

## Goal and Objectives...

The goal of this conference is to provide nurses with knowledge, skills and resources, empowering them to make a difference in tobacco use cessation and tobacco control.

## Learning objectives...

Upon completion of the workshop, the participant will be able to:

- Describe tobacco use prevalence and trends, disease burden, and the impact of tobacco use on health disparities.
- Describe the evidence-based smoking cessation strategies and efficacy of nursing interventions.
- Identify strategies for implementing tobacco cessation best practices in different health care settings and the use of resources such as the telephone Quitline.
- Describe the barriers and facilitators in involving nurse in tobacco control, including the impact of smoking among nurses on nurses' involvement with tobacco cessation.
- Describe how policies such as smoke free hospitals impact the provision of cessation services.
- Identify strategies and activities that enhance nursing involvement in advocacy and policy activities that enhance nurses' contributions to tobacco control.

## Agenda...

### 8:30 - 9:00 am

Registration & Continental Breakfast

### 9:00 - 10:30 am

Pre-Conference Event: NYS Smokers' Quitline Presentation & Panel Discussion featuring Quitline representatives

### 10:30 - 11:00 am

Break & Additional Registration

### 11:00 am

Welcome - Annie Beigel, Director of Cessation Programs, NYS DOH Tobacco Control Program

### 11:10 - 12:30 pm

- Describe the tobacco epidemic, including tobacco prevalence, disease burden and health disparities associated with tobacco use.
- Review evidence-based smoking cessation strategies and the efficacy of nursing interventions.

### 12:30 - 1:00 pm

Lunch (provided)

### 1:00 - 2:30 PM

- Review the efficacy of approved pharmacologic and behavioral counseling interventions, including telephone quit lines.
- Describe barriers and facilitators of nursing involvement in cessation interventions, including lack of knowledge and skills and smoking among nurses.

### 2:30 - 2:45 pm

Break

### 2:45 - 4:00 pm

- Discuss implementation strategies of best practices on tobacco cessation in different settings: opportunities and challenges.
- Identify tobacco cessation resources and how they can best be used to enhance nurses' involvement in cessation, including resources through the Tobacco Free Nurses Initiative.

### 4:20 pm

Closing Remarks - Leslie Blair  
Cessation Center Coordinator, TCC of WNY

## Trainers...

**Linda Sarna, RN, DNSc, FAAN**  
UCLA School of Nursing

**Stella Aguinaga Bialous, RN, Dr.PH**  
Tobacco Policy International

## "Meet & Greet" Presenters

immediately following the Training

We wish to acknowledge the following sponsors of this event:



This conference is being offered free to nurses, NPs, and other health care professionals. We extend our appreciation to Roswell Park Cancer Institute for their assistance & support.

## About the Trainers...

### Linda Sarna, RN, DNSc, FAAN

Professor Sarna, Principal Investigator for Tobacco Free Nurses, has taught cancer nursing at the UCLA School of Nursing since 1976. She was an American Cancer Society Professor of Oncology Nursing and helped shape national guidelines for undergraduate and graduate cancer nursing education. Dr. Sarna has received numerous awards, including the Distinguished Merit Award for Services to Cancer Nursing from the International Society for Nurses in Cancer Care. Dr. Sarna's research has focused on the quality of life and symptom management of people with cancer. She has been involved in policy efforts at national and international professional nursing organizations, including delivery of testimony to the federal government focused on increasing the role of nurses in helping patients quit smoking. Dr. Sarna has collaborated with nurses around the world to increase tobacco control content in schools of nursing.

### Stella Aguinaga Bialous, RN, Dr.PH

Dr. Bialous is a tobacco policy consultant and the president of Tobacco Policy International. She is the co-investigator of the Tobacco Free Nurses initiative and works as a consultant for the World Health Organization. She is a former board member of the International Society of Nurses in Cancer Care and is chair of the Society's Tobacco Control Task Force. Dr. Bialous is also a member of California's Tobacco Education and Research Oversight Committee (TEROC) and in 2003 was the first recipient of the American Legacy Foundation's Sybil G. Jacobs Adult Award for Outstanding Use of Tobacco Industry Documents for public health.

## Directions to Adam's Mark Hotel...

From Buffalo/Niagara International Airport, take 33 West (Kensington Expressway) to Oak St. Make right turn onto Division St. Follow Division St., making a slight right onto Church St. to hotel.

From NYS Thruway (I-90), merge onto 33 West via Exit 51W towards Buffalo. Make right turn onto Division St. Follow Division St. making a slight right onto Church St. to hotel.



## To Register...

Call or email Jody Matos at:

Phone:  
**716-845-8513**

Email: [Jody.matos@roswellpark.org](mailto:Jody.matos@roswellpark.org)

**An application has been submitted for Nurse Practitioner credit.**

# Nurses Making a Difference in Tobacco Use Cessation

**Monday, October 23, 2006**  
**11:00am – 4:30pm**

Adam's Mark Hotel  
120 Church Street  
Buffalo, NY 14202



Recipient of a 2005 American Academy of Nurses Media Award

Hosted By:  
**New York State Smokers' Quitline**  
and  
**Tobacco Cessation Center-North**