

Breaking bad: Strategies and tips to decrease nicotine use

PANELISTS

Dr. Monica Gad • Dr. Osnat Melamed • Dr. Peter Selby

WITH

Dr. Stephanie Zhou • Dr. Nikki Bozinoff



Ontario College of
Family Physicians

**Practising
Well**
Share.
Inspire.
Connect.



Family & Community Medicine
UNIVERSITY OF TORONTO

June 28, 2023

Practising Well: Your Community of Practice

Please introduce yourself in the chat!

Your name,
Your community,
Your twitter handle



@OntarioCollege
#PractisingWell

Your Panelists: Disclosures



Dr. Monica Gad

Relationships with financial sponsors (including honoraria):

- CAMH



Dr. Osnat Melamad

Relationships with financial sponsors (including honoraria):

- CAMH
- AMS Healthcare
- DFCM, UofT



Dr. Peter Selby

Relationships with financial sponsors (including honoraria):

- York Region
- CAMH
- ECHO
- ASAM
- FAME
- Local Community Health Centre
- Veteran's Affairs Canada

Disclosures

Dr. Stephanie Zhou @stephanieyzhou

Relationships with financial sponsors (including honoraria):

- Ontario College of Family Physicians – Practising Well Implementation Group Member, CoP Speaker
- Canadian Medical Association – Honoraria for practice management lectures
- Habitat for Humanity GTA – Board of Directors member
- Toronto Public Health – Board of Directors member

Dr. Nikki Bozinoff @NikkiBozinoff

Relationships with financial sponsors (including honoraria):

- Ontario College of Family Physicians – Practising Well Implementation Group Member, CoP Speaker
- CAMH
- Department of Family and Community Medicine (University of Toronto)
- National Institute on Drug Abuse
- Womenmind
- CIHR
- Academic Health Sciences Alternate Payment Plan

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Potential for conflict(s) of interest:

N/A

Mitigating Potential Bias

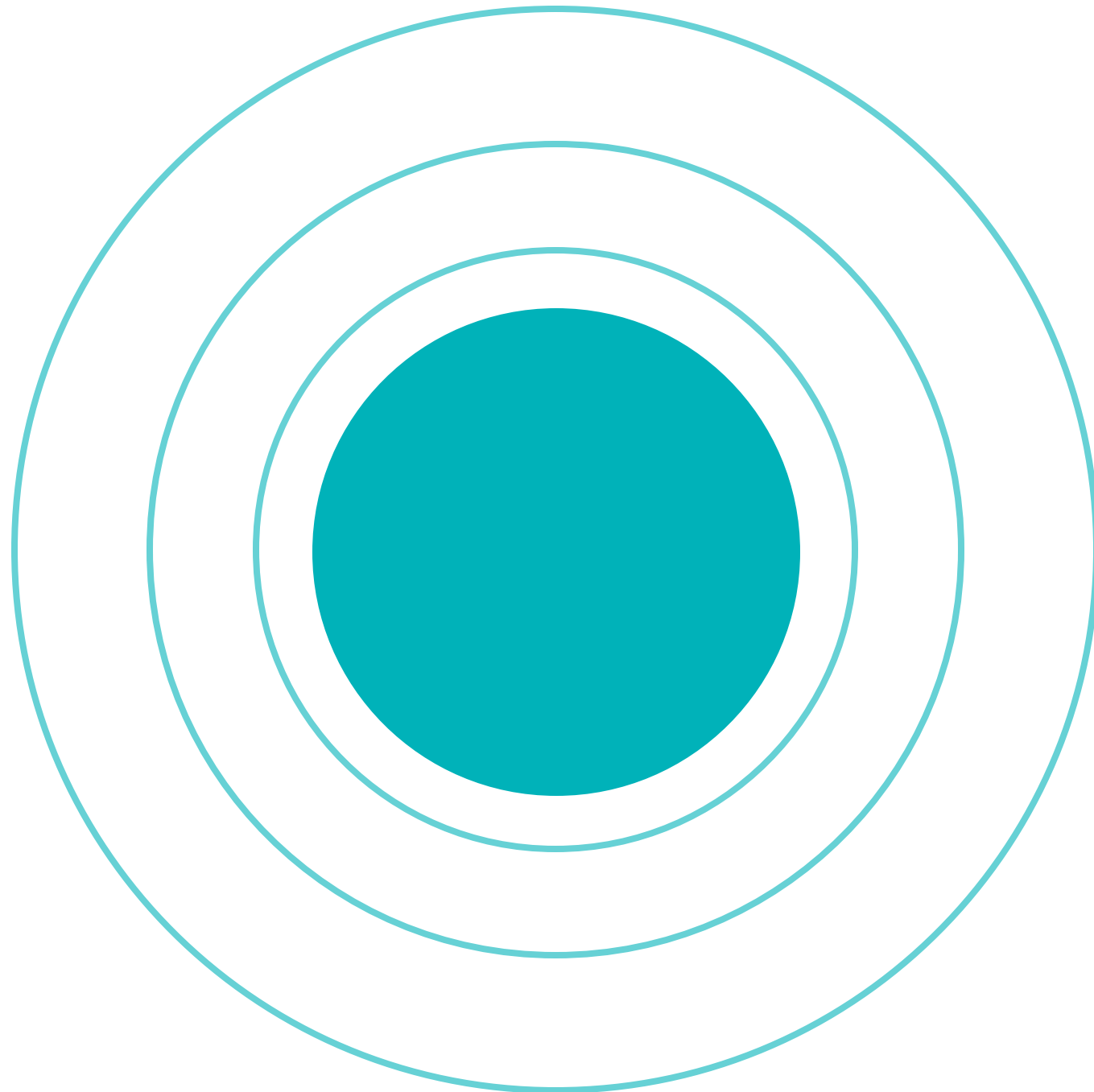
- The Scientific Planning Committee (SPC) has control over the choice of topics and speakers.
- Content has been developed according to the standards and expectations of the Mainpro+ certification program.
- The program content was reviewed by the SPC.

