



West Virginia University®

WVU School of Dentistry  
in cooperation with the

Office of Interprofessional Education and  
Office of Continuing Education

presents:

## A Certified Tobacco Treatment Training Program (CTTTP)

### THREE-DAY COURSE

Wednesday, May 15, 2019

Thursday, May 16, 2019

Friday, May 17, 2019

West Virginia University Health Sciences Center (WVU HSC)  
One Medical Center Drive  
Morgantown, WV

West Virginia University School of Dentistry in cooperation with the Health Sciences Center Office of Interprofessional Education is one of 19 nationally and internationally Tobacco Treatment Training Programs certified by the Council for Tobacco Treatment Training Programs (CTTTP).

Professionals in the fields of medicine, dentistry, social work, pharmacy, nursing and public health will present evidence-based strategies to assist patients and clients interested in tobacco cessation.

A new National Certificate in Tobacco Treatment Practice is on the horizon through a collaborative effort among the Association for Tobacco Use and Dependence (ATTUD), the Council for Tobacco Treatment Training Programs (CTTTP), and the Association for Addiction Professionals (NAADAC).

**One requirement for achieving national certification includes the successful completion of an accredited training program such as the WVU CTTTP.**

### COURSE DESCRIPTION

Throughout the Tobacco Treatment Training Program, lectures, role-playing and case presentations will be utilized to discuss pharmacological and counseling interventions with patients interested in tobacco cessation. The case presentations will involve patients with relatively healthy medical conditions to patients having multiple medical problems. Alternative methods such as the electronic cigarette, smokeless tobacco and more recent products will be discussed. This three-day course provides continuing education for multiple health care providers.



## **TARGET AUDIENCE**

This course is recommended for physicians, physician assistants, dentists, dental hygienists, nurse practitioners, nurses, pharmacists, social workers, respiratory therapists and other health care providers who encounter tobacco using patients/clients.

## **CONTINUING EDUCATION APPROVAL**

Physicians: 24.5 hours

Nurses: 29.3 contact hours

Nurse Pharmacology: 7.2 hours

Dentists and Hygienists: 24.5 ADA CERP credits

Pharmacists: 24.5 contact hours

Social Workers: 24.5 hours

Respiratory Therapists: 29.3 CEUs

## **LOCATION**

West Virginia University Health Sciences Center

North Rooms 2940 A&B

One Medical Center Drive Morgantown, WV

Resources to plan your stay and visit in Morgantown:

<http://www.tourmorgantown.com/>

## **REGISTRATION**

Please submit your online registration and credit card payment at: <http://ce.wvu.edu/tobacco-treatment/> or complete the attached registration to the WVU Office of CE along with your check payment.

## **CANCELLATIONS**

If you are unable to attend the conference after you have registered, you must notify us by the end of the business day on April 15, 2019 to receive a full refund. After April 15, 2019 a refund minus a \$100.00 non-refundable deposit/registration fee will be charged. No refunds for conference fees will be made after the close of business day on May 13, 2019.

## **ADDITIONAL INFORMATION**

For more information on the content of this course, please contact Dr. Susan Morgan at [smorgan@hsc.wvu.edu](mailto:smorgan@hsc.wvu.edu) or 304-293-1154. For registration information on this or other upcoming CE conferences, contact the WVU Office of CE at 304-293-3937, visit our web site at [ce.wvu.edu](http://ce.wvu.edu) or e-mail us at [ce@wvu.edu](mailto:ce@wvu.edu).

## **COURSE OBJECTIVES**

**Following this course, participants should be able to:**

### **1. Tobacco Dependence Knowledge and**

**Education:** *State clear and accurate information about tobacco use, strategies for quitting, the scope of the health impact on the population, the causes and consequences of tobacco use.*

**2. Counseling Skills:** *Demonstrate effective application of counseling theories and strategies to establish a collaborative relationship, and to facilitate client involvement in treatment and commitment to change*

**3. Assessment Interview:** *Conduct an assessment interview to obtain comprehensive and accurate data needed for treatment planning.*

**4. Treatment Planning:** *Demonstrate the ability to develop an individualized treatment plan using evidence-based treatment strategies.*

