



NCSAW CE Digest

Nicotine Cessation Service Access Workgroup
Training and Resources Subcommittee

Spring 2023

Volume 3, Issue 1

DID YOU KNOW?

Life's Simple 7 (developed by the American Heart Association) are modifiable risk factors to help achieve ideal cardiovascular health

- 1) Manage Blood Pressure
- 2) Control Cholesterol
- 3) Reduce Blood Sugar
- 4) Get Active
- 5) Eat Better
- 6) Lose Weight
- 7) **Stop Smoking!!**

Resource:

[American Heart Association](#)

New CE opportunities?

Submit new CEs related to nicotine addiction and tobacco products to

Ikjae.Chin@fda.hhs.gov

Julia.Olson@IHS.gov



Upcoming CE opportunities

- Tobacco Cessation Certificate: Pharmacists as Tobacco Cessation Counselors
 - Knowledge-based, 4 CE hours, expires 8/24/2023
- Pharmacotherapy Review 2021: Primary and Secondary Prevention of Cardiovascular Disease in the Ambulatory Setting
 - Application-based, 2 CE hours, expires 3/26/2024
- Target: BP - Partnering with Patients using lifestyle modification and motivational interviewing – Step 3b in Hypertension Control
 - Knowledge-based, 0.75 CE Credits (ACCME), expires 3/31/2025
- Primary Prevention of Cardiovascular Disease Webcast
 - Knowledge-based, 1.5 CE hours, expires 4/11/2025

Test Your Knowledge

A 40 y/o Caucasian male presents to his primary care provider with multiple elevated blood pressure readings. Systolic blood pressure values are in the 130-139 mmHg range, and diastolic blood pressure values are in the 80-89 mm Hg range. The patient smokes one-half pack of cigarettes per day but is otherwise in good health. His estimated ASCVD risk is <10%. According to the 2017 ACC/AHA/AAPA/ABC/ACPM/AGS/APhA/ASH/ASPC/ NMA/PCNA Guideline for the Prevention, Detection, Evaluation, and Management of High Blood Pressure in Adults, what is the recommended treatment for this patient?

- A. The patient has Stage 1 hypertension and should begin a BP-lowering medication. Their blood pressure should be re-evaluated in 1 month.
- B. The patient has Stage 1 hypertension and should begin non-pharmacologic therapy such as smoking cessation. Their blood pressure should be re-evaluated in 3-6 months.
- C. The patient has Stage 2 hypertension and should begin a BP-lowering medication. Their blood pressure should be re-evaluated in 1 month.
- D. The patient has Stage 2 hypertension and should begin non-pharmacologic therapy such as smoking cessation. Their blood pressure should be re-evaluated in 3-6 months.

Answer: B! Based on the patient's blood pressure values and their ASCVD risk score, they have stage 1 hypertension which can be initially treated with non-pharmacological therapy. Smoking cessation is a modifiable risk factor for improving cardiovascular health.

Join us on our Listserv!

Name: Tobacco and Nicotine Cessation (TNC)

URL: https://www.ihs.gov/listserv/topics/signup/?list_id=608