

School of Continuing Medical Education

11th Annual Mayo Clinic
**Nicotine Dependence
Conference**



Siebens Building • Rochester, Minnesota

Course Co-Directors:

Lowell C. Dale, MD and Deborah L. Mell, MPH

**New this
Fall Session:
NEW Dates:
October 25-28, 2004**

**Pre-Conference Workshop
October 24, 2004: Motivational Interviewing**

*Special sessions sponsored by
Association for the Treatment of Tobacco Use and Dependence (ATTUD)
"Healthy Campus: Tobacco Free, Boynton Health Service, University of Minnesota"*

General Information

Course Description

The Nicotine Dependence Conference will focus on the Mayo Clinic approach to patient care for nicotine dependence and will provide education in all areas of tobacco intervention: intake, assessment, treatment planning, individual counseling, and relapse prevention. The Mayo model will be discussed and will focus on counseling skills, pharmacologic therapy, program components and the process of developing a program to deliver nicotine dependence services. Participants will have opportunities to meet informally with faculty members to discuss specific program and patient needs.

Special Sessions

- **Preconference Workshop: Motivational Approach to Tobacco Dependence**
A full day interactive workshop for those with experience in treating tobacco dependence who want more exposure and experience using the philosophy and tools of Motivational Interviewing in treating their patients.
- **Association for the Treatment of Tobacco Use and Dependence (ATTUD) Courses for Advanced Counselors**
ATTUD is an organization of providers dedicated to the promotion of and increased access to evidence-based tobacco treatment for the tobacco user. ATTUD will be sponsoring two half day sessions geared specifically toward counselors with experience in treating tobacco dependence who want to further advance their knowledge and skills in group therapy and complex patients.
- **Young Adult/College-Aged Tobacco Use**
An ever growing issue with limited answers to date, Boynton Health Service, University of Minnesota is sponsoring an interactive session with Abigail Halperin, MD, MPH through their "Healthy Campus: Tobacco Free" grant to bring new information and to facilitate discussion of this population's tobacco use.
- **Medical Focus Track**
This series of sessions will be specifically focused on medical issues surrounding tobacco treatment. It is appropriate for physicians, dentists, physician assistants, or others from a clinical setting to participate in these sessions.

Intended Audience

This program is oriented toward healthcare professionals who are interested in incorporating nicotine dependence treatment into their practice and/or developing a service to meet the needs of tobacco dependent patients. Physicians, nurse practitioners, physician assistants, dentists, psychologists, chemical dependency counselors, respiratory therapists, nurses, dental hygienists, social workers, college health services providers, and other allied health professionals will find the conference of interest. This course is an intermediate level course.

Date and Location

The Mayo Clinic Nicotine Dependence Conference will be held October 25-28, 2004. Course headquarters will be located in the Siebens Building on the Mayo Clinic Campus, in Rochester, Minnesota. Meeting facilities are easily accessible by skyway and pedestrian subway, which connect Mayo Clinic to shops, restaurants, and hotels.

General Information

Course Learning Objectives

At the conclusion of this course, participants should be able to:

- Integrate the following counseling techniques into practice: group and individual therapy, models of behavior change, motivational interviewing, and brief primary care provider interventions.
- Identify pharmacologic agents in the treatment of nicotine dependence.
- Perform counseling for tobacco dependent patients in a manner consistent with the four components recommended for treatment.
- Translate the concept of nicotine use as an addiction, in the provision of treatment.
- Recognize current developments in the field of nicotine dependence.
- Identify treatment issues for special populations.
- Describe a program model for the delivery of nicotine dependence services.
- Demonstrate awareness of issues in public policy and tobacco control.

Attendance at this Mayo course does not indicate nor guarantee competence or proficiency in the performance of any procedures which may be discussed or taught in this course.

Credit

Mayo Foundation is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

Mayo Foundation designates this educational activity for a maximum of 33. category 1 credits towards the AMA Physician's Recognition Award. Each physician should claim only those credits that he/she actually spent in the educational activity.

Mayo Continuing Nursing Education is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation. Participants can earn up to 39.6 accredited nursing contact hours.

An application has been made to the National Commission for Health Education Credentialing, Inc. (NCHEC) for CHES Category I Continuing Education Contact Hours (CECH).

Lodging Accommodations

To ensure accommodations and the discounted rates, please make your reservation directly with the hotel by October 2, 2004. Room rates do not include applicable city and state taxes. Reservation requests received after this date are subject to availability at the group rate. When making reservations, identify yourself as a participant in the Mayo Clinic Nicotine Dependence Conference.

