

# TRAC

## Help people quit tobacco.

TRAC is a **FREE** two-day program for health professionals.

TRAC helps you provide **EFFECTIVE** tobacco cessation support.

TRAC is **ACCREDITED** with professional associations.

Research shows that support and advice from a trained health professional can **double** a person's chances of quitting tobacco successfully.

### How can I help?

As a health professional, you are a trusted advisor for your patients and clients. And you see many of them each day. You can help them by inquiring, listening and providing brief, practical advice to your patients and clients who use tobacco. This can have a significant impact on their efforts to cut back or quit.

### What will I learn?

TRAC was developed by tobacco reduction experts to provide health professionals with the skills and tools they need to talk effectively with their patients and clients about quitting. You will learn about these topics:

- Effects of tobacco dependence
- Challenges faced by people trying to quit or cut back, including groups with unique challenges:
  - Youth
  - Aboriginal people and other ethnic groups
  - People with mental illnesses
  - People with other addictions
- Supportive, non-judgmental techniques for talking with your patients and clients about tobacco use and quitting
- Positive, proven strategies for helping people quit:
  - Motivational techniques
  - Treatment options
  - Nicotine replacement therapies
  - Prescription medications
- Available tobacco cessation programs and services in Alberta

### Can I get credit for taking TRAC?

Members of these associations can earn professional development credit for completing TRAC training:

- Alberta College of Pharmacists (11.5 CEU)
- College of Registered Dental Hygienists of Alberta (11.5 credits)
- Alberta College of Social Workers (Category A credits)
- College & Association of Registered Nurses of Alberta (core competency requirements)

Other health professionals may be able to earn development credits by submitting a learning plan to their professional association.

### When and where is TRAC offered?

TRAC is delivered over two days at convenient locations throughout Alberta, **at no cost!**

Contact us to get a program schedule or to ask about bringing TRAC to your area.

### How can I find out more?

For more information or to register for an upcoming TRAC session near you, call or email:

- **780-422-1350**
- **[tru@albertahealthservices.ca](mailto:tru@albertahealthservices.ca)**