

# OPA | ODH Smoking Cessation Training Program: Attendee Guide

The OPA | ODH Smoking Cessation Training Program will be hosted on Ohio Pharmacists Foundation's (OPF) virtual platform, **LecturePanda**. LecturePanda is the online platform where you will view on-demand CPE videos, complete post-activity quizzes, speaker evaluations, and program evaluation. Once all videos have been viewed in full, all post-activity quizzes and evaluations completed, you will use the platform to submit credit to the CPE Monitor. After your credits have been claimed and submitted, they will be automatically uploaded to the CPE Monitor by LecturePanda. *(Please allow 24 hours for the system to process.)*

You will have access to LecturePanda until **September 15, 2023**. The OPA | ODH Smoking Cessation Training Program includes a total of three (3) contact hours of on-demand (home-study) CPE.

## Helpful Tip

The on-demand sessions will be available beginning September 23, 2020. You can watch and re-watch the on-demand sessions since they are pre-recorded until September 15, 2023. You don't have to worry about missing a slide or forgetting what the presenter said. You can rewind and watch as many times as you would like.

The following instructions will help guide you through the process of registering in LecturePanda for the OPA | ODH Smoking Cessation Training Program:

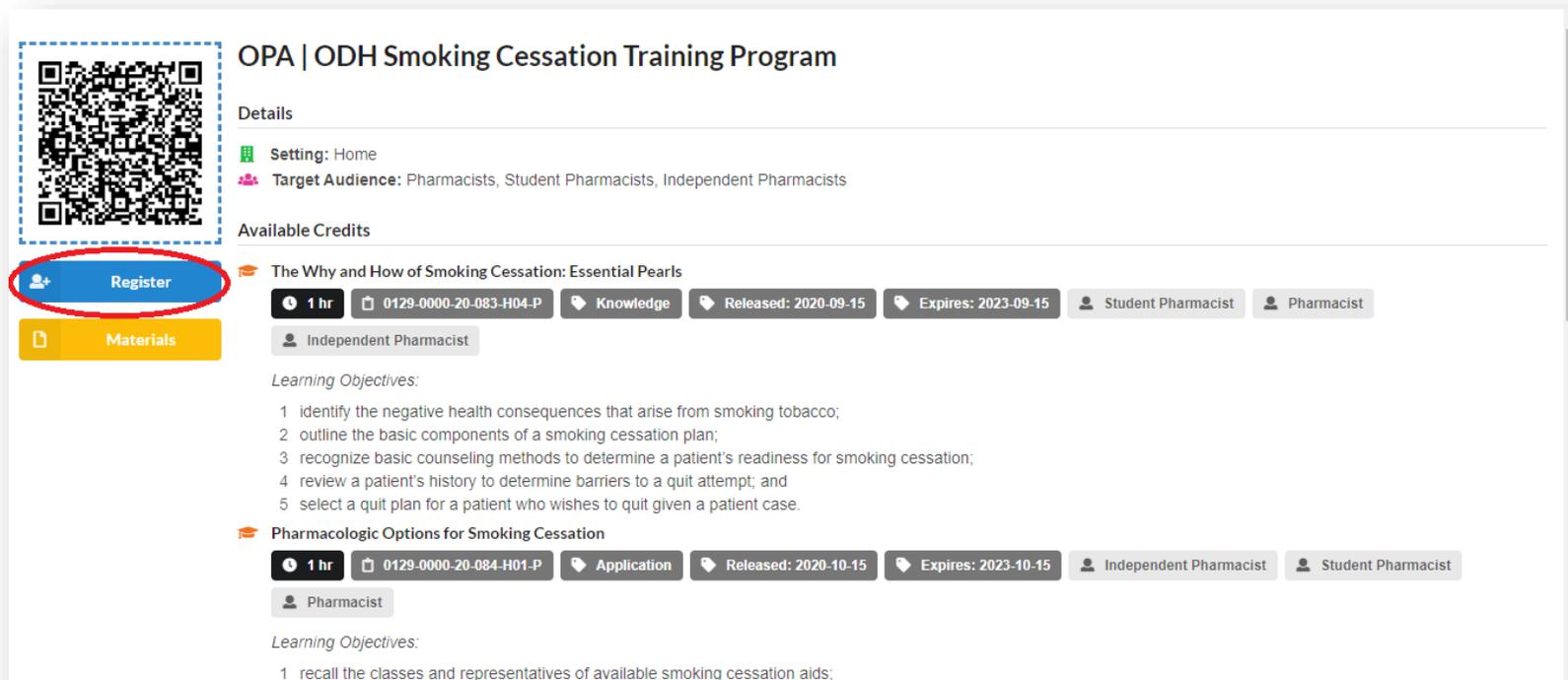
1. Click the button below.

