Cessation resources

Here are a variety of training resources for providers and staff for helping smokers reach their smoking cessation goals.

Smoking. It is harmful. Image by Pixabay.

To view, click on bullet entry below or scroll down.

- Provider and Staff training videos
- Links to website resource for providers and patient

These You tube videos provide information on the importance of smoking cessation, medication therapies, delivering the 5A's and motivational interviewing. Two are from the University of California focusing on the 5A's, therapies and medications. The other set are more general videos on the need for smoking cessation and medication recommendations. Training time invested in watching a couple of these videos is a wise investment for later, to assure that the counseling delivery for smoking cessation is as effective as possible.

Provider and Staff (You tube) training videos

UC QUITS webinar, every smoker, every encounter The 5A's of Tobacco Cessation 15.02 minutes https://www.youtube.com/watch?v=5LoEOcFY2GQ [1]

UC QUITS webinar, every smoker, every encounter Medications for Smoking cessation 38.17 minutes https://www.youtube.com/watch?v=IX019E7mGn0 [2]

Smoking Cessation Part 1 Preparing to quit 6.54 minutes (by UNC) https://www.youtube.com/watch?v=8abFd0ORgTU [3]
Smoking Cessation Part 2: The medications 6.07 minutes (by UNC)
https://www.youtube.com/watch?v=9UhkPMmKyHg

Motivational Interviewing (MI) for Addictions Video 5.35 minutes:
https://www.youtube.com/watch?v=EvLquWI8aqc

Motivational Interviewing (MI) with William Miller Video 4.00 minutes?
https://www.youtube.com/watch?v=cj1BDPBE6Wk

WEBSITE RESOURCE LINKS


Also available in Spanish at https://espanol.smokefree.gov/ [8]

From the Centers for Disease Control and Prevention. Provides resources for making a plan to quit and getting support https://www.cdc.gov/tobacco/quit_smoking/index.htm [9]

From the American Lung Association. Provides resources on the benefits of quitting, how to quit, and where to get more help. http://www.lung.org/stop-smoking/ [10]


<table>
<thead>
<tr>
<th>HEALTH CARE STAFF Tour</th>
<th>ADMINISTRATIVE STAFF Tour</th>
</tr>
</thead>
<tbody>
<tr>
<td>Step 1 The 5A’s and CF-5A’s [13]</td>
<td>Step 1 The 5A’s and CF-5A’s [13]</td>
</tr>
<tr>
<td>Step 2 Advantages of using the CF-5A’s [14]</td>
<td>Step 2 Advantages of using the CF-5A’s [14]</td>
</tr>
<tr>
<td>Step 4 Research, testing &amp; success [16]</td>
<td>Step 4 Research, testing &amp; success [16]</td>
</tr>
</tbody>
</table>
**Step 5 of 7 Cessation resources [17]** | **Step 5 of 6 Cessation resources [17]** |
Next step 6 Measuring implementation success [18] | Next & final step 6 Measuring implementation success [18] |
Step 7 Clinic Readiness Assessment [19] | |

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**Source URL:** https://5as.ucsf.edu/cessation-resources

**Links**
[1] https://www.youtube.com/watch?v=5LoEOcFY2GQ
[2] https://www.youtube.com/watch?v=IX019E7mGn0
[3] https://www.youtube.com/watch?v=8abFd0ORgTU
[4] https://www.youtube.com/watch?v=9UhkPMmKyHg
[5] https://www.youtube.com/watch?v=EvLquWI8aqc
[6] https://www.youtube.com/watch?v=cj1BDPBE6Wk
[8] https://espanol.smokefree.gov/
[13] https://5as.ucsf.edu/article/5as-and-cf-5as
[14] https://5as.ucsf.edu/advantages-using-cf-5as
[15] https://5as.ucsf.edu/article/clinical-significance