

Course: H221

Topic: Tobacco Cessation

Audience: Dental Hygiene Students

Time: 37 minutes

Materials: Computer, Projector, PowerPoint

Instructional Objectives:

Upon completion of the lecture, the student should be able to:

1. Recognize protocols for developing a tobacco cessation program
2. Identify the pharmacotherapies of nicotine addiction.
3. Differentiate the behavioral therapies used for treatment of nicotine addiction.
4. Explain the 5 A's of tobacco cessation.
5. Recognize nicotine-free therapy options for patients.

References:

Wilkins, E. M. (2017). *Clinical practice of the dental hygienist*. Wolters Kluwer.

TIME	LESSON CONTENT	NOTES – MEDIA – Q/A
3 minutes	<p>I. ANTICIPATORY SET</p> <p>A. <u>Introduction</u></p> <ol style="list-style-type: none">1. Introduce myself<ol style="list-style-type: none">a. Name2. Why am I here? <p>A. B. <u>Gain Attention/Motivate</u></p> <p>VI. Ask about previous lecture</p> <p>VII. How important is Student/Pt convo</p>	<p>Slide #1: Quick reintroduction</p> <p>Q: What is something that you found interesting from last lecture?</p> <p>A: answers will vary</p> <p>Slide 2: Question</p>

TIME	LESSON CONTENT	NOTES – MEDIA – Q/A
2 minutes	<p>B. C. <u>Activate Prior Knowledge</u></p> <p>VI. Treatment for tobacco</p> <p>C.</p> <p>D. D. <u>Establish Rational</u></p> <p>VI. Current treatment options</p>	Slide #3: Current Nicotine use treatment options
1 minute	<p>E. <u>Present Instructional Objectives</u></p> <p>After today's lecture, you should be able to:</p> <ol style="list-style-type: none"> 1. Recognize protocols for developing a tobacco cessation program 2. Identify the pharmacotherapies of nicotine addiction. 3. Identify the behavioral therapies used for treatment of nicotine addiction. 4. Explain the 5 A's of tobacco cessation. 5. Recognize nicotine-free therapy options for patients. 	Slide #4: Objectives

TIME	LESSON CONTENT	NOTES – MEDIA – Q/A
2 minutes	II. Treatment Options (textbook) A. Counseling 1. Interventions B. Pharmacotherapies 1. Table 32-5 (textbook) C. Combination	Slide #5: Nicotine addiction treatment options
4 minute	III. Pharmacotherapies A. Nicotine replacement therapy 1. Prevent withdrawal symptoms 2. Nicotine Gum i. Transmucosal 3. Nicotine Patch i. Transdermal delivery 4. Nicotine inhaler i. Transmucosal delivery 5. Nicotine Nasal Spray i. Nasal mucous membrane delivery 6. Nicotine lozenge i. Transmucosal delivery	Slide #6: Pharmacotherapies Slide #8: Pharmacotherapies Slide #7: Pharmacotherapies Slide #8: Nicotine free therapy
2 minutes	B. Nicotine Free therapy 1. Bupropion SR 2. Varenicline Tartrate	Slide #9: Tobacco cessation overview
3 minutes	IV. Tobacco Cessation Program A. Oral healthcare plan B. Multiple appts C. Interventions D. Attempts from patient E. Motivation learning i. Person centered ii. Goal directed iii. Intrinsic motivation	

TIME	LESSON CONTENT	NOTES – MEDIA – Q/A
2 minutes	<p>V. 5 A's of tobacco cessation</p> <ul style="list-style-type: none"> A. Ask B. Advise C. Assess D. Assist E. Arrange 	Slide #10: Pictures of 5 A's
5 minutes	<p>VI. Ask</p> <ul style="list-style-type: none"> A. Health history B. Present questions C. Patient trust D. Type of tobacco product use <p>VII. Advise</p> <ul style="list-style-type: none"> A. Every patient B. Current user <ul style="list-style-type: none"> 1. Stop-Look-Listen <ul style="list-style-type: none"> i. Stop now ii. Show pt iii. Patient's opinion <p>VIII. Assess</p> <ul style="list-style-type: none"> A. Ready to quit? B. If yes, refer to next step C. If no, use five R's <ul style="list-style-type: none"> 1. Relevance 2. Risks 3. Rewards 4. Roadblocks 5. Repetition <p>IX. Assist</p> <ul style="list-style-type: none"> A. Set a quit date B. Practical counseling C. Pharmacotherapy D. Educational therapy E. Support patient <p>X. Arrange</p> <ul style="list-style-type: none"> A. Follow-up B. Contact patient C. Answer questions 	<p>Slide #11: Ask</p> <p>Slide #12: Advise</p> <p>Slide #13: Assess</p> <p>Slide #14: Assist</p> <p>Slide #15: Arrange</p>

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