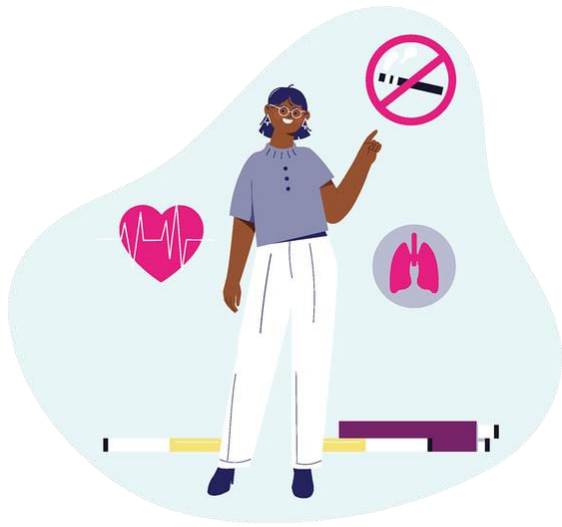
Land Acknowledgement

We acknowledge that the lands on which we are hosting this meeting include the traditional territories of many nations.

The OCFP and DFCM recognizes that the many injustices experienced by the Indigenous Peoples of what we now call Canada continue to affect their health and well-being. The OCFP and DFCM respects that Indigenous people have rich cultural and traditional practices that have been known to improve health outcomes.

I invite all of us to reflect on the territories you are calling in from as we commit ourselves to gaining knowledge; forging a new, culturally safe relationship; and contributing to reconciliation.



