



Paul R. LePage, Governor

Mary C. Mayhew, Commissioner

## On-Site Tobacco Treatment Training for Oncology Clinics

The MaineHealth Center for Tobacco Independence Clinical Outreach Program, on behalf of the Maine CDC Partnership for a Tobacco-Free Maine, offers free, one-hour educational sessions to healthcare providers and staff throughout Maine. Continuing education credits are available for most presentations.

### Topics for the training include:

- Rationale for brief tobacco treatment
- The 5 A's Model for tobacco intervention
- Practice-wide system strategies for more effective tobacco treatment
- Resources and referral to the Maine Tobacco HelpLine

Talking about tobacco use with patients may be difficult at times. Learning more about nicotine dependence and effective evidence-based treatment prepares the clinician for more meaningful interaction. Our trainings provide clinicians with tools that can help patients implement a smoking cessation plan. Cessation prior to initiation of oncology treatments can have a positive impact on prognosis and survival including:

- Improved surgical outcomes<sup>1</sup>
- Lowered risk of complications from anesthesia<sup>1</sup>
- Improved treatment efficacy<sup>2</sup>
- Fewer adverse complications with treatment medications<sup>3</sup>
- Improved appetite<sup>4,5,6</sup>
- Improved long term survival<sup>4,5,6</sup>

1. Moller & Villebro, 2006; 2. Browman et al., 1993, NEJM 328, 159-63; 3. Zevin & Benowitz, 1999; 4. Schroeder, JAMA, 2005; 5. Gritz et al., Cancer 2006; 6. Daniel et al, J Pain 10:323-328, 2008

**To schedule an in-service, please contact Linda Craig, Program Coordinator,  
by phone at (207) 662-7150 or email at [craigl@mainehealth.org](mailto:craigl@mainehealth.org)**

*MaineHealth Center for Tobacco Independence*