



**SGH
PGAHI**

POSTGRADUATE
ALLIED HEALTH INSTITUTE

Continuing Professional Development Lecture: Working with Smokers - What Every Healthcare Professional Should Know (3 September 2019)

ALLIED HEALTH PROFESSIONALS

Synopsis

Tobacco use is a known leading cause of preventable death and it increases the risk of developing diseases such as lung cancer, chronic obstructive pulmonary disease and cardiovascular diseases. These diseases result in heavy utilization of healthcare facilities and the recovery is further complicated by tobacco use.

Healthcare professionals play a vital role in motivating and assisting smokers quit smoking. This talk will introduce the basic concepts of smoking cessation that allows participants to identify their roles and initiate a meaningful conversation with smokers which facilitates quitting. The content of this talk include the addiction model, the stages of behavioural change, brief motivational interviewing techniques and pharmacotherapy. The practical approaches (e.g., ABC & 5As) that busy healthcare professionals could adopt will also be discussed.

Speaker

Ms Michelle Shi

Clinical Psychologist

Department of Psychology, SGH

Michelle graduated with a Master of Psychology (Clinical) and a Degree of Nursing. She was accredited as a Tobacco Treatment Specialist by Mayo Clinic in 2009. With over 10 years of experience in tobacco treatment, she is a frequent speaker and tireless advocate for smoking cessation.

Michelle has conducted training for the Certificate for Quit Smoking Consultant (Level 3) and given talks in NUS, DUKE-NUS, the Singapore Medical Association, the Diabetic Society of Singapore, the Singapore and Southeast Asia Tobacco Control Alliance (SEATCA) and the Asia Pacific Behavioral and Addiction Medicine Conference (APBAM). Her expertise regarding smoking cessation is regularly consulted by media (e.g., the Straits Times; Lianhe Wanbao etc.)

Michelle has led a team of healthcare professionals from SingHealth in running an inpatient smoking cessation programme from 2008 to 2013. She chaired the pre-conference workshop titled "Setting up an Inpatient Smoking Cessation Service" during the 15th World Conference on Tobacco or Health (WCTOH) in 2012. She also took part in developing the HPB-MOH Clinical Practice Guideline on Treating Tobacco Use and Dependence 2013 and provided invaluable contribution on non-pharmacological interventions.

Lecture Details

Date	: 3 September 2019 (Tuesday)
Duration	: 1 hour
Time	: 6.00 pm – 7.00 pm
Venue	: Learning Space Room 4/5 Singapore General Hospital Block 6 Level 1, Outram Road Singapore 169608
Fee	: Complimentary

Target Audience

All allied health professionals, doctors and nurses.

Registration

To register, please submit the following details to agnes.low.s.m@sgh.com.sg by **14 Aug 2019 (Wed)**.

- Name
- Organisation/Department
- Profession
- Contact No.
- Email Address
- SGH Employee No. (if applicable)
- Professional Registration No.

Upon registration, you agree to the following [Terms & Conditions](#).

Limited to 120 pax, on a first-come-first-served basis. As priority would be given to those who have pre-registered, walk-in registration may not be accepted.

To maximise your learning and also to help each other to focus better at the lecture, please be punctual for the lecture.

Quick links

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