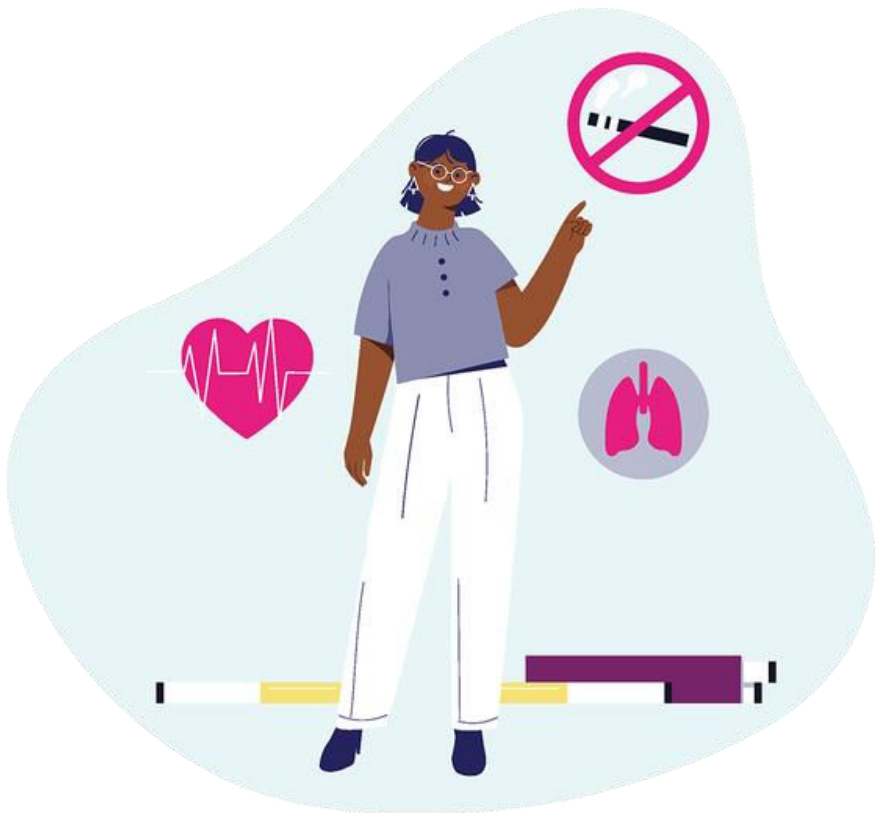


Breaking bad: Strategies and tips to decrease nicotine use

You raised important questions we'll try to work through together today:

1. What are some common misconceptions regarding medicine for smoking cessation and counseling regarding side effects and treatment duration?
2. What are the best treatment and resource options available for healthcare professionals to facilitate prescribing, as well as for patients seeking resources?

And other questions you add in the Q&A box... 



Breaking bad: Strategies and tips to decrease nicotine use

Your Panelists



Dr. Monica Gad

Toronto, ON



Dr. Osnat Melamad

Toronto, ON



Dr. Peter Selby

Toronto, ON

BREAKING BAD: STRATEGIES AND TIPS TO DECREASE NICOTINE USE

Practicing Well – OCFP

June 28, 2023

Monica Gad MD

RELEVANCE

- 1. Tobacco use disorder is a **treatable** chronic relapsing disorder**
- 2. “Tobacco use is the single **most preventable** cause of premature death and disease in Canada”
(Health Canada)**

Behavioral

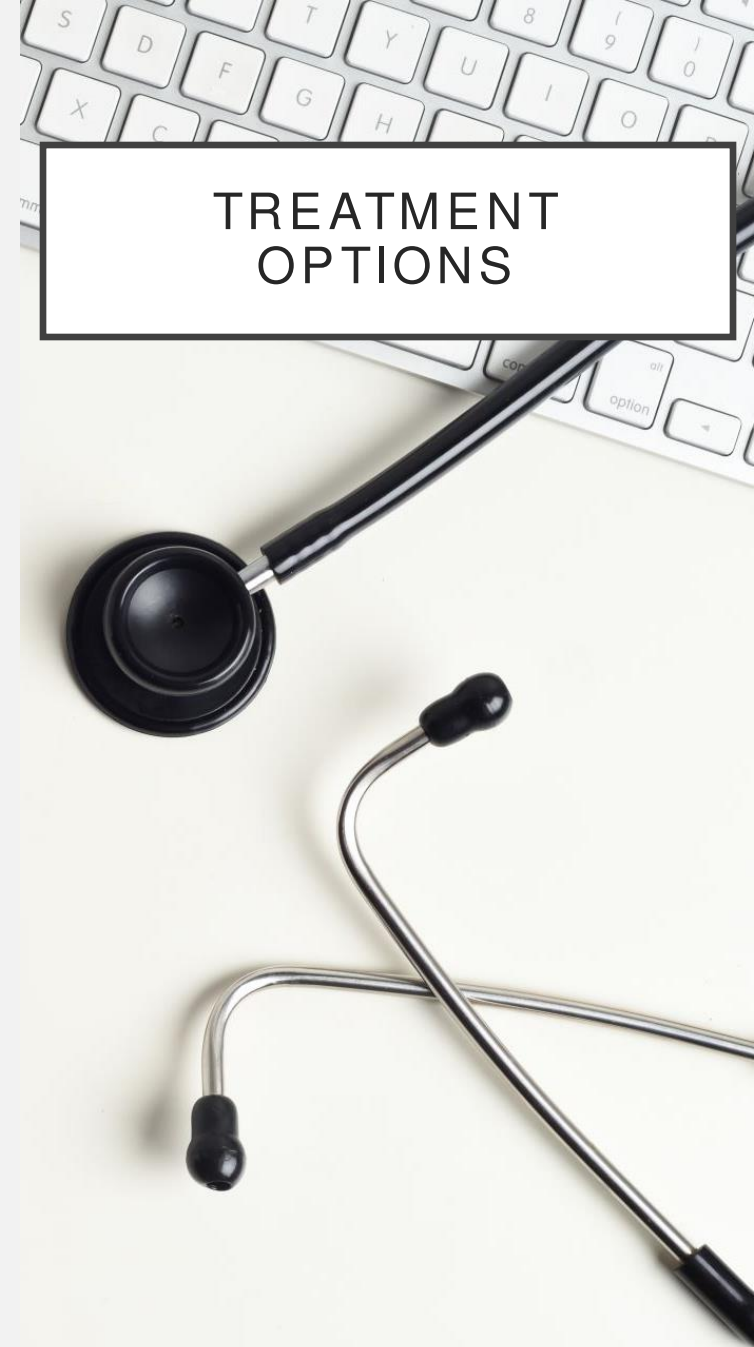
1. Counselling
 - Brief interventions
 - Motivational interviewing
 - CBT
2. Self-help materials
 - My Change Plan app
 - Smoker's Helpline (24/7)
3. Offer follow up