[Click HERE to Register in LecturePanda](#)

*Please allow 1 business day from registration for your email address to be added to the system.*

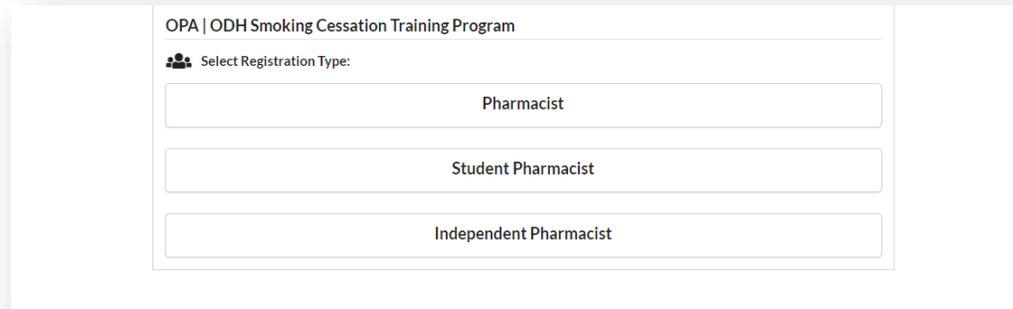
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2. After clicking 'Click HERE to Register in LecturePanda', your web browser will open a page that looks much like this one:



3. Click the blue Register button. You will be directed to a page in your web browser that looks like the image on the following page:

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OPA | ODH Smoking Cessation Training Program

Select Registration Type:

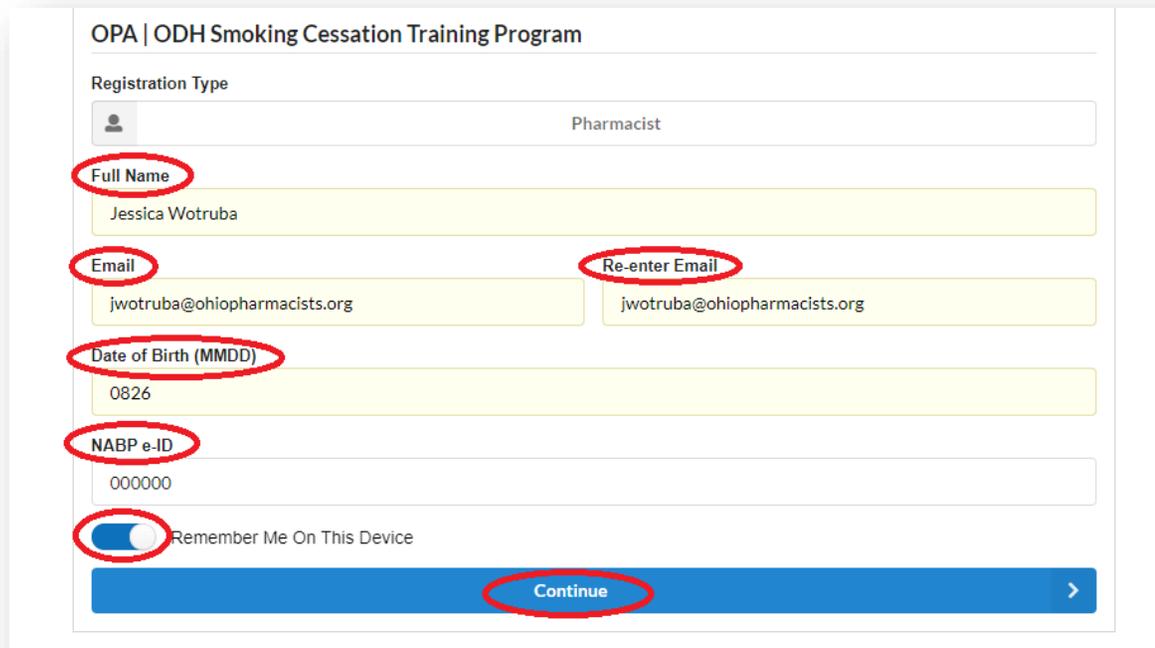
Pharmacist

Student Pharmacist

Independent Pharmacist

4. Select your registration type: Pharmacist, Student Pharmacist, or Independent Pharmacist.

5. Next, you will be prompted to enter your information, including your NABP e-ID *and* birthdate (mmdd format).



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Registration Type

Pharmacist

Full Name

Jessica Wotruba

Email

jwotruba@ohiopharmacists.org

Re-enter Email

jwotruba@ohiopharmacists.org

Date of Birth (MMDD)

0826

NABP e-ID

000000

Remember Me On This Device

Continue >

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Be sure to select 'Remember Me On This Device', then click *Continue*.

