

**FREE  
CEUs!**  
CDE's, RNs,  
RDs,  
PharmD's

*Do you cAARd? Online Smoking  
Cessation and Diabetes Education  
Program*  
**Online Self Study**



In this interactive, free training, learn how to help your patients who use tobacco quit. Doing so will help your patients with diabetes can improve their insulin sensitivity and reduce their risk of complications. Learn about the Ask, Advise, and Refer smoking cessation intervention, pharmacotherapy for cessation, tools and resources for your practice, and the opportunity to help your patients with diabetes and other chronic diseases who smoke improve their health.

*Find this program online at  
[www.caldiabetes.org](http://www.caldiabetes.org)*

**Go to the  
Do you cAARd?  
Online Continuing Education  
Program link**

**1.5  
Credit/  
Contact  
Hour**

**Who should complete  
this program?**  
*All those interested in  
helping patients who  
smoke to quit, including:*  
Diabetes Educators,  
Nurses, Dietitians,  
Physicians,  
Pharmacists', other  
Health Care Providers,  
Medical Assistants, etc.

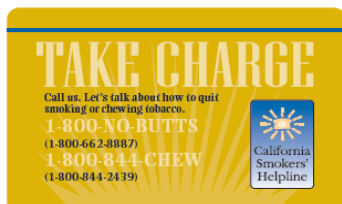
**Program Goal**  
The Do you cAARd?  
campaign is part of a  
California effort to  
increase health care  
providers' awareness  
of smoking cessation  
interventions and  
referrals to quitlines for  
their patients who have  
diabetes and other  
chronic diseases.

Faculty  
**Deborah Greenwood MEd, CNS, BC-ADM, CDE**  
Sutter Medical Foundation, Sacramento, California  
**Tami MacAller, MPH, CHES**  
Senior Health Promotion Specialist  
California Diabetes Program



## Program Objectives

- Describe the health effects and physiology of tobacco use on diabetes
- Discuss the effects of nicotine on people who smoke
- Demonstrate the Ask, Advise, Refer cessation intervention
- Explain how Quitlines function
- List pharmacotherapy for tobacco cessation
- Identify strategies and resources for patients with diabetes who smoke



## Requirements for Completion and Program Credit

To obtain program credit, all self study participants are required to register and complete the online program evaluation.

Program participants should expect to receive their statements of credit via email within 15 days after the program evaluation completion



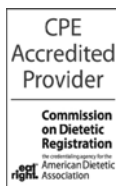
The "Do you cAARd?" diabetes and tobacco cessation campaign is supported by grant number 5U58 DP922827-04 from the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors/presenters and do not necessarily represent the official views of the CDC.



*This continuing nursing education activity was approved by the American Association of Diabetes Educators, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.*

*This program, 2008- 051 approved for 1.5 contact hours.*

*American Association of Diabetes Educators, (AM001) is a Continuing Professional Education (CPE) Accredited Provider with the Commission on Dietetic Registration (CDR) from June 1, 2006 to May 31, 2009. Registered dietitians (RD) and dietetic technicians, registered (DTR) will receive 1.5 continuing professional education units (CPEUs) for completion of this program. Continuing Professional Education Provider Accreditation does not constitute endorsement by CDR of a provider, program, or materials.*



*The American Association of Diabetes Educators is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. This program provides 1.50 contact hours (0.150 CEU's) of continuing education credit.. ACPE Universal Program Number: 069-999-08-217-H04-P. Effective dates: 10/29/08-10/29/10*

*The approval of this educational offering by AADE does not imply endorsement of specific therapies, treatments, or products discussed in the presentations.*

## "Do you cAARd?" Diabetes and Tobacco Cessation Program Task Force

- Chesney Hoagland-Fuchs, BSN, RN, CDE
- Lisa Hartley, RN, BSN, CDE
- Cindy Sandor, RN, CDE
- Lyla Prince, RN, BSE, CDE
- Deborah Greenwood, MED, APRN, BC-ADM, CDE
- Carolyn Salinas, RN, CDE
- Susan Watkins, RD, CDE
- Catherine Saucedo - Smoking Cessation Leadership Center
- Tami MacAller, MPH, CHES - California Diabetes Program
- Karin Omark, EdM, MPH - California Diabetes Program
- Walter Silverman - California Smoker's Helpline



## Partner Organizations

- California Diabetes Program
- California Smokers' Helpline
- California Tobacco Control Program
- Smoking Cessation Leadership Center