

Resources to Support Pregnant and Postpartum Women to be Tobacco-free

For professional reference

Type	Name and Description	Order Information	Cost
Websites			
Website	RNAO Smoking Cessation E-Learning for Health Care Professionals This website's resources support the implementation and are based on the RNAO's nursing best practice guideline: <i>Integrating Smoking Cessation into Daily Nursing Practice</i> http://www.rnao.org/bestpractices/PDF/BPG_smoking_cessation.pdf	Order resources online	Most resources are free. Cost or shipping charges for some resources.
Telephone and Website	Health Canada 1-866-318-1116 – Health Canada's Website on Tobacco Find out why more than 45,000 people die prematurely a year in Canada. At least 1,000 of them will be non-smokers. http://www.hc-sc.gc.ca/hl-vs/tobac-tabac/index-eng.php	Free tobacco resources – Call or order online	None Toll free
Telephone and Website	Motherisk 1-877-327-4636 Provides information about the risk of drugs, chemicals and disease during pregnancy and lactation. Staff are trained by Pregnets to provide advice to pregnant and breastfeeding women who smoke. http://www.motherisk.org/women/updatesDetail.jsp?content_id=344	Call for free telephone information	None Toll free
Telephone and Website	Pregnets 1-416-535-8501 ext. 7408 Provides information for families, moms to be and health care providers about smoking and secondhand smoke. Service provided through the Centre for Addiction and Mental Health (CAMH). www.pregnets.org	Call for telephone information or the website for online resources	None
Website	The Canadian Action Network for the Advancement, Dissemination and Adoption of Practice-informed Tobacco Treatment (CAN-ADAPTT) is a Practice-Based Research Network (PBRN) committed to facilitating research and knowledge exchange among those who are in positions to help smokers make changes to their behaviour (e.g., practitioners, healthcare/service providers) and researchers in the area of smoking cessation. http://www.can-adaptt.net/		Free to join

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Website	<p>The Healthy Ontario website was created to provide Ontarians with a world-leading web destination for trusted health information, services and advice for healthier living. http://www.healthyontario.com/</p>		None
Website	<p>Canadian Cancer Society provides information on quitting smoking and support. http://www.cancer.ca/ccs/internet/standard/0,3182,3172_368202_langId-en,00.html</p> <p>Smokers' Helpline Telephone Service A free, confidential telephone service you can call for easy access to a trained Quit Specialist. They can help callers develop a structured "Quit Plan", answer questions about quitting, and refer to services in the community.</p> <p>Hours of Operation Monday through Thursday 8:00 a.m. to 9:00 p.m. EST Friday 8:00 a.m. to 6:00 p.m. EST Saturday and Sunday 9:00 a.m. to 5:00 p.m. EST</p> <p>Smokers' Helpline Online An interactive, web-based service available 24 hours a day, 7 days a week offering tips, tools and support to help with quitting smoking or other tobacco use. Free, Confidential, One-to-one. 1-877-513-5333, www.smokershelpline.ca</p>	Contact local CCS or Smokers' Helpline	None
Website	<p>The Lung Association encourages and helps Canadians to stop smoking. Information for clients and health care professionals. www.on.lung.ca http://www.on.lung.ca/Health-Care-Professionals/</p>		None
Website	<p>The Heart and Stroke Foundation Facts on how a smoke-free lifestyle immediately reduces risk and tips for quitting. www.heartandstroke.ca</p>		None
Website	<p>Centres for Disease Control and Prevention (CDC) Provides information and resources on how to quit smoking, sports initiatives and smoking, celebrities against smoking, campaigns and events, plus more. http://www.cdc.gov/tobacco/data_statistics/sgr/sgr_2001/index.htm</p>	Order online at website	Most resources are free

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Website	<p>Physicians for a Smoke-free Canada (PSC) Provides information and resources for professionals and the public. Includes fact sheets, research papers, newsletters, news releases, marketing strategies, secondhand smoke, Canadian and international policy, and new campaigns. www.smoke-free.ca</p>		
Website	<p>The Program Training and Consultation Centre (PTCC) PTCC offers a range of consultations to Ontario’s tobacco control practitioners in both French and English. These consultations provide information on current research and evidence, help to plan and develop a strategy, design a program, and guide through many other topics. www.ptcc-cfc.on.ca/</p> <p>The following are listed on the PTCC website: Better practices toolkit – program checklist <u>Currently available programs that represent better practices for pregnant/postpartum women:</u></p> <ul style="list-style-type: none"> • Kick Butt for 2 • Pregnets • Start Quit Stay Quit/Preventing Smoking Relapse • Stopping When You’re Ready • Why Women Smoke/Support for Women Smokers 	Support services	Free
Website	<p>Quit4Life is designed to help Canadians aged 12 to 18 quit smoking http://www.quit4life.com/index_e.asp</p>	Client booklets/ resources	Free
Website	<p>Stop-tabac.ch is a multilingual (French, English, German, Danish, Italian and more) smoking cessation program site that was created to motivate and to help clients quit smoking. http://www.stop-tabac.ch/en/welcome2.html</p>	Web resources	Free
Website	<p>Helping Women Quit A guide for non cessation workers who work with women, but who don’t have a background in tobacco cessation. Hosted by the British Columbia Health Authority. The website compliments the client resources called “<i>The little quit smoking book.</i>” http://www.bc.quitnet.com/</p>	Client booklets/ resources	Cost unknown