TREATMENT
OPTIONS

Pharmacotherapy

- Purpose:
 1. Treat withdrawal symptoms
 2. Reduce cravings
 3. Reduces risk of relapse
- Options approved for smoking cessation:
 1. Varenicline
 2. Nicotine replacement therapy
 3. Bupropion
 4. Cytisine
 - Cravv: licenced natural health product by Health Canada



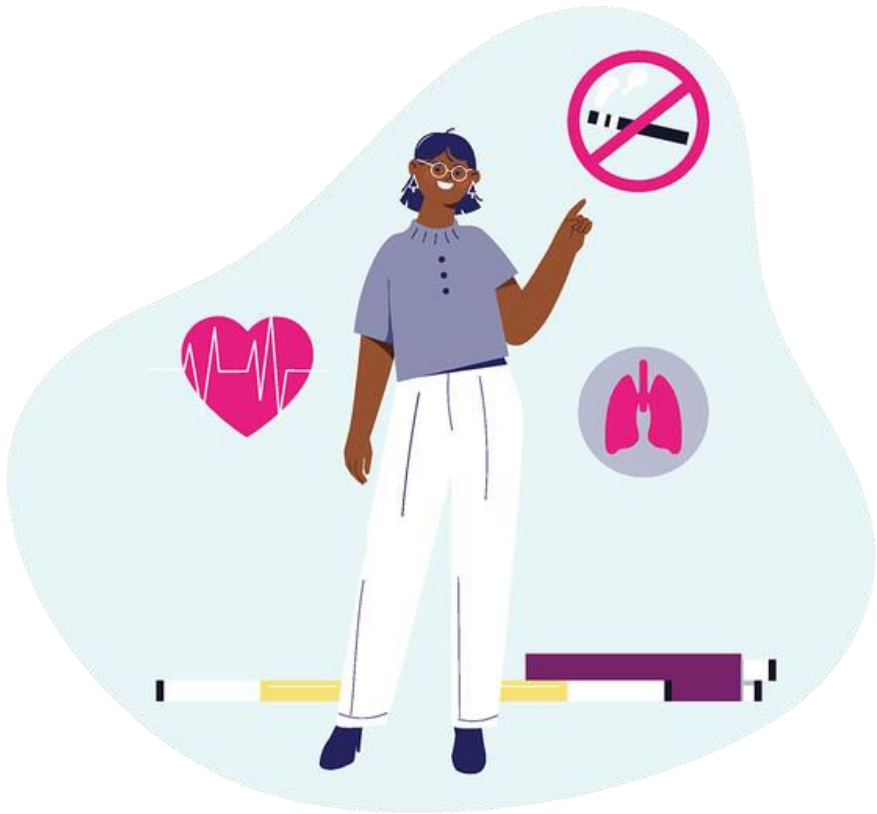
PHARMACOTHERAPY

COMMON PATIENT CONCERNS OR COMPLAINTS

- “Do I have to take the patch off to smoke?”
- “I don’t want to use medications because they’re chemicals”
- Nothing seems to be working...
 - Consider: untreated mental health disorder, untreated substance use disorder

RESOURCES

- CAMH Treatment Algorithm
- CAN-ADAPTT Guideline
- TEACH Courses
- TEACH YouTube Videos



