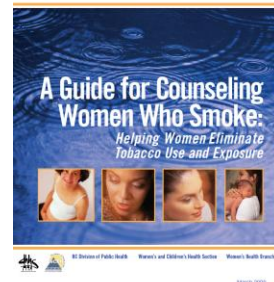


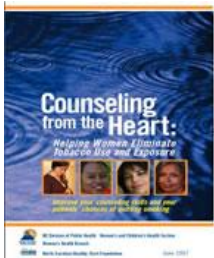
Tobacco Cessation Counseling Training Resources

The Maternal Health, Family Planning, and Child Health Agreement Addenda mandate that patients are counseled for tobacco use and exposure using the 5As method of counseling which is the best practice model recommended in clinical practice. None of the addenda stipulate which training staff must attend. There are a number of web-based programs and products based upon the 5As method of counseling that local staff may access to aid in providing tobacco cessation counseling to their clients.

The *Guide for Counseling Women Who Smoke* is based on the 5A's best practice model, which has been proven to be the most effective approach to counseling. The Guide has sections on Secondhand Smoke, Smokeless Tobacco, Counseling Through the Lifespan, Cultural Perspectives of Counseling, and Pharmacotherapy. The 2008 *Guide for Counseling Women Who Smoke* is available on the Division of Public Health / Women's Health Branch webpage at whb.ncpublichealth.com/provPart/pubmanbro.htm.



A companion piece to the Guide is the *Counseling From the Heart* video. The video reiterates the 5A's method of counseling, identifies smokers' readiness to quit, and provides more tips for counseling through the lifespan. The video can be accessed online at www.nchealthystart.org/Womens%20Health/CounselingHeartVideo.htm



There are a number of web-based tobacco cessation training programs available. A notable program is "*Counseling for Change: An Online Tobacco Cessation Course*" sponsored by Northwest AHEC. The Women's Health Branch worked with Northwest AHEC to update the course to include addressing secondhand smoke, providing more scenarios to depict counseling through the lifespan and linking it directly with the *Guide for Counseling Women Who Smoke*. You may access the course at www.northwestahec.edu. This on-line training is available at no cost without CE credit and \$20 with CE credit.

There are several brochures that are supported by NC DPH /Women's Health Branch in partnership with the NC Healthy Start Foundation. You may access the brochures on-line or order free copies from the NC Healthy Start Foundation www.nchealthystart.org.

Tobacco Cessation Counseling Training Resources

Prenatal Brochure



Secondhand Smoke



This brochure offers helpful tips for avoiding secondhand smoke while pregnant. Ideas for creating a smoke-free home and car after the baby is born are included.

The *You Quit Two Quit Project* is an excellent site for postpartum tobacco cessation counseling materials and support. The project is funded by the North Carolina Health and Wellness Trust Fund and implemented by the UNC Center for Maternal and Infant. This postpartum booklet offers helpful tips for new mothers about staying quit.



Below are other resources that local staff may avail to assist in tobacco cessation counseling.

- NC Tobacco Use Quitline - 1-800-QUIT-NOW (1-800-784-8669). Available 8 a.m. - 3 a.m., 7 days a week. www.quitlinenc.com
- NC Tobacco Use Quitline Fax Referral Form - www.quitnownc.org/pdfs/finalfaxform.pdf
- Become an Ex - <http://www.becomeanex.org/>
- www.Minutetoask.com
- NC Tobacco Prevention and Control Branch: www.tobaccopreventionandcontrol.ncdhhs.gov/cessation/pros.htm