

Tools/Resources

Contribute a Tool/Resource

Resource	Details
5 A's Tools	<ul style="list-style-type: none"> • PREGNETS: The 5A's Tool • Ontario Medical Association: Clinical Tobacco Intervention: Smoking Cessation Guideline Flow Sheet • TRac (Tobacco Reduction and Cessation) Safety Sensitive Algorithm
AlbertaQuits.ca	<ul style="list-style-type: none"> • Comprehensive online quit smoking service with access to counselling, self-assessments, medication guide, international community, and forums
Centre for Addiction and Mental Health (CAMH) Nicotine Dependence Clinic	<ul style="list-style-type: none"> • This clinic offers service to smokers and tobacco users who want to quit or reduce their tobacco use. It also provides specialized treatment services for smokers who are pregnant and for people with other substance use issues, chronic mental illness and serious health concerns.
Cost of smoking calculator (Canadian Cancer Society)	<ul style="list-style-type: none"> • Online tool to calculate the cost of smoking.
Decisional Balance Sheet	<ul style="list-style-type: none"> • A tool designed to facilitate a discussion between care providers and patients/clients about the pros and cons of substance use.
Fagerström Test for Nicotine Dependence	<ul style="list-style-type: none"> • A validated tool for assessing initial dosing of NRT patches.
Motivational Interviewing Website	<ul style="list-style-type: none"> • These pages provide background information on the practice of Motivational Interviewing.
On the Road to Quitting: Guide to becoming a non-smoker	<ul style="list-style-type: none"> • This guide will help individuals prepare and take action to successfully stop smoking.
One Step at a time Series (Canadian Cancer Society)	<ul style="list-style-type: none"> • For smokers who want to quit (English/French) • For smokers who don't want to quit (English/French) • If you want to help a smoker quit (English/French)
Ontario Tobacco Research Unit Online Course – Cessation Module	<ul style="list-style-type: none"> • Free online course • Cessation module deals with the complexities of quitting smoking, the roles that nicotine addiction and motivation play in the quitting process, and best practices for smoking cessation.
Partnership to Assist with Cessation of Tobacco	<ul style="list-style-type: none"> • Smoking cessation workshops provided free of charge to groups, facilities and health regions with funding from Saskatchewan Health.

<u>(PACT)</u>	
<u>Program Training and Consultation Centre (PTCC)</u>	<ul style="list-style-type: none"> • Online information and training on brief tobacco interventions for health professionals Variety of minimal contact tobacco trainings available. Free of charge.
<u>Q.U.I.T.: Quit Using and Inhaling Tobacco</u>	<ul style="list-style-type: none"> • Canadian Pharmacists Association resource. • Q.U.I.T. is a continuing education program, available in both live and online formats, that trains pharmacists to expand their role in patient care and offer smoking cessation services in their pharmacy.
Smokers' Helpline Online	<ul style="list-style-type: none"> • <u>Alberta</u> <ul style="list-style-type: none"> • 1-866-332-2322 (English) • <u>Fax Referral form</u> • <u>British Columbia</u> <ul style="list-style-type: none"> ○ 1-877-455-2233 (English, French + 121 other languages) ○ <u>QuitNow.ca</u> <ul style="list-style-type: none"> ▪ <u>Fax Referral form</u> ▪ <u>Helping Women Quit Guide</u> • <u>Manitoba</u> <ul style="list-style-type: none"> • 1-877-513-5333 (English, French) • <u>Fax Referral form</u> • <u>Newfoundland and Labrador</u> <ul style="list-style-type: none"> • 1-800-363-5864 (English) • <u>CARE program</u> (Community Action and Referral Effort) and <u>fax referral form</u> • <u>New Brunswick</u> <ul style="list-style-type: none"> • 1-877-513-5333 (English, French) • <u>Fax Referral program and form</u> • <u>Personalized Quit Plan: Tear Off Pads</u> • Northwest Territories <ul style="list-style-type: none"> • 1-866-286-5099 • <u>Nova Scotia</u> <ul style="list-style-type: none"> • 1-877-513-5333 (English, French) • <u>Fax Referral form</u> • Nunavut <ul style="list-style-type: none"> • 1-866-368-7848 • <u>Ontario</u> <ul style="list-style-type: none"> • 1-877-513-5333 (English, French, Interpreter service) • <u>Fax Referral form</u> • <u>PEI</u> <ul style="list-style-type: none"> • 1-877-513-5333 (English, French) • <u>Fax Referral form</u> • <u>Quebec</u> <ul style="list-style-type: none"> • 1-866-527-7383 (French, English) • <u>Saskatchewan</u> <ul style="list-style-type: none"> • 1-877-513-5333 (English, French) • <u>Fax Referral form</u> • Yukon <ul style="list-style-type: none"> • 1-877-513-5333

<p><u>Smoking Diary</u></p>	<ul style="list-style-type: none"> • A tool for tracking ongoing smoking when patients/clients are attempting to reduce or quit smoking. The tool is intended to enhance patients' awareness of their smoking behaviour.
<p><u>Stages of Change diagram</u></p>	<ul style="list-style-type: none"> • Diagram illustrating Prochaska and DiClemente's Stages of Change Model
<p><u>TEACH (Training Enhancement in Applied Cessation Counselling and Health) Program</u></p>	<ul style="list-style-type: none"> • TEACH is geared toward training health care professionals providing counselling services to tobacco users. The program is designed to enhance knowledge and skills in the delivery of intensive tobacco cessation interventions, including detection and treatment of people with concurrent tobacco dependence and mental health and/or addictive disorders and motivational interviewing. • Training program for health care professionals on tobacco cessation interventions
<p><u>TRaC (Tobacco Reduction & Cessation) training</u></p>	<ul style="list-style-type: none"> • Training to help build capacity of health professionals in providing smoking cessation treatment