Kahler Grand Hotel

20 Second Avenue SW
800-533-1655/507-282-2581
\$89 single/double

Radisson Plaza Hotel

150 South Broadway
800-333-3333/507-281-8000
\$99 single/double

Rochester Marriott Hotel

101 First Avenue SW
877-623-7775/507-280-6000
\$129 single/double

Hilton Garden Inn

225 S. Broadway
800-445-8667/507-285-1234
\$89 single/double

The hotels listed above are connected by skyway and pedestrian subway to conference facilities, downtown shops, and restaurants. For additional accommodation options, you may also wish to visit the Rochester Convention and Visitors Bureau website at www.rochestercvb.org.

General Information

Registration

To register, complete the attached registration form and return by mail or FAX with the appropriate registration fee. The registration fee includes tuition, course syllabus, continental breakfasts, break refreshments, specified luncheons, reception, and tour.

Please keep these points in mind when registering:

- You will NOT be registered without accompanying registration fee payment.
- Although it is not Mayo School of Continuing Medical Education policy to limit enrollment for a course, conference room facilities may necessitate closing enrollment; therefore, early registration is strongly advised.
- There are no scholarships available or reduced fees for this conference.

A letter of confirmation will be sent upon receipt of payment and completed registration form. If you register within a week of the start date, you will not receive a confirmation letter in time for the conference.

Cancellation Policy

Your registration fee, less a \$50 administrative fee, will be refunded when written notification is received by the Mayo School of Continuing Medical Education before October 4, 2004. You may FAX written notification to 507-284-0532. No refunds will be made after these dates.

Travel Arrangements

Rochester, Minnesota, is a friendly city that greets thousands of visitors from around the world each year. The city is serviced by a modern international airport with multiple flights daily from Chicago and Minneapolis via American or Northwest Airlines. Access to and from the airport is provided by taxi cab and shuttle service. The airport is located approximately 10 driving miles from the Mayo Clinic campus.

Corporate Travel has negotiated multiple airline contracts to provide participants with lower airfares. Contact Corporate Travel at 800-526-4540/507-282-9121 (FAX: 507-281-2409) for assistance with airfare or ground transportation. Please reference the Mayo Clinic Nicotine Dependence Conference when making travel arrangements. Airfare is the sole responsibility of the individual participant.

Parking

Parking is available in hotel, city, and Mayo patient/visitor ramps. The cost for parking is not included in the registration fee.

Tours of Mayo Clinic

Public tours of Mayo Clinic are conducted daily at 10:00 am, except holidays. The tours originate from Judd Auditorium, Subway Level of the Mayo Building, and last approximately 1.5 hours. The tour includes a 20-minute film on the history and operation of Mayo Clinic plus visits to points of interest in the Mayo, Plummer, and Hilton Buildings.

Faculty Disclosure

As a provider accredited by ACCME, Mayo Foundation must ensure balance, independence, objectivity and scientific rigor in its educational activities. All faculty participating in a Mayo Foundation activity are required to disclose commitments to and/or relationships with pharmaceutical companies, biomedical device manufacturers or distributors, or others whose products or services may be considered to be related to the subject matter of the educational activity. Faculty will also disclose any off-label and/or investigational use of pharmaceuticals or instruments discussed in their presentation. Disclosure of these commitments and/or relationships will be published in course materials so those participants in the activity may formulate their own judgments regarding the presentation.

General Information

Mayo Clinic Faculty

Nicotine Dependence Center Physicians

*Lowell C. Dale, MD
Jon O. Ebbert, MD
J. Taylor Hays, MD
Richard D. Hurt, MD*

Education Coordinator *Deborah L. Mell, MPH*

Counselors

*Barbara L. Dallavalle, MA
Patrick T. Draper, MSW
Thomas R. Gauvin, MA
Susan A. Glaeser, MS
Sheila K. Stevens, MSW*

Nicotine Research Program *Robert C. Klesges, PhD*

Billing and Insurance Collections *Elaine E. Schembari*

Biostatistics *Darrell R. Schroeder, MS*

Mayo Clinic Tobacco Quitline *Jeannie M. Boness, RN*

Pharmacy Services *Marcel D. Bizien, PharmD*

Psychiatry and Psychology *Matthew M. Clark, PhD Astrid A. Hoberg, MS, RN, CNS*

Pulmonary Rehabilitation *James K. Garrett, RRT, RCP*

Anesthesiology *David O. Warner, MD*

General Internal Medicine *Amit Sood, MD*

Radiation Oncology *Yolanda I. Garces, MD*

October Guest Faculty

(subject to change based on availability)

