

Objectives: Smoking Cessation

At the completion of this seminar, the resident will be able to:

1. Understand and explain the physical, psychosocial, and financial costs to smoking.
2. Understand the various forms of smoking and nicotine (including cigarettes, cigars, vaping, chewing tobacco, hookah).
3. Take a proper smoking history.
4. Implement a behaviour change strategy for smoking cessation recognizing the stages of change.
5. Appropriately counsel about and prescribe pharmacologic aids to smoking cessation including both nicotine replacement therapies and non-nicotine therapies.