

Breaking bad: Strategies and tips to decrease nicotine use

June 28, 2023

The Practising Well Community of Practice (CoP) is an intentional conversation for shared learning hosted by the OCFP in collaboration with the U of T DFCM. The CoP is one component of the **OCFP's Practising Well program**. You can reach us by email at practisingwell@ocfp.on.ca.

Practising Well is designed to support you in providing the best care possible for your patients with their **mental health, substance use disorders and chronic pain**.

General Resources

- Practising Well - <https://www.ontariofamilyphysicians.ca/education-practice-supports/practising-well>
- Peer Connect (mentorship program) - <https://www.ontariofamilyphysicians.ca/education-practice-supports/practising-well/peer-connect>
- Ontario College of Family Physicians - <https://www.ontariofamilyphysicians.ca/>

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