**5. Pharmacotherapy:** *State clear and accurate information about pharmacotherapy options available and their therapeutic use.*

**6. Relapse Prevention:** *Offer methods to reduce relapse and discuss ongoing support for persons with tobacco dependence.*

**7. Diversity and Specific Health Issues:** *Demonstrate competence in working with population subgroups and those who have specific health issues.*

**8. Documentation and Evaluation:** *Describe and use methods for tracking individual progress, record keeping, program documentation, outcome measurement and reporting.*

**9. Professional Resources:** *Utilize resources available for client support and for professional education or consultation.*

**10. Law and Ethics:** *Consistently use a code of ethics and adhere to government regulations specific to the health care or worksite setting.*

**11. Professional Development:** *Assume responsibility for continued professional development and contribute to the development of others.*

## PROGRAM SCHEDULE

### Wednesday May 15, 2019 – Optional One Day Attendance\* *does not include exam certification*

COFFEE AND BEVERAGES PROVIDED

- 7:45 am Introduction
- 8:00 am Impact of Tobacco on WV and participants' represented states
- 8:20 am Impact of Tobacco on USA
- 8:40 am Nicotine Addiction/ Evidence Based Strategies for Quitting
- 10:00 am Break
- 10:10 am Tobacco Cessation Pharmacotherapy
- 12:10 pm LUNCH PROVIDED
- 12:40 pm Tobacco Cessation Pharmacotherapy
- 2:40 pm Break
- 2:50 pm Counseling Skill/ Motivational Interviewing/ Group Therapy
- 4:50 pm WELCOME RECEPTION
- 6:00 pm Evening Free

### Thursday May 16, 2019

COFFEE AND BEVERAGES PROVIDED

- 8:00 am Counseling Skills (MI and Group Counseling Break out –Role Play)
- 10:00 am Break
- 10:10 am Counseling Skills (MI and Group Counseling Break out –Role Play)
- 11:10 am Treatment Planning/ Group Discussion (Case studies: “Patrick”, “June”, “Mary” and “Rosemary”)
- 12:10 pm LUNCH PROVIDED
- 12:40 pm Treatment Planning/ Role Play of Jake
- 1:40 pm Break
- 1:50 pm Relapse Prevention (Relapse case studies: “Patrick”, “June”, “Mary” and “Rosemary”)
- 3:50 pm Assessment Interview
- 4:50 pm Adjourn

### Friday May 17, 2019

COFFEE AND BEVERAGES PROVIDED

- 8:00 am Assessment Interview – Medical History, Assessment Tools, Barriers & Strategies in Health Care System
- 10:00 am Break
- 10:10 am Diversity & Specific Health Issues
- 12:10 pm LUNCH PROVIDED
- 12:40 pm Documentation & Evaluation/ standard electronic record
- 1:40 pm Professional Development (Valid Research Topic)
- 2:40 pm Break
- 2:50 pm Professional Resources and Law and Ethics (Existing Tobacco Cessation Websites)
- 4:50 pm Wrap-Up – Review for Examination
- 5:15 pm Examination
- 6:30 pm Course Concludes

**DISCLOSURE:** All those in a position to control content have indicated that they do not have any relevant issues to disclose.

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## COURSE FEES

**Full Course Attendance\*:**                      **Before April 1: \$660**                      **After April 1: \$710**

\* Must attend the full course and successfully complete the examination to receive a certificate from our Accredited Tobacco Treatment Program.

**Wednesday Only Attendance\*\*:**    **Before April 1: \$220**                      **After April 1: \$270**

\*\* One-day option (overview of nicotine addiction, pharmacotherapy, and motivational interviewing/counseling.) Does not include certification.

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## Course Registration

### **A Certified Tobacco Treatment Training Program CTTTP**

**May 15, 16 and 17, 2019, WVU Health Sciences Center, Morgantown, WV**

#### Credit Card Payments:

Please submit your online registration and credit card payment at, <http://ce.wvu.edu/tobacco-treatment/>.

**Check Payments** \$660 early registration fee or \$710 after April 1

Complete the registration form below for EACH participant and mail to WVU Office of CE along with your check.

