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includes 1.25 NURSING CE<sup>s</sup>\*

# Helping Patients Quit Tobacco

*Nearly 1 in 5 deaths in the United States is smoking related. But despite the known dangers, quitting tobacco can be extremely difficult. Nicotine is highly addictive, and most people who want to quit need help. In this 75-minute interactive online course from Edisco by Quality Insights, you'll learn how to support your patients' efforts to quit tobacco and improve their chances for success.*

This course explores how tobacco use affects the body—especially the cardiovascular system—and illustrates evidence-based behavioral and pharmaceutical approaches to cessation. Course materials include several supportive tools and resources to assist your patient education efforts, including how to create a cessation plan.

*Quality Insights has no conflicts of interest in the development of this course content.*

## Recommended Audience:

The information in this course is appropriate for nurses and other healthcare providers.

## Learning Objectives:

- Identify three (3) key points that can open up dialogue with patients related to smoking cessation
- Describe how to apply different patient tools within a clinical visit

## Course Requirements:

- Watch several short videos
- Participate in several online activities
- Pass a final knowledge check with a score of 80% or better
- Complete an evaluation

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\* This continuing nursing education activity was approved by the Alabama State Nurses Association, an accredited approver of continuing nursing professional development by the American Nurses Credentialing Center's Commission on Accreditation (ANCC).