

## Changing the Conversation About Tobacco A Health Systems Change Jump-Start Program

### *Free offering for clinics and health systems*

Do you wish there was something new to try to help achieve optimal care for your diabetes and ischemic vascular patients? Do you cringe at the thought of asking the question, “Do you smoke?” every time you do an intake? Does supporting your patients who use tobacco feel like an impossible task (or dream)?

### *We can help you change the conversation!*

The Tobacco Health Systems Change Jump Start Program encourages your providers and staff to re-engage in tobacco cessation work by thinking about what they can do to support patients and to get them talking about the quit process. We are offering two short sessions, facilitated by experts:

1. **Medication and Nicotine Replacement Therapy Education (30-60 minutes):** An expert (physician or pharmacist) from the Twin Cities Medical Society’s Physician Advocacy Network will present the latest information on cessation medication and nicotine replacement therapy (NRT) options. Following this talk, your providers will have a chance to ask questions and discuss their approaches to helping patients quit.

**Who should attend:** Providers who prescribe, RNs and health coaches.

2. **How to Talk About Tobacco Without Lighting a Fire (30-60 minutes):**  
We’ve created a new approach for talking to patients about tobacco. Moving beyond just asking patients if they smoke, we use Motivational Interviewing techniques to help patients think about quitting in a whole new way. This simple scripting exercise is sure to provide ideas and tips for overcoming your conversational sticking points.

**Who should attend:** Anyone who talks to patients about tobacco.

### **Why focus on tobacco when there are so many other important topics?**

- Tobacco use is the leading cause of preventable illness and death in the United States
- Being tobacco-free is an important factor for optimal care of your diabetic and ischemic vascular disease patients

### **Questions? Contact:**

To learn more about how to jump-start the tobacco conversation at your clinic, please contact Sarah Horst Evans at [sevens@icsi.org](mailto:sevens@icsi.org).