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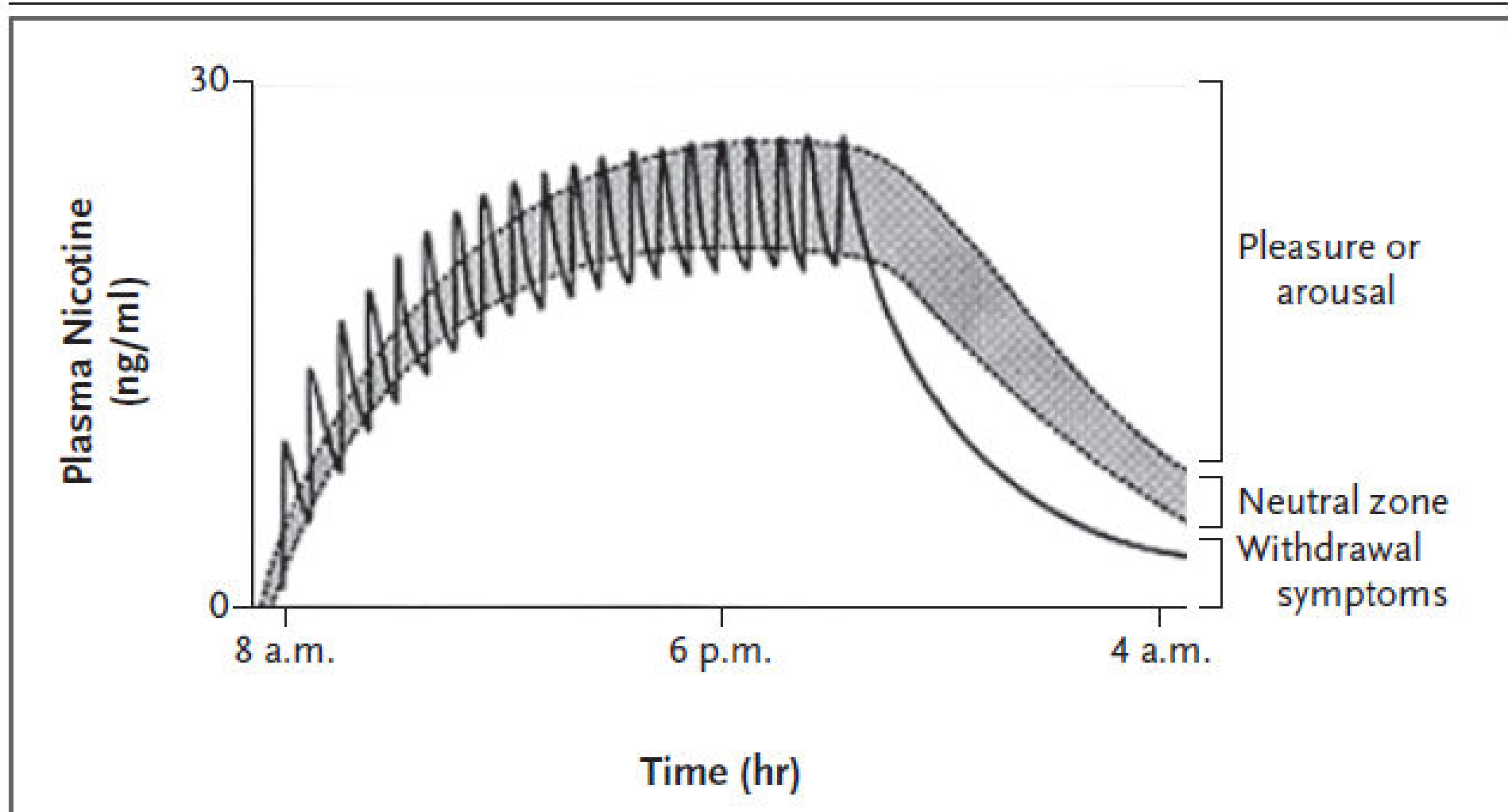
Toronto, ON