Robert M. Anthenelli, MD
Associate Professor of Psychiatry &
Neuroscience
Directory, Addiction Psychiatry Division
University of Cincinnati, College of Medicine
Director, Substance Dependence Program,
Cincinnati Veterans Affairs Medical Center
Cincinnati, OH

Jonathan Foulds, PhD
Director, Tobacco Dependence Program
UMDNJ-School of Public Health
Vice-President, ATTUD
New Brunswick, NJ

Kay M. Eberman, MS
Independent Consultant
Rochester, MN

Phillip Gardiner, Dr. PH
Tobacco-Related Disease Research
Program (TRDRP)
University of California
Oakland, CA

Tony P. George, MD
Assistant Professor of Psychiatry
Yale University School of Medicine
Program for Research in Smokers in
Mental Illness (PRISM)
Connecticut Mental Health Center
New Haven, CT

Abigail Halperin, MD, MPH
Acting Assistant Professor, Family Medicine
Center for Health Education & Research
University of Washington
Seattle, WA

Denise Joliceour, MPH, CHES
Center for Tobacco Prevention and Control
University of Massachusetts Medical School
President, ATTUD
Worcester, MA

Hayden McRobbie, MB, ChB
Tobacco Dependence Research &
Treatment Centre
Barts and The London School of Medicine
International Committee Chair, ATTUD
London, UK

Richard A. Windsor, PhD
Professor of Prevention
and Community Health
Department of Preventive
and Community Health
George Washington University
Washington, DC

Vickie L. Zeiler, BS, RRT
Program Coordinator
Tobacco Education and Cessation
York Hospital
York, PA

Pre-Conference Workshop

Motivational Approach to Tobacco Dependence Treatment: Beyond the Basics

Susan Glaeser, MS

Sunday, October 24

8:30 a.m. – 4:30 p.m.

This workshop will focus on attainment of advanced Motivational Interviewing Skills through the use of interactive exercises, role plays and case studies designed to enhance tobacco dependence counseling competence.

*Advanced registration and application acceptance required (see below).
This workshop has no additional registration fee.*

Registration for Motivational Approach to Tobacco Dependence

Requirements – Enrollment will be limited to 30 qualified participants. Applicants must already have substantial familiarity and experience in tobacco treatment, with a basic understanding of Motivational Interviewing (MI). This is an advanced workshop focused on how to apply MI clinical skills to tobacco dependence treatment.

Application – Send a professional vita along with a letter detailing your prior background and experience in tobacco treatment using MI. Your letter should describe: training you have had in tobacco treatment; how you learned MI techniques; any formal training in MI; length of time you have used MI and the setting for use. There is no additional registration fee required for this session.

Send applications to:

Susan Glaeser MS

Telephone: (800) 344-5984

Fax: (507) 255-0652

Electronic: glaeser.susan@mayo.edu

Mail: Nicotine Dependence Center
3rd floor Colonial
Mayo Clinic
200 First Street SW
Rochester MN 55905

Notifications – Applications will be accepted up to two weeks prior to the conference. You will be notified of the status of your application within two weeks of receipt.

How to Run Smoking Cessation Groups: Making the Pieces Fit Together.

Jonathan Foulds
Monday, October 25
1:30 – 5:00 p.m.

This workshop will provide participants with a model for running a "closed" smoking cessation group for people who want to quit, that integrates pharmacotherapy, client motivation and includes group support and cohesiveness as central ingredients for successful outcome. This session will be best suited for healthcare professionals who have some background experience in the treatment of tobacco dependence.

Workshop participants will have the opportunity to role-play both therapists and clients. The second half of the workshop will focus on managing tricky questions/situations in group therapy for smokers.

Dealing With Complex Clinical Cases in Treatment of Tobacco Use and Dependence

Hayden McRobbie
Wednesday, October 27
1:15 – 5:00 p.m.

The session will involve active discussion and troubleshooting of clinical issues and typical problems encountered when treating smokers. Participants will be invited to present problems, or challenging case studies they have encountered and ask treatment related questions they would like to discuss. This session will be best suited for healthcare professionals who have some background experience in the treatment of tobacco dependence.

In preparation for this session we would like you to prepare some brief notes or questions on difficult clinical issues you have experienced (some topics might include: maintaining treatment attendance, preventing relapse, issues with medication, monitoring outcome, long-term NRT use, cannabis use, and working with special groups of smokers e.g. pregnant and you smokers).

If you have a case study you would like to present and discuss please make notes regarding:

1. The person's medical, psychiatric and substance abuse history
2. The person's smoking history, including any past attempts to quit
3. Describe your treatment strategy to date. What has worked and what hasn't?
4. What are some special considerations you have had to make for this person, such as the timing of the quit attempt, development of support systems, type and amount of pharmacotherapy, or communication with other providers?
5. List any questions or issues you would like to discuss with the instructors or group about treatment strategies for this particular client..