#### **Make check payable to:**

West Virginia University

#### **Mail to:**

WVU Office of CE

PO Box 9080

Morgantown, WV 26506-9080

**Please note: we can no longer accept credit card payments by mail or registrations via fax.**

**Name:** \_\_\_\_\_

**Profession:** (MD, DDS, RDH, RN, RRT, etc.) \_\_\_\_\_ **Date of Birth:** \_\_\_\_\_

**Professional License #:** \_\_\_\_\_ **Primary State of Licensure:** \_\_\_\_\_

**Mailing Address:** \_\_\_\_\_

**City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**Primary Phone:** \_\_\_\_\_ **This phone is a:**  work  home  cell

**Email:** \_\_\_\_\_ **Specialty:** \_\_\_\_\_

*(required for confirmation letters and certificates)*

**How do you prefer to receive your conference handouts?** (CHOOSE ONE)  Paper (Available at Check-in)  Online

**Reminder:** If paying by mail: Make check payable to West Virginia University.

If you have special needs (dietary, access, parking) please describe: \_\_\_\_\_

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Additional Questions in reference to the conference (and unrelated to registration) should be directed to Dr. Susan Morgan at 304-293-1154 or [smorgan@hsc.wvu.edu](mailto:smorgan@hsc.wvu.edu)

*WVU is an EEO/Affirmative Action Employer. Underrepresented class members are encouraged to apply. This includes: minorities, females, individuals with disabilities and veterans.*

# Continuing Education Credit

## PHARMACY



The West Virginia University School of Pharmacy (WV SoP) is accredited by the Accreditation Council for Pharmacy Education (ACPE) as a provider of continuing pharmacy education (CPE). This practice-based activity (UAN: 0072-9999-19-010-L04-P) is approved for a total of 24.5 contact hours (2.45 CEUs) of CPE. The Monday sessions are knowledge-based (UAN: 0072-9999-19-011-L01-P) and approved for a total of 8.0 contact hours (0.8 CEU's). WVU SoP will report your participation in the activity to NABP CPE Monitor within 4-6 weeks for all participants who successfully complete the program. Successful completion of the entire program includes attending all sessions each day (partial credit will not be given), signing the daily attendance sheets, completing a certification exam with a pass rate of 80%, and completing an online evaluation form(s). Successful completion for Monday only includes attending all sessions (partial credit will not be given), signing the daily attendance sheet, and completing an online evaluation form. Transcripts of CPE can be printed from NABP CPE Monitor. If needed, statements of credit may be printed at <https://pharmacyce.wvu.edu/user/login>.

## MEDICINE

The WVU School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The WVU Office of CME designates this live activity for a maximum of 24.5 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

## NURSING

This continuing education activity has been provided by the WVU School of Nursing 29.3 contact hours. Of the total hours earned, 7.2 will be in the area of pharmacology consistent with advanced pharmacology / pharmacotherapeutic competencies of advanced practice nursing. The WVU School of Nursing is an approved provider of continuing education by the State of West Virginia Board of Examiners for Registered Professional Nurses, Legislative Rule #19CSR11-4 under provider number WV-1996-0120RN.

## DENTISTRY

The WVU School of Dentistry is an ADA CERP Recognized Provider. ADA CERP is a service of the American Dental Association to assist dental professionals in identifying quality providers of continuing dental education. ADA CERP does not approve or endorse individual courses or instructors, nor does it imply acceptance of credit hours by boards of dentistry. The WVU School of Dentistry designates this activity for 24.5 continuing education credits.

This is a lecture-based course.

Concerns or complaints about a CE provider may be directed to the provider or to the Commission for Continuing Education Provider Recognition at [ADA.org/CERP](http://ADA.org/CERP).

Participants are cautioned about the potential risk of using limited knowledge when incorporating new techniques and procedures into their practices.

## SOCIAL WORK

The WV Board of Social Work approved this course for 24.5 hours under Provider #499999.

## RESPIRATORY THERAPY

The West Virginia Board of Respiratory Care has approved this course for 29.3 Contact Hours (CEUS).