Dr. Peter Selby

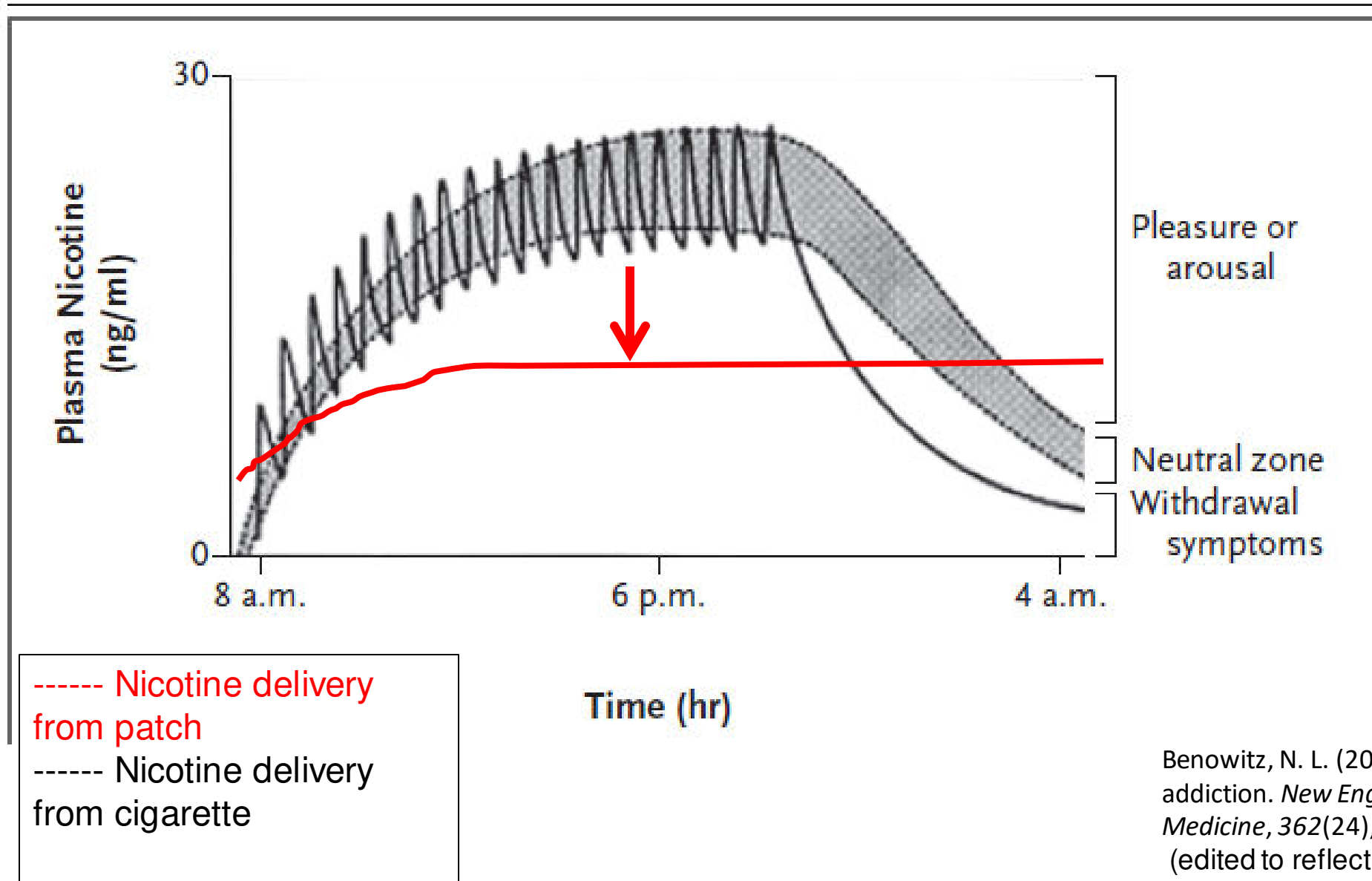
Toronto, ON

Nicotine delivery from cigarettes



Benowitz, N. L. (2010). Nicotine addiction. *New England Journal of Medicine*, 362(24), 2295-2303.