Course Schedule

Sunday, October 24, 2004

8:30 a.m. – Pre-conference Workshop: Motivational Approach to Tobacco Dependence Treatment
4:30 p.m. (Pre-registration required.)
Siebens Building, Room 405 (4th Floor)

Monday, October 25, 2004

7:30 a.m. Registration
Continental Breakfast

Primary Sessions (Phillips Hall)

8:15 a.m. Welcome and Nicotine Dependence Overview
Richard D. Hurt, MD

9:00 a.m. Second Hand Smoke: Changing Community Norms
J. Taylor Hays, MD

9:45 a.m. Refreshment Break

10:15 a.m. Neuroscience of Addiction
Robert M. Anthenelli, MD

11:00 a.m. Panel: Understanding the Neuroscience of Addiction
Richard D. Hurt, MD & Robert M. Anthenelli, MD
Patrick T. Draper, MSW & Barbara L. Dallavalle, MA

11:45 a.m. Luncheon Presentation: Support of Tobacco Treatment Specialist—The Role of the Association for the Treatment of Tobacco Use and Dependence (ATTUD)
Denise Joliceour, MPH, CHES
President, Association for the Treatment of Tobacco Use and Dependence

Primary Sessions (Phillips Hall)

1:30 p.m. The Consultation
Susan A. Glaeser, MS

2:15 p.m. Hospital-based Treatment
Vicki L. Zeiler, BS, RRT

3:00 p.m. Break

3:30 p.m. Motivational Interviewing Overview
Thomas R. Gauvin, MA

5:00 p.m. – Reception and Guided Tours of the Nicotine Dependence Center
7:00 p.m. *Nicotine Dependence Center Staff*

ATTUD Advanced Counselor Session (Leighton Auditorium)

How to Run Smoking Cessation Groups
Jonathan Foulds, PhD

Tuesday, October 26, 2004

7:30 a.m. Networking Breakfast (Siebens 405)
Participants gather according to topic of interest

7:30 a.m. Continental Breakfast (Phillips Hall) and Exhibits (Leighton Auditorium)

Primary Sessions (Phillips Hall)

8:00 a.m. Optimizing Pharmacotherapy for the Treatment of Tobacco Dependence
J. Taylor Hays, MD

9:00 a.m. Smokeless Tobacco: Risks and Recommended Treatment Approaches
Jon O. Ebbert, MD

Course Schedule

- 9:45 a.m. Refreshment Break and Exhibits (Leighton Auditorium Foyer)
- 10:15 a.m. Treating Tobacco Dependence in a Young Adult College Student Population: A Brief Overview
Abigail Halperin, MD, MPH
- 11:00 a.m. Working with Diversity in the Provision of Treatment
Phillip S. Gardiner, Dr.PH
- 11:45 a.m. Luncheon Presentation: Panel of Ex-Tobacco Users

1:30 p.m. - 3:00 p.m. **Interactive Session: Treating Tobacco Dependence in a Young Adult College Student Population** (Phillips Hall)
Abigail Halperin, MD, MPH
Healthy Campus: Tobacco Free, Boynton Health Service, University of Minnesota is sponsoring Abigail Halperin, an expert in the 18-24 year old age group.

Program Development (Siebens 406)

Medical Focus (Leighton Auditorium)

Motivational Interview Basics (Siebens 405)

1:30 p.m. Financial Issues
Elaine E. Schembari

Pharmacotherapy and the Medical Patient
Richard D. Hurt, MD & J. Taylor Hays, MD

Motivational Interviewing Basics
Susan A. Glaeser, MS
(Session is repeated Wed. 10/27)

2:15 p.m. Outcome Measurement
Darrell R. Schroeder, MS

Pharmacist's Role in Treatment
Marcel D. Bizien, PharmD

3:00 p.m. Refreshment Break

Refreshment Break

3:30 p.m. System Change Workshop
Kay M. Eberman, MS

Residential Treatment for the Transplant Patient
J. Taylor Hays, MD

4:00 p.m.

Tobacco Interventions for Oncology Patients
Yolanda I. Garces, MD

4:15 p.m. Individual Treatment Planning Workshop
Patrick T. Draper, MSW

4:30 p.m.

