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2016 World Cancer Congress Master Courses

Master Course N°1: Evidence-based tobacco cessation and relapse prevention for cancer systems

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Course description:

Improving the quality of care through implementation of evidence-based tobacco cessation and relapse prevention services for cancer patients has considerable potential to decrease the burden of cancer. Yet, cancer diagnosis and treatment is often unappreciated by health professionals as a teachable moment where tobacco cessation interventions can be implemented (Weavera et al., 2012; Simmons et al., 2012; Gritz et al., 2006). Moreover, interventions by health care professionals have been shown to be effective in increasing the tobacco abstinence rate among cancer patients (Elyse et al., 2011).

Continued tobacco use by cancer patients reduces the effectiveness of many cancer treatments and increases the likelihood of morbidity, disease-specific and overall mortality. Evidence suggests that risk of dying from cancer could be lowered by 30–40%, by quitting smoking at the time of diagnosis. For some cancer diagnoses, the benefit of smoking cessation may be equal to, or even exceed, the value of state-of-the-art cancer therapies. For those undergoing cancer treatments, tobacco cessation improves post-surgical wound healing and therapy response, lowers the risk of respiratory complications, and may decrease the possibility of recurrence of a second primary cancer (Warren et al. Int. J. Cancer 2013).

Offering evidence-based tobacco cessation and relapse prevention services represents an opportunity to improve the quality of cancer care, as evidenced by the American Society of Clinical Oncology's (ASCO) Quality Oncology Practice Initiative (QOPI) now including four core quality indicators related to tobacco (e.g., documenting tobacco use status, recommending cessation counselling, administering/referring cessation counselling, cessation services administered appropriately). While evidence-based approaches to tobacco cessation and relapse prevention exist, these services are rarely offered to cancer patients and/or their families/caregivers in cancer care settings.

This workshop will promote the uptake, improvement, and expansion of evidence-based, systems approaches to tobacco cessation and relapse prevention in cancer care systems.

Union for International Cancer Control
62, route de Frontenex 1207 Geneva Switzerland
www.worldcancercongress.org

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Course objectives:

As a result of participating in the Master Course, participants will gain relevant knowledge and skills to adopt an evidence-based, systems approach to tobacco cessation and relapse prevention for cancer patients, or expand/enhance existing tobacco cessation and relapse prevention programs for cancer patients.

By the end of the course, participants will be able to apply the following in their own jurisdiction:

- Describe the importance of evidence-based tobacco cessation and relapse prevention for cancer patients, as well as for cancer care quality improvement
- Identify challenges and opportunities to integrate evidence-based tobacco cessation and relapse prevention within cancer care settings
- Apply lessons from early adopters to initiate, expand or enhance evidence-based tobacco cessation and relapse prevention programming for cancer patients

Participants will take away:

- Evidence on the benefits of evidence-based tobacco cessation and relapse prevention for cancer patients
- Approaches and strategies (e.g., business case, policies etc) to integrate evidence-based tobacco cessation and relapse prevention within cancer care systems
- Tools to support development of evidence-based tobacco cessation and relapse prevention programs for cancer patients (e.g., stakeholder mapping, indicators, environmental scans)

Target Audience:

Cancer system administrators, Quality improvement specialists, Clinical care leaders, Cancer control professionals

Course leaders:

Dr Michelle Halligan (Program Manager, Prevention, Canadian Partnership Against Cancer)