Please note: If an incorrect number is entered you will receive an error message until the correct combination of NABP e-ID and birthdate are entered.

The screenshot shows a registration form for the OPA | ODH Smoking Cessation Training Program. The form includes the following fields and elements:

- Registration Type:** A dropdown menu with "Pharmacist" selected.
- Full Name:** A text input field containing "Jessica Wotruba".
- Email:** A text input field containing "jwotruba@ohiopharmacists.org".
- Re-enter Email:** A text input field containing "jwotruba@ohiopharmacists.org".
- Date of Birth (MMDD):** A text input field containing "0826". Below this field is a red error message: "Invalid e-Profile ID and Date of Birth Combination. More information about CPE Monitor can be found at: <https://nabp.pharmacy/cpe-monitor-service/>".
- NABP e-ID:** A text input field containing "123456". Below this field is a red error message: "Invalid e-Profile ID and Date of Birth Combination. More information about CPE Monitor can be found at: <https://nabp.pharmacy/cpe-monitor-service/>".
- Remember Me On This Device:** A toggle switch that is currently turned on.
- Submit Button:** A button labeled "Correct Errors To Continue" with a red warning icon, which is circled in red in the image.

Correct the errors, then click *Correct Errors to Continue*. Once you have successfully completed registration, you will arrive on the landing page of the OPA | ODH Smoking Cessation Training Program. A screenshot follows on the next page.

# OPA | ODH Smoking Cessation Training Program: Attendee Guide

## OPA | ODH Smoking Cessation Training Program

Welcome Jessica Wotruba. Please complete the steps below to receive credit.

- Materials**  
Review the learning materials.
- Information**  
Double check your information.
- Credits**  
Select the credits you earned.
- Evaluations**  
Complete your evaluations.
- Complete**  
Submit your credits.

### OPA | ODH Smoking Cessation Training Program



Learn to:

- Provide extended patient care related to nicotine addiction
- Implement a community pharmacy-based smoking cessation program
- Provide patients with a plan and tools necessary to quit smoking

ELIGIBLE FOR CONTINUING EDUCATION CREDIT

Welcome to LecturePanda, the virtual platform that you will be using to complete the **OPA | ODH Smoking Cessation Training Program**. You will watch the on-demand sessions, complete post-activity quizzes, speaker evaluations and the seminar program. LecturePanda will allow you to claim and submit credit for your continuing pharmacy education (CPE) hours. After your credits have been claimed and submitted, they will be automatically uploaded to the CPE Monitor by LecturePanda. *(Please allow 24 hours for the system to process.)* You will have access to this portal until September 15, 2023. There will be three (3) hours of on-demand (home-study) ACPE credits available to you.

The Attendee Guide in the *Files for Download* section below will provide step-by-step instructions to completing the program and claiming your CPE credit hours. If you have any questions or problems, please contact the OPA office at 614.389.3236 or opa@ohiopharmacists.org.