Impact of Lung Cancer Screening Results on Tobacco Usage
Matthew M. Clark, PhD

5:00 p.m. Adjourn

Adjourn

Adjourn

Wednesday, October 27, 2004

7:30 a.m. Continental Breakfast (Phillips Hall) and Exhibits (Leighton Auditorium)

Primary Sessions (Phillips Hall)

8:00 a.m. Pregnancy and Smoking
Richard A. Windsor, PhD

8:45 a.m. Co-Morbidities: Mental Illness
Tony P. George, MD

9:45 a.m. Refreshment Break

10:15 a.m. Smoking and Body Weight: What Do We Know About It? What Can We Do About It?
Robert C. Klesges, PhD

Course Schedule

11:00 a.m. Relapse Prevention
Lowell C. Dale, MD

12:00 p.m. Lunch on your own

1:15 p.m. – 5:00 p.m. ATTUD Advanced Counselor Session: Dealing with Complex Clinical Cases (Phillips Hall)
Hayden McRobbie, MB, ChB

Program Development (Siebens 406)

Medical Focus (Leighton Auditorium)

Motivational Interviewing (Siebens 405)

1:15 p.m. System Change Workshop
Kay M. Eberman, MS

A Model of Brief Intervention
Lowell C. Dale, MD

Motivational Interviewing Basics Workshop
Thomas R. Gauvin, MA
(Session is a repeat of Tues. 10/26)

2:00 p.m. Individual Treatment and Planning Workshop
Patrick T. Draper, MSW

2:45 p.m. Refreshment Break

Refreshment Break

3:15 p.m. Financial Issues
Elaine E. Schembari

Telephone Quitlines
Jeanne M. Boness, RN

4:00 p.m. Outcome Measurement
Darrell R. Schroeder, MS

A Primer on the Oral Examination
Jon O. Ebbert, MD

4:30 p.m.

Spirometry and Its Role in Tobacco Treatment
James K. Garrett, RRT, RCP

5:00 p.m. Adjourn

Adjourn

Adjourn

Thursday, October 28, 2004

7:00 a.m. Continental Breakfast

Primary Sessions (Phillips Hall)

7:30 a.m. Panel: Answers to Submitted Questions
J. Taylor Hays, MD; Lowell C. Dale, MD; Patrick T. Draper, MSW

8:15 a.m. Treating Tobacco Use in the United Kingdom
Hayden McRobbie, MB, ChB

9:00 a.m. Closing Plenary: Next Steps in Treatment
Richard D. Hurt, MD

10:00 a.m. Break

Counseling Skills (Leighton Auditorium)

Medical Focus (Phillips Hall)

10:30 a.m. Group Therapy
Astrid A. Hoberg, MS, RN, CNS

Tobacco Interventions for Surgical Patients
David O. Warner, MD

11:15 a.m. Searching the Literature: A Guide to PubMed
Amit Sood, MD

12:00 p.m. Adjourn

Adjourn

11th Annual Mayo Clinic

Nicotine Dependence Conference

Rochester, Minnesota

To register, complete and return this registration form by mail or fax. Pre-registration is required. A letter of confirmation will be sent upon receipt of payment and completed registration form. Enrollment is limited; early registration is encouraged.

Mail or FAX form with payment to:

Mayo School of Continuing
Medical Education
200 First Street SW
Rochester, MN 55905

Telephone: 800-323-2688
- or - 507-284-2509
FAX: 507-284-0532
Website: www.mayo.edu/cme
E-mail: cme@mayo.edu

(Please print or type all information. You may duplicate this form for multiple registrations.)

Name _____
First Name Middle Name or Initial Last Name MD PhD DO PA NP RN Other

Institution _____

Medical Specialty _____

E-mail Address _____

Which is your preferred mailing address: Work/Business Home

Address _____

City _____ State/PV _____ ZIP/Postal Code _____ Country _____

Home Telephone (_____) _____ Business Telephone (_____) _____

Int'l Telephone (Country code) _____ (City code) _____ (Phone) _____

FAX _____

Indicate the type of credit you wish to receive:

AMA/Category 1 Nursing Credit CHES CECH Category I

 Please check if you have any special assistance needs or dietary restrictions.

Please indicate your needs here: _____

See earlier page to register for *Motivational Approach to Tobacco Dependence*.

P A Y M E N T

Physician Fee: \$550 \$ _____

Non-Physician Fee: \$275 \$ _____

Check (*payable to Mayo Foundation*) Visa MasterCard Discover

Card Number _____ Expiration date MO/YR _____

Signature _____ Date _____



MAYO CLINIC
College of Medicine

200 First Street SW
Rochester, Minnesota 55905

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**Nicotine Dependence
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**Siebens Building
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www.mayoclinic.org/ndc-rst

Non-Profit
Organization
U.S. POSTAGE PAID
Minneapolis, MN
Permit No. 3395