



LEARN HOW TO HELP PATIENTS QUIT TOBACCO

*Equip yourself with practical skills in
this free online course*

ONLINE COURSE ON TOBACCO: History, consequences and cessation



OVERVIEW

This free online course provides health professionals with practical skills and knowledge to address tobacco addiction, support smoking cessation, and manage related health risks, with a focus on low- and middle-income countries.



TARGET AUDIENCE

This course is designed for healthcare providers, public health professionals, students, counsellors, researchers, and community workers.



LEARNING OUTCOMES

Participants will gain practical skills and knowledge in tobacco control, nicotine addiction management, smoking cessation strategies, and the treatment of tobacco-related diseases and co-addictions, earning a certificate of completion to support their professional development.



COURSE CONTENT

5 INTERACTIVE MODULES

- **Module 1:** General overview of smoking
- **Module 2:** Epidemiology of smoking

- **Module 3:** Consequences of tobacco use
- **Module 4:** Smoking cessation
- **Module 5:** Case studies and experiences

**MORE
DETAIL
ON
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FORMAT AND DURATION

This flexible, self-paced online course takes around 8 hours to complete, with expert-led recorded lessons, interactive modules and quizzes, allowing participants to learn anytime at their convenience.

FR ↔ EN

THIS COURSE IS CURRENTLY OFFERED IN FRENCH...

The Union is seeking funding to support the translation and adaption of this proven tobacco cessation course into English to reach global audiences with expert-led, culturally relevant training. If you can assist, please contact unioncourses@theunion.org



COST AND ENROLLMENT DETAILS

This course is **FREE!**



**REGISTER
NOW**



COURSE DETAIL



MODULE 1: GENERAL OVERVIEW OF SMOKING

This provides an overview of tobacco control concepts, the history and production of tobacco, and key global measures like MPOWER to reduce tobacco use and dependence.



MODULE 2: EPIDEMIOLOGY OF SMOKING

This module explores the epidemiology of smoking, factors promoting tobacco use, the nature of tobacco dependence and co-addictions, and the health impacts of smoking, including its link to comorbidities like tuberculosis and asthma.



MODULE 3: CONSEQUENCES OF TOBACCO USE

This module covers the pharmacology of nicotine, key markers of tobacco use, and the health, socio-economic, and environmental consequences of smoking.



MODULE 4: SMOKING CESSATION

This module provides comprehensive training on smoking cessation; covers the benefits of quitting, patient assessment, non-pharmacological and pharmacological methods, and practical approaches like the ABC, 5A, and 5R methods, along with key support tools



MODULE 5: CASE STUDIES AND EXPERIENCES

This module applies learning through clinical case studies and shares real-world experiences of smoking cessation initiatives in Burkina Faso and Benin, including care for patients with tuberculosis.