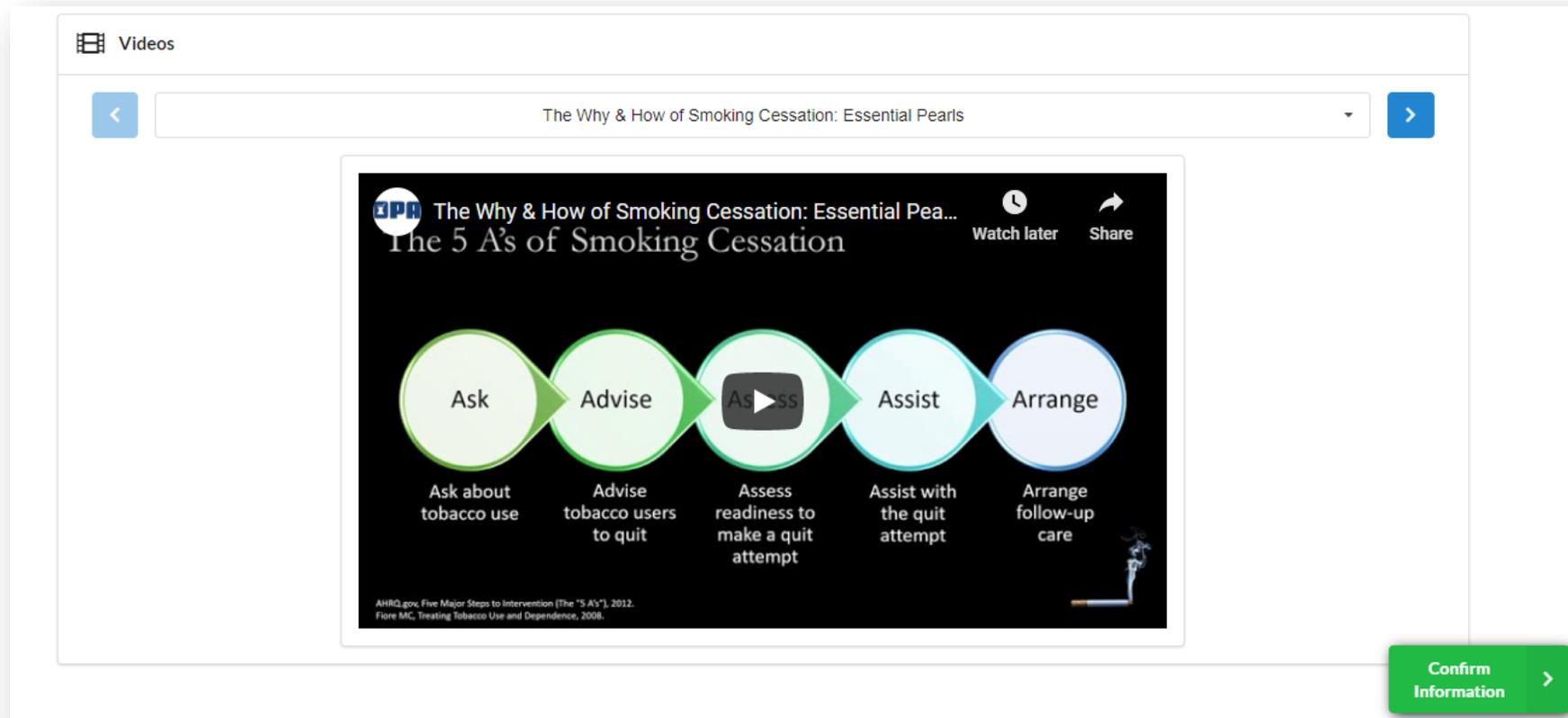
[Confirm Information >](#)

The landing page is divided into 3 sections:

- *Welcome*- description of LecturePanda
- *Files for Download*- Learning Objectives, Attendee Guide, and all handouts/slides
- *Videos*- on-demand CPE sessions

# OPA | ODH Smoking Cessation Training Program: Attendee Guide

To complete the program, scroll down to the videos section.



Because the program is on-demand, you can complete the home-study activity videos in any order you would like. Simply use the blue arrows at the top to navigate to the one you wish to start with. The screenshot on the following page highlights where the arrows are located. (NOTE: *Pharmacologic Options for Smoking Cessation* will not be available until October 15, 2020 and *Implementing a Smoking Cessation Program in a Community Pharmacy* will be on November 15, 2020.)

# OPA | ODH Smoking Cessation Training Program: Attendee Guide

The screenshot shows a video player interface. At the top, there is a 'Videos' tab and a search bar containing the text 'The Why & How of Smoking Cessation: Essential Pearls'. A red circle highlights a blue right-pointing arrow button in the top right corner of the player. The video content displays a diagram titled 'The 5 A's of Smoking Cessation' with five steps: Ask, Advise, Assess, Assist, and Arrange. The 'Assess' step is highlighted with a red circle and a play button icon. Below the diagram, there is a green button labeled 'Confirm Information' with a right-pointing arrow.

To watch an on-demand home-study activity, click on the play button.

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Once you have completed all of the sessions you wish to claim CPE credit for, the following steps will guide you through the process to complete post-activity quizzes, speaker evaluations, program evaluation, claim credits, and submit credits to the CPE Monitor.

1. Click on the green *Confirm Information* button on the bottom right-hand side of your screen.



2. Ensure all of your information is correct. Then click on the green *Claim Credits* button. A screenshot of this button is on the following page.

# OPA | ODH Smoking Cessation Training Program: Attendee Guide

OPA | ODH Smoking Cessation Training Program  
Welcome Jessica Wotruba. Please complete the steps below to receive credit.

Materials | Information | **Credits** | Evaluations | Complete

Please Confirm Your Information

Registration Type: Pharmacist

Full Name: Jessica Wotruba

Email: jwotruba@ohiopharmacists.org | Re-enter Email: jwotruba@ohiopharmacists.org

Date of Birth (MMDD): 0826

NABP e-ID: 000000

Remember Me On This Device

**Claim Credits**

3. Scroll through the list of continuing education activities and select the program credits by checking the box next to the activity title.
4. Click on the green *Complete Evaluations*.