## Presenter Biographies

**Alexander, Linda, MEd, EdD**, received her doctorate in Counseling Education and had her Postdoctoral Fellowship on Cardiovascular Epidemiology funded by the NIH. She is a founding member of the Tobacco Research Network of Disparities (TReND). She has lead a research project focused on smoking cessation and reducing SHS among infants in Lexington, Kentucky. She has served as a Guest Editor for a special supplement on menthol for Addiction. Data from the menthol supplement was included in the Food and Drug Administration's (FDA) testimony on the potential harm of menthol as an additive in cigarettes. She is a member of the (NCI) Network in Bio behavioral Pathways in Cancer (NBBPC), and she is currently Associate Dean and Professor at the WVU School of Public Health.

**Blank, Melissa, PhD**, received her doctorate in Psychology and completed a post-doctoral fellowship at the Moffitt Cancer Center. Dr. Blank has been a primary instructor for both undergraduate and graduate psychology-based courses for over 10 years, including courses such as Health Psychology, Physiological Psychology, Biological Basis of Behavior, and Principles of Neuroscience. Material within these courses has covered the physiological and neurological mechanisms of substance abuse, as well as various behavioral, social, and cognitive theories posited to explain this maladaptive behavior. For nearly 15 years, Dr. Blank has conducted human-based research on the determinants and consequences of nicotine/tobacco use. She has given many lectures on aspects of nicotine/tobacco use, such as nicotine addiction, harm reduction, cessation behavior, and use of alternative products (e.g., water-pipes, electronic cigarettes, cigars, smokeless tobacco). She is currently on the faculty of the WVU Department of Psychology.

**Daugherty, Taylor**, is a Cancer Information Specialist at Cancer Prevention and Control, an affiliate of WVU Cancer Institute. She works with WV clinics implementing evidence base interventions to improve patients completing cancer screenings. She received her Mayo Clinic Tobacco Treatment Specialist Certification in 2017 and is currently completing her final year to receive her Masters of Arts through WVU in Corporate and Organizational Communication.



**Duckworth, Adrienne, APNP, CTTS**, completed her training through the Mayo Clinic in 2016. She currently is a nurse practitioner in the Department of Medicine, West Virginia Cancer Institute.

**Gaydos, Suann, RDH, MSDH, CTTS**, is a master's level trained dental hygienist and Tobacco Treatment Specialist who teaches tobacco treatment strategies to future health care providers. Suann was trained as a Tobacco Treatment Specialist in 2010 through the Mayo Clinic and has been involved in presenting tobacco treatment continuing education programs both locally and nationally. She is currently a dental hygiene faculty member and senior clinic supervisor at the West Virginia University School of Dentistry.

**Kao, Elizabeth, DMD**, received her doctorate in dentistry at the University of Pennsylvania and her Tobacco Treatment Certification training in 2013 at the University of New Jersey School of Medicine and Dentistry. Her role includes supervision of dental and dental hygiene students, and she is actively involved with the faculty practice treating patients. Her contact with patients, involves not only treatment of dental needs but counseling of patient who are tobacco users. Currently, she is a professor in the WVU School of Dentistry.

**Morgan, Evan, MD, CTTS**, completed his Tobacco Treatment Specialist Training from the Mayo Clinic in 2017. In 2012 he graduated from the Internal Medicine Residency Program at the University of North Carolina. Currently he is Vice-President of the Medical Staff and a Hospitalist at United Hospital Center in Bridgeport, WV.

**Morgan, Susan, DDS, MAGD, CTTS**, received her dental hygiene and dental degree from West Virginia University. For approximately 10 years she treated low-income children, many of whom were already addicted to tobacco products.

**Patel, Rusha, MD**, trained as an otolaryngologist at the University of Utah Hospital, and she completed fellowship training in head and neck cancer surgery at the Medical University of South Carolina. Her daily clinical experience is mainly dealing with head and neck cancers, many of which are caused by tobacco exposure. She counsels patients on tobacco risks and cessation practices. She also is involved with putting on a yearly awareness week about tobacco related cancers and screenings. She currently is an assistant professor in the WVU School of Medicine.

