



## ABOUT GSAHEC

Gulfcoast South Area Health Education Center, Inc. (GSAHEC) is a not for profit organization affiliated with the USF AHEC Program.

Established in 1995, GSAHEC serves Charlotte, DeSoto, Manatee and Sarasota Counties. We inspire, train, recruit and retain a diverse and broad range of health professionals to practice in communities where the need is greatest.

GSAHEC is part of the Florida AHEC Network which includes five AHEC programs at each of the state's five medical schools and 10 centers covering all 67 counties in Florida.

During the FY 07-08 Florida Legislature session, the Florida AHEC Network was awarded funding to educate health profession students and health care professionals on the dangers of tobacco and to develop cessation programs for users who want to quit.

The AHEC Tobacco Training and Cessation (A.T.T.A.C.) program was developed and implemented in collaboration with our community and academic partners.

Please contact us for more information.

### Gulfcoast South AHEC, Inc.

2201 Cantu Ct. Suite 220

Sarasota, FL 34232

(P) 941-552-1280

(F) 941-552-5655

www.gsahec.org



## ACCREDITATION

**Physicians:** This activity has been planned and implemented in accordance with the Essential Areas and Policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint sponsorship of USF Health, Gulfcoast South AHEC, Inc., and the State of Florida, Department of Health. USF Health designates this educational activity for a maximum of **1.5 AMA PRA Category 1 Credits™**. Physicians should only claim credit commensurate with the extent of their participation in the activity. Program number CB2009181.

**Nursing:** Gulfcoast South Area Health Education Center, Inc. is a Florida Board of Nursing approved provider (CE Broker # 20-840) of continuing nursing education. This program meets the requirements for **1.5** contact hours.

**Mental Health:** Gulfcoast North Area Health Education Center, Inc. is a Florida Board of Clinical Social Work, Marriage and Family Therapy, and Mental Health Counseling approved provider (CE Broker # 20-839) of continuing nursing education. This program meets the requirements for **1.5** contact hours.

**Dietitians:** This program had been approved by the Commission on Dietetic Registration for **1.5** CPE - Category 2 Continuing Professional Education units.



## ACCESSIBILITY

*Accommodations for Disabilities: Please notify GSAHEC at (941) 361-6602 a minimum of ten (10) working days in advance of the event if a reasonable accommodation for a disability is needed.*

*Events, activities and facilities of the University of South Florida are available without regard to race, color, sex, national origin, disability, age, or Vietnam veteran status as provided by law and in accordance with the University's respect for personal dignity.*

# A.T.T.A.C.

## AHEC Tobacco Training And Cessation

*Serving the counties of Charlotte, DeSoto,  
Manatee and Sarasota*

## Treating Tobacco Use and Dependence: Get with the Guidelines!

**A 90-minute complimentary  
educational seminar for health  
care providers**

Presented by

**Deirdre Dingman, MPH, CHES, Certified  
Tobacco Treatment Specialist**

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## PROGRAM DESCRIPTION

Tobacco use is a chronic disease condition that impacts all aspects of patient care. Individual treatment outcomes can be improved if you ***Get with the Guidelines!***

"Cigarette smoking is...the chief, preventable cause of death in our society" (C.E. Koop). 430,000 deaths per year can be attributed to tobacco use nationwide. Over 2 million adult Floridians use tobacco; 70% of smokers say they want to quit.

The U.S. Department of Health and Human Services recommends that all health care providers treat tobacco dependence in their practices. **A minimal intervention lasting three minutes or less can have a significant impact on smoking cessation rates.**

Though the Public Health Services Clinical Practice Guidelines have been available for ten years, recent research shows that the guidelines have not been broadly adopted. According to a recent survey published in JAMA, only 21% of practicing physicians say that they have received adequate training to aid their patients in quitting tobacco. We are here to help you help them.

GSAHEC's A.T.T.A.C. program is your local resource for training on tobacco dependence treatment, and cessation services. You will learn about the components of tobacco and tobacco smoke, the primary health effects and illnesses related to tobacco use, intervention strategies and pharmacotherapy options.



## COURSE OBJECTIVES

Upon completion, participants should be able to:

- Recognize and treat tobacco dependence as a chronic disease
- Deliver brief, effective interventions to patients willing to quit tobacco using the "5A's"
- Utilize the Stages of Change model and deliver brief, motivational interventions to patients unwilling to quit tobacco use at that time
- Prescribe FDA approved pharmacotherapies useful in tobacco cessation
- Refer tobacco users to cessation resources



## SAMPLE AGENDA

**11:30 A.M. — 12:00 P.M.**

Registration, Welcome and Introduction

**12:00 P.M. — 1:30 P.M.**

Overview of A.T.T.A.C. Program

Ingredients in Tobacco

Medical Consequence of Tobacco Use

Nicotine Addiction

Major Steps of Intervention

Stages of Change & Motivational Interviewing

Pharmacotherapy

Referral Methods and Process

Review and Questions

**1:30 P.M.**

Conclusion and Evaluation



## TARGET AUDIENCE

Physicians, physician assistants, nurses, nutritionists, care coordinators, mental health and social workers, and other health care professionals. No prerequisite knowledge is required.



## REGISTRATION

Contact Deirdre Dingman at 941-552-1280 ext. 23 or [ddingman@health.usf.edu](mailto:ddingman@health.usf.edu) to schedule your free training.



## ABOUT YOUR TRAINER

**Deirdre Ann Dingman, MPH, CHES, CTTS**



Deirdre is a Tobacco Cessation Specialist at Gulfcoast South AHEC. In this role, she works to educate and support clients and providers in the medically underserved communities in Charlotte, Desoto, Manatee and Sarasota counties.

Deirdre holds a BS in Social Work as well as a graduate degree in Public Health Education, both from the University of North Carolina at Greensboro. She is a Certified Health Education Specialist as well as a Certified Tobacco Treatment Specialist. Her focus is on tobacco cessation, obesity prevention and the prevention of the chronic diseases to which they both contribute.