OPA | ODH Smoking Cessation Training Program  
Welcome Jessica Wotruba. Please complete the steps below to receive credit.

Materials | Information | **Credits** | Evaluations | Complete

Select credits

The Why and How of Smoking Cessation: Essential Pearls  
1 hrs | 0129-0000-20-083-H04-P | Knowledge

Evaluation Quick Links

Speaker Evaluation: The Why and How of Smoking Cessation: Essential Pearls  
Incomplete

Quiz: The Why and How of Smoking Cessation: Essential Pearls  
0 Attempt(s)

Pharmacologic Options for Smoking Cessation  
1 hrs | 0129-0000-20-084-H01-P | Application

**Complete Evaluations**

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5. Click on the title to complete the post-activity quiz or speaker evaluation.

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Welcome Jessica Wotruba. Please complete the steps below to receive credit.

- Materials: Review the learning materials.
- Information: Double check your information.
- Credits: Select the credits you earned.
- Evaluations: Complete your evaluations.
- Complete: Submit your credits.

Please Complete The Evaluations Below

Incomplete Evaluations

- Speaker Evaluation: The Why and How of Smoking Cessation: Essential Pearls** (circled in red)  
Incomplete
- Quiz: The Why and How of Smoking Cessation: Essential Pearls  
0 Attempt(s)

Claim Credits (left) | Submit (right)

6. Complete the 5 post-activity questions or speaker evaluation for each program, then click on the green *Submit* button. (When you successfully complete the quiz, you will receive a message that you passed and your score. All quizzes must have a passing score of 80%. If you do not pass the quiz, you will receive a message containing your score and the rationale for your answers. Click on the *Correct Errors to Continue* button to correct your answers. You can retake the quiz until it is passed.)

7. Click the green *Continue* button to select the next post-activity quiz or speaker evaluation you'd like to access.

OPA | ODH Smoking Cessation Training Program  
Welcome Jessica Wotruba. Please complete the steps below to receive credit.

Quiz: The Why and How of Smoking Cessation: Essential Pearls

1. Which of the following is regarded as a negative health consequence caused by cigarette smoking?

- Increased bone density
- Increased risk of cardiovascular disease
- Increased weight gain
- Increased risk of Parkinson's disease

2. Which of the following would be most appropriate to assess the patient's readiness to quit?

- Are you a current smoker?
- Might you consider quitting smoking in the next month?
- Would it be okay if I shared some of the stages of smoking cessation?
- Many smokers are hooked on cigarette smoking - do you or someone in your household smoke?
- How many cigarettes do you currently smoke each day?

3. Which of the following is *not* considered an essential part of a smoking cessation plan?

- Personal habits that trigger the patient to smoke
- The patient's family history of tobacco use
- A quit date within 10 days of the current date
- A list of reasons why the patient enjoys smoking

Your patient MT, a 42 year old female, is smoking just CTC while for nicotine replacement therapy. You learn that the both of her grandsons have made the switch for smoking habit due to what a could mean for her health and wallet. She is nervous that she won't follow through as she has tried to quit before but was only successful for a few days. The urge to smoke in the morning and when she's stressed are too much for her to overcome. She also comments about the fear of gaining weight once she stops.

4. Based on 80% being what of the following presents a significant barrier to a successful quit attempt?

- The patient's age
- The both of her grandsons
- Lack of motivation
- Unwillingness to use cessation aids
- Fear of post-cessation weight gain

5. Which of the following methods of quit plan management is most appropriate for 80%?

- Quit date in 5 days, encourage her success from past quit attempts, recommend she stop cold turkey to save money
- Quit date in 10 days, encourage her success from past quit attempts, recommend she take deep breathers and take to relaxing music to curb cravings
- Quit date for tomorrow, highlight her motivation of grandsons, recommend use of NRT

Cancel | Submit (circled in red)

# OPA | ODH Smoking Cessation Training Program: Attendee Guide

You will receive a confirmation message from LecturePanda after your first sign in. This message will give you a link directly to LecturePanda. You will also receive reminder notifications from LecturePanda to complete your credits until you have submitted credit for your sessions or until September 15, 2023. Please change your email settings to allow email from the lecturepanda.com domain.

Once all quizzes and speaker evaluations have been completed, the *Submit Credits* button on the Evaluations page will turn green. Click on the *Submit Credits* button to allow LecturePanda to upload your CPE credits to the CPE Monitor. After the credits have been submitted, you will receive a message of completion.