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Health Professional Training Opportunities			
Website Training	RNAO Smoking Cessation E-Learning for Health Care Professionals In this course, you will learn enough to get you started right away on conducting minimal or brief intervention on smoking cessation. As well, if you are interested and have the time, there is additional content to learn more in-depth strategies on behaviour change, tobacco and health, and more advanced techniques to support smoking cessation. http://www.rnao.org/smokingCessation/	Online course	Free
Training Opportunity	TEACH Project The Training Enhancement in Applied Cessation Counselling and Health (TEACH) project is geared towards training health care professionals in the public, private and non-profit sectors who provide counselling services to people who use tobacco. The program is designed to enhance the knowledge and skills in the delivery of intensive tobacco cessation interventions. http://www.camh.net/education/Classroom_courses_forums_events/TEACHProject/index.html	1-3 day training workshops	Free
Website Training	Virtual Clinic – Smoking cessation for pregnancy and beyond. http://iml.dartmouth.edu/education/cme/Smoking/	Online	Free
Website Training	Ontario Tobacco Research Unit (OTRU) OTRU's online course, Tobacco and Public Health: From Theory to Practice features accessible, comprehensive and evidence-based Canadian content that is geared to individuals working in tobacco control. The course consists of three modules – Protection, Prevention, and Cessation – and is free of charge to approved participants. http://tobaccocourse.otru.org	Online course	Free

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Hard Copy Resources – DVD's/Videos/Client Resources			
Hard Copy Resources	<p>Stop Smoking: A Cessation Resource for Those Who Work With Women. Canadian Public Health Association, March 2006</p> <p>This resource is based on two smoking cessation publications that were produced in the 1990's, "<i>Stop Smoking: A Program for Women (Facilitator's Guide)</i>" and "<i>Asking to Listen: Helping Pregnant and Postpartum Women and Their Families to Quit and Reduce Smoking.</i>" A needs assessment found that these resources were useful. However, they needed some modifications and updating so were merged into the newer resource.</p> <p>This resource is for health professionals and others who work with women to support them to quit smoking. There are 3 sections: Section 1: About Women and Smoking Section 2: A Facilitator's Guide for a Group Program Section 3: One-on-One Smoking Cessation Interventions</p> <p>Telephone: 1-613-725-3769 Email: hrc@cpha.ca or website www.cpha.ca</p>	Available for download online at http://acsp.cpha.ca/stopsmoking/english/index_e.html	
Hard Copy Resources	<p>Helping Women Quit A guide for those who work with women, but who don't have a background in tobacco cessation. Hosted by the British Columbia Health Authority. Compliments the client resources called "<i>The little quit smoking book.</i>" (see below)</p> <p>Available through Alcohol-Drug Education Service of British Columbia Health Authority http://ades.bc.ca/resources/HWQ.html</p>	Available for download at http://ades.bc.ca/resources/HWQ.html	
Client Booklets	<p>The Little Quit Smoking Book for Girls and Women Who are Thinking About Quitting Available through Alcohol-Drug Education Service of British Columbia Health Authority http://ades.bc.ca/resources/HWQ.html</p>	Available for download at http://ades.bc.ca/resources/HWQ.html	

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DVD and Booklet	<p>Holding Our Own 24 minute video offers a positive and inspiring approach to help women stop smoking. It is inclusive of women from all cultures and backgrounds. It includes non-judgemental and moving personal stories, and practical solutions to empower women of all ages to stop smoking during pregnancy and motherhood.</p>	<p>Kem Murch www.kemmurchproductions.com</p>	<p>Approx \$20.00 per DVD</p>
Client Fact Sheet	<p>Deciding to Quit Smoking This fact sheet provides information for the client who is thinking about quitting smoking or has set a quit date. It lists the physical benefits of quitting, facts on tobacco use and includes tools and tips that help with quitting. Produced by the RNAO.</p> <p>RNAO – www.rnao.org/Storage/11/595_Smoking_Fact_Sheet.pdf</p>	<p>www.rnao.org/Storage/11/595_Smoking_Fact_Sheet.pdf</p>	<p>Download for free or purchase in bulk quantities</p>
Client Booklet	<p>Take the first step towards a smoke-free beginning: A booklet for moms on smoking, secondhand smoke, and quitting. Simcoe Muskoka District Health Unit 2007 This booklet can be used as a self-help resource or with the assistance of a health care professional to help the client move through the stages of change. This resource can be adapted for use by your organization.</p>	<p>Email linda.quennell@smdhu.org</p>	<p>Approx. \$3.00 per booklet</p>