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.

LESSON CONTENT	NOTES – MEDIA – Q/A
I. ANTICIPATORY SET  A. Introduction  1. Introduce myself  a. Name  2. Why am I here?	Slide #1: Quick reintroduction
	Q: What is something that you found interesting from last lecture?
A. B. <u>Gain Attention/Motivate</u> VI. Ask about previous lecture VII. How important is Student/Pt convo	A: answers will vary Slide 2: Question
	I. ANTICIPATORY SET  A. Introduction  1. Introduce myself  a. Name  2. Why am I here?  A. B. Gain Attention/Motivate  VI. Ask about previous lecture

TIME	LESSON CONTENT	NOTES – MEDIA – Q/A
2 minutes	B. C. <u>Activate Prior Knowledge</u> VI. Treatment for tobacco C. D. D. <u>Establish Rational</u> VI. Current treatment options	Slide #3: Current Nicotine use treatment options
1 minute	E. Present Instructional Objectives After today's lecture, you should be able to:  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	<ul> <li>II. Treatment Options (textbook)</li> <li>A. Counseling</li> <li>1. Interventions</li> <li>B. Pharmacotherapies</li> <li>1. Table 32-5 (textbook)</li> <li>C. Combination</li> </ul>	Slide #5: Nicotine addiction treatment options
4 minute	III. Pharmcotherapies  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	Slide #6: Pharmacotherapies  Slide #8: Pharmacotherapies
	<ul> <li>5. Nicotine Nasal Spray <ul> <li>i. Nasal mucous membrane</li> <li>delivery</li> </ul> </li> <li>6. Nicotine lozenge <ul> <li>i. Transmucosal delivery</li> </ul> </li> </ul>	Slide #7: Pharmacotherapies
2 minutes	B. Nicotine Free therapy	Slide #8: Nicotine free therapy
3 minutes	1. Bupropion SR 2. Varenicline Tartrate  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	Slide #9: Tobacco cessation overview

TIME	LESSON CONTENT	NOTES – MEDIA – Q/A
2 minutes	V. 5 A's of tobacco cessation A. Ask B. Advise C. Assess D. Assist E. Arrange	Slide #10: Pictures of 5 A's
5 minutes	VI. Ask A. Health history B. Present questions C. Patient trust D. Type of tobacco product use	Slide #11: Ask
	VII. Advise  A. Every patient  B. Current user  1. Stop-Look-Listen  i. Stop now  ii. Show pt	Slide #12: Advise
	iii. Patient's opinion  VIII. Assess  A. Ready to quit?  B. If yes, refer to next step  C. If no, use five R's  1. Relevance  2. Risks  3. Rewards  4. Roadblocks	Slide #13: Assess
	5. Repetition  IX. Assist  A. Set a quit date  B. Practical counseling  C. Pharmacotherapy  D. Educational therapy	Slide #14: Assist
	E. Support patient  X. Arrange  A. Follow-up  B. Contact patient  C. Answer questions	Slide #15: Arrange

LECCON CONTENT	NOTES BAFDIA O/A
LESSON CONTENT	NOTES – MEDIA – Q/A
XI. Documentation A. Careful and complete B. For every patient C. Tobacco history 1. Current 2. Past D. Age, Gender E. Dental status F. IOEO findings G. Patient readiness/motivation H. Previous attempts and techniques I. Options for cessation J. Referrals	Slide #16: Documentation
	Questions?
	Slide #17: Case Study
CRITICAL THINKING ACTIVITY: Case Study	Slide #18: Case study
This 79-year old African-American female, presents in your office for an examination. You have not seen this patient in the past. She has visible physical limitations and walks with a cane. She is 5' 7" and weighs 200 lbs. She is accompanied by her daughter as well as her 12-year old granddaughter.	radiographs and photos  Students will talk turns being patient and clinician to practice for tobacco cessation skill assessment.
She indicates she has not been to see a dentist for 3 years.	
Chief Complaint:	
"My teeth have not been cleaned in a long time and are in bad shape."	
	A. Careful and complete B. For every patient C. Tobacco history 1. Current 2. Past D. Age, Gender E. Dental status F. IOEO findings G. Patient readiness/motivation H. Previous attempts and techniques I. Options for cessation J. Referrals  CRITICAL THINKING ACTIVITY: Case Study  This 79-year old African-American female, presents in your office for an examination. You have not seen this patient in the past. She has visible physical limitations and walks with a cane. She is 5' 7" and weighs 200 lbs. She is accompanied by her daughter as well as her 12-year old granddaughter.  She indicates she has not been to see a dentist for 3 years.  Chief Complaint:  "My teeth have not been cleaned in a long time

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