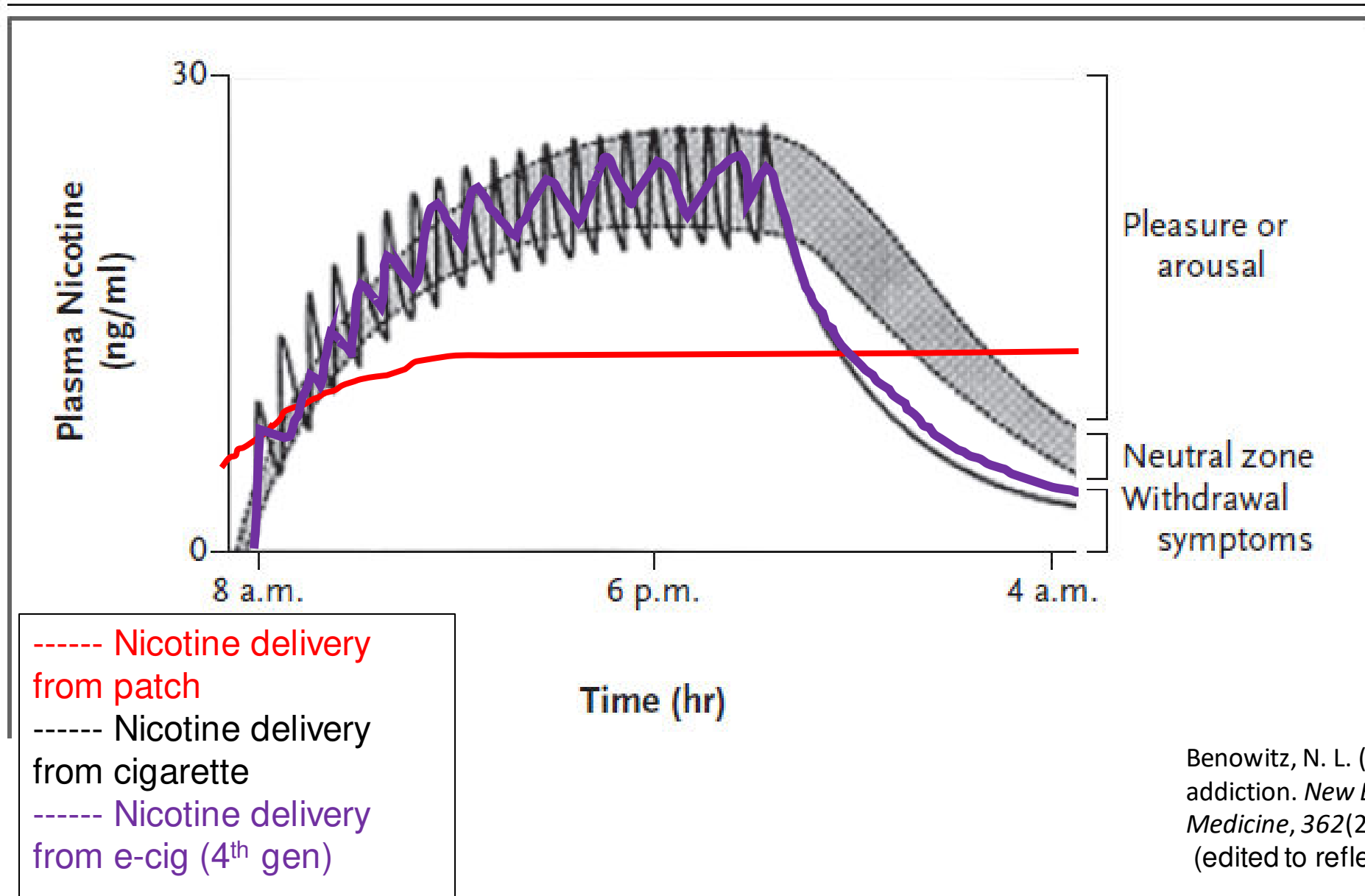
Nicotine delivery: cigarettes vs. patch



e-cigarettes and nicotine delivery

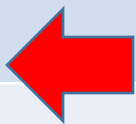


Nicotine delivery: cigarettes vs. patch vs. e-cigarettes



Comparison of toxicants: cigarettes vs. e- cigarettes

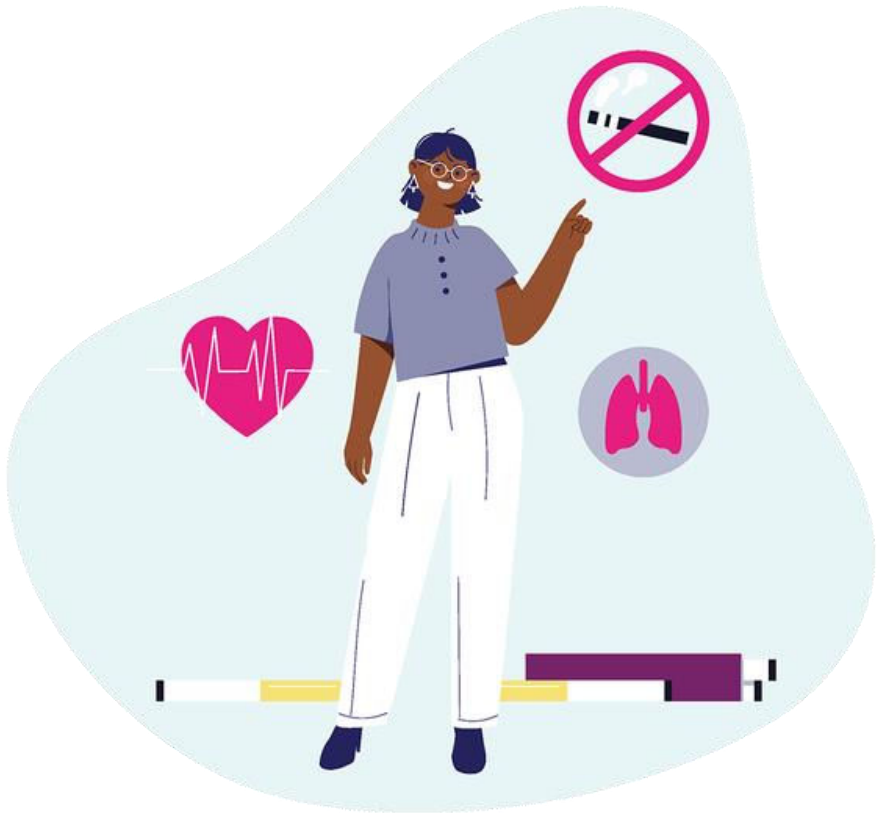
Toxic Compound	Conventional Cigarette (µg)	e-cigarette (µg)	Average Ratio (Cigarettes vs e-cigarette)
Formaldehyde	1.6 - 52	0.20 – 5.61	9
Acetaldehyde	52 - 140	0.11 – 1.36	450
Acrolein	2.4 - 62	0.07 – 4.19	15
Toluene	8.3 - 70	0.02 – 0.63	120
NNN	0.005 – 0.19	0.00008–0.00043	380
NNK	0.012 – 0.11	0.0001 –0.00283	40



NNN: N'-nitrosornicotine

NNK: 4-(methylnitrosoamino)-1-(3-pirydy)-l-butanone

Goniewicz (2014). Levels of selected carcinogens and toxicants in vapour from electronic cigarettes. *Tobacco control*, 23(2), 133-139.