**Piechowski, Kara, PharmD, BCPS, CTTS**, is an internal medicine Clinical Pharmacy Specialist at WVU Medicine, Ruby Memorial Hospital. She is the WVU Medicine PGY2 Internal Medicine Pharmacy Residency Director, President-Elect of the WV Society of Health-System Pharmacists, and leads the WVU Medicine Breathe Well, Live Well tobacco cessation group class. Areas of clinical and research interest include anticoagulation, tobacco cessation, and transitions of care.

**Siebart, Judith, MS, RD, LD, CDE, CTTS**, was trained by the Mayo Nicotine Dependence Center and is a Certified Tobacco Treatment Specialist. She is actively involved with smoking cessation programs for patients at the WVU Family Medicine Clinic.

**Sommerkorn, Ryan, MA CTTS**, received his master's degree in Public Administration from West Virginia University. In 2015 he became a Certified Tobacco Treatment Specialist. He was involved in the year- end reports to the West Virginia Bureau for Public Health in the Evaluation of the Division to Tobacco Prevention-Funded Efforts FY 2013-2016. He is currently the Director of Health Promotion and Wellness.

**Sowards, Ashlee, RDH, BSDH, MSDH, TTS**, received her master's in Dental Hygiene from West Virginia University, with her Dissertation Title being, "Oral Cancer Screening Techniques Utilized by West Virginia Dental Hygienists." In April, 2013 she completed her Tobacco Treatment Specialist training at the University of New Jersey School of Medicine and Dentistry. As a clinical supervisor for third-year dental hygiene she provides the students with the skills necessary to talk with their patients about tobacco dependence and offer cessation support. She is currently on the dental hygiene faculty at WVU School of Dentistry.

**Swager, Charles, MSW, CTTS**, completed his Tobacco Treatment Specialist Training from the Mayo Clinic in 2017. His Master of Social Work was obtained from West Virginia University, and he currently is an outpatient clinical therapist providing individual and family therapy to children, adolescents, and adults across an array of psychopathologies.

**Swager, Lauren, MD, CTTS**, is board certified in child, adolescent and general psychiatry. She has participated in the treatment of adults and adolescents with a variety of addictions and substance use problems. She received her medical degree at West Virginia University and completed her post graduate residency and fellowship at the University of North Carolina. She is an associate professor in the Department of Behavioral Medicine and Psychiatry, at the WVU School of Medicine.

**Trickett Shockey, Alcinda (Cindi), DHSc, MA, BSDH, RDH, CHS-IV, CTTS, CNTA**, received her Doctor of Health Sciences from Nova Southeastern University. Cindi is a smoking cessation counselor of the American Lung Association's programs: Freedom from Smoking, Teens against Tobacco Use and Not on Tobacco. She authored the first 100% Clean In-Door Air regulations (with and without exemptions) within West Virginia that were then upheld in court. She is certified as a Mayo Clinic Tobacco Treatment Specialist and has authored several articles regarding tobacco use and cessation in many juried journals. She is an associate professor in the WVU School of Dentistry teaching Head and Neck Anatomy, Dental Anatomy, Dental Public Health, Dental Health Education, and Clinical Skills. She is very active throughout the tri-state area with various groups to expand smoking cessation and clean in-door air regulations.

**Whetsel, Tara, PharmD, BCACP, BC-ADM, CTTS**, is a Clinical Associate Professor and Ambulatory Care Clinical Pharmacist at the WVU School of Pharmacy. She coordinates and teaches Self-Care, provides lectures on tobacco cessation and other ambulatory care topics, and precepts introductory pharmacy practice experiences and advanced pharmacy practice experiences. She completed the Rx for Change Clinician-assisted Tobacco Cessation training program at UCSF and continues to use this program to educate students, pharmacists, and patients on tobacco cessation. Dr. Whetsel provides patient care at Family Medicine-Cheat Lake Physicians and Milan Puskar Health Right Clinic including tobacco cessation counseling among other medication and disease state management programs.

**Young, Scott, DDS**, graduated from the WVU School of Dentistry and has been actively involved in both teaching and clinical treatment of patients. He co-directs the treatment planning course for dental students and is involved in the changes/updates of the electronic health record. He received his Tobacco Treatment Certification from the Mayo Clinic.