

FREE SMOKING CESSATION CONTINUING EDUCATION PROGRAM

Do you cAARd?

Ask every patient, every visit if they use tobacco
Advise tobacco users to quit
Refer to quitline for cessation services
1- 800- QUIT NOW



The California Diabetes Program and partners have developed an online education program.

This free online self-study education program includes:

- Information on the effects of tobacco and nicotine
- The physiology of smoking – especially for people with diabetes and cardiovascular disease
- Clinical guidelines for tobacco cessation
- The Ask Advise Refer intervention for tobacco cessation
- Information on cessation pharmacotherapy
- Tools and resources

This program provides information on smoking cessation quitlines that offer telephone counseling, featuring the California Smokers' Helpline – 1-800 NO BUTTS and the national **1-800-QUIT NOW** number.

Anyone can participate in this program, take the exam and get a certificate. It is a great resource to learn about tobacco cessation and the resources to help people quit.

This online self-study program **provides free continuing education units (CEU)** for registered nurses, registered dietitians, and pharmacists.

Go to the front page on DIRC: <http://www.caldiabetes.org>

Find the **Quick Link** for **Smoking Cessation Continuing Education Program**

For information or questions please contact the California Diabetes Program at:

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