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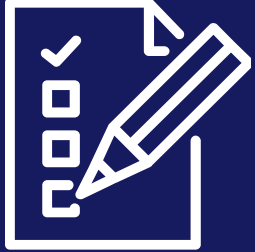


Dr. Peter Selby

Toronto, ON

Resources

Tools



Links to resources shared today will be sent to participants following the session.

Tools and Resources on Navigating Stressful Interactions

Resource	Link
CAMH Pharmacotherapy Algorithm	https://www.nicotinedependenceclinic.com/en/teach/Documents/Pharmacotherapy%20Algorithm%20JAN2018%20updated.pdf
AN-ADAPTT Canadian Smoking Cessation Clinical Practice Guideline	https://www.nicotinedependenceclinic.com/en/canadaptt/PublishingImages/Pages/CAN-ADAPTT-Guidelines/CAN-ADAPTT%20Canadian%20Smoking%20Cessation%20Guideline_website.pdf
TEACH (Training Enhancement in Applied Cessation Counselling and Health) Courses	https://www.nicotinedependenceclinic.com/en/teach
TEACH (Training Enhancement in Applied Cessation Counselling and Health) Videos	https://www.youtube.com/@teachproject
STOP on the Net	https://www.nicotinedependenceclinic.com/en/stop/stop-on-the-net
The Effective Physician: Motivational Interviewing Demonstration	https://www.youtube.com/watch?v=URiKA7CKtfc

Access more **substance use and addiction** tools and resources through the OCFP's **Clinical Tools & Resources repository**.



Access Tools and Resources

Resources

Education



Links to resources shared today will be sent to participants following the session.

Practising Well CoP – Self Learning Program

The Practising Well CoP is now certified for self learning credits!

Earn **1-credit-per-hour** for reviewing the recording and resources from **past CoP sessions**. The self learning program is certified for up to 38 Mainpro+ credits.



For more information and to participate:

<https://www.ontariofamilyphysicians.ca/education-practice-supports/practising-well/practising-well-community-of-practice/practising-well-cop-self-learning-program>

Peer Connect

Enabling you to connect, share and learn from your fellow family physicians.



Mentorship Program - Connect with a Peer Guide!

An opportunity to partner with another family physician, **one-to-one or in a small group**, for support as you **explore clinical complexity and increase your confidence** caring for patients with mental health challenges, substance use, and chronic pain. A focus can be on your well-being as you engage in this challenging work.

<https://www.ontariofamilyphysicians.ca/education-practice-supports/practising-well/peer-connect>

Resources

Supports



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Resources

Supports



OMA Physician Health Program

<https://php.oma.org>

Centre for Addiction and Mental Health
Health Care Provider (HCP) Resource
Site

<http://www.camh.ca/covid19hcw>

CMA Wellness Hub

<https://www.cma.ca/physician-wellness-hub>



- PARO 24/7 Helpline for Residents, Family Members, Medical Students
- 1-866-HELP-DOC



- <https://www.ontario.ca/#support-health-care-worker>
 - Self-led / With peers / Talk to a clinician
- [Ontario Shores Centre for Mental Health Sciences, Whitby](#)
- [St. Joseph's Healthcare, Hamilton](#)
- [The Royal Ottawa Mental Health Centre, Ottawa](#)
- [Waypoint Centre for Mental Health Care, Penetanguishene](#)
- [Centre for Addictions and Mental Health \(CAMH\), Toronto](#)



- ECHO Coping with COVID
 - for health providers (educational credits)
 - Fridays 2-3pm EST
- <https://camh.echoontario.ca/echo-coping-with-covid/>

Support for you and those you care about.

Upcoming Community of Practice

Recognizing and treating pelvic pain in women
with Drs. Marina Abdel Malak, Mathew Leonardi, Rachel Shour

July 26, 2023
8:00am – 9:00am

[Register Now](#)

practisingwell@ocfp.on.ca



This one-credit-per-hour Group Learning program has been certified by the College of Family Physicians of Canada and the Ontario Chapter for up to 1 Mainpro+ credit. The Practising Well Community of Practice includes a series of planned live, interactive sessions. Each session is worth 1 Mainpro+ credits, for up to a total of 12 credits.