.2.1. Screen all women for tobacco use disorder
- 2.2.2. Screen all women who use tobacco for a mental illness and/or substance use disorder
- 2.2.3. Adapt tobacco use assessments
- 2.2.4. Identify screening and assessment tools for tobacco use disorder specific to women

2.3. Provide initial and ongoing assessments with women

- 2.3.1. Identify the social determinants of health as they relate to women's ability to quit or reduce
- 2.3.2. Assess the role of significant relationships and supports
- 2.3.3. Identify barriers to treatment (e.g., transportation, financial, social support, health literacy)

3. Client-centred, biopsychosocial, evidence informed treatment

3.1. Adapt treatment plans in collaboration with the client

- 3.1.1. Co-create a treatment plan using client-centred language and resources
- 3.1.2. Create an individualized treatment plan based on assessment

- a) Set SMART goals
 - b) Identify strategies to quit or reduce tobacco use using EBB (environment, behaviour and biology) – enhancing resiliency
 - c) Discuss determinants of health that will be impacted by quitting or reducing
 - d) Explore opportunities for harm reduction
 - e) Engage in ongoing discussions regarding treatment
- 3.1.3. Collaborate with other individuals and across sectors within the circle of care to coordinate treatment (e.g., other healthcare practitioners, family, friends)
- 3.2. Adapt psychosocial interventions for tobacco cessation and/or reduction**
- 3.2.1. Adapt psychosocial interventions
- a) Describe a woman-centred approach to care
 - b) Describe a trauma-informed approach to care
- 3.3. Adapt pharmacological interventions for tobacco cessation and/or reduction**
- 3.3.1. Adapt pharmacological approaches (i.e., what is unique about recommending pharmacotherapy in this population)
- 3.4. Tailor treatment through an intersectional lens**
- 3.4.1. Identify the importance of tailoring treatment to meet the diverse needs of clients
- a) First Nations, Inuit and Metis (FNIM)
 - b) Lesbian, Gay, Bisexual, Transgender
 - c) Immigrants and Refugees

Learning Objectives (workshop):

1. Describe the relationship between tobacco use, sex and gender.
2. Provide screening and assessment with women across the lifespan
3. Develop treatment plans for tobacco cessation and/or reduction in collaboration with clients
4. Adapt psychosocial interventions for tobacco cessation and/or reduction
5. Adapt pharmacological interventions for tobacco cessation and/or reduction
6. Tailor treatment with women through an intersectional lens

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>).

See below 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
Describe the relationship between tobacco use, sex and gender.	Communicator, Collaborator, Scholar, Professional
Provide screening and assessment with women across the lifespan	Communicator, Health Advocate, Professional
Develop treatment plans for tobacco cessation and/or reduction in collaboration with clients	Communicator, Collaborator Health Advocate, Professional
Adapt psychosocial interventions for tobacco cessation and/or reduction	Communicator, Collaborator, Health Advocate, Professional
Adapt pharmacological interventions for tobacco cessation and/or reduction	Communicator, Collaborator, Health Advocate, Professional
Tailor treatment with women through an intersectional lens	Communicator, Collaborator, Health Advocate, Professional