

AlbertaQuits Learning Series

Course Descriptions and FAQ

The AlbertaQuits Learning Series offers e-learning courses and classroom/virtual trainings to a broad health professional audience. You can take individual units on a specific topic or link them together to advance your skills. Courses marked with an asterisk (*) are pre-requisites for writing the Certified Tobacco Educator exam through the Canadian Network for Respiratory Care (CNRC). See the [CTE Infographic](#) for more info.

E-Learning Courses		
Name	Description	Length
Tobacco Basics*	Participants will be provided a broad and general understanding of tobacco use, exposure, and its impact on our society. Topics include tobacco use epidemic, tobacco industry tactics, tobacco use prevention and health promotion strategies, tobacco products and impacts, and tobacco reduction resources.	1.5 – 2 hours
Brief Tobacco Intervention	Participants will learn an evidence-based approach for offering intervention to clients who use, are exposed to, and who are trying to abstain from use of commercial tobacco and vaping products. Participants will raise their awareness, knowledge and skill in implementing the 5A's method for helping clients using motivational strategies in a step-by-step process.	30 – 45min
Intensive Tobacco Intervention*	Participants will be provided an evidence-based approach for intensive tobacco intervention to help clients who use or are trying to abstain from commercial tobacco and vaping products. Counselling skill development, assessment tools and techniques, and resources such as in the Tobacco Cessation Toolkit are discussed in a variety of health-related settings and populations. This course is divided into two parts; completion of part 1 is required for enrollment in part 2.	3 – 4 hours for each part
Tobacco Cessation Pharmacology*	Participants will gain an understanding of the impact of tobacco dependence and addiction on stopping tobacco product use. They will learn pharmacology best-practice and approaches for offering support in areas of tobacco assessment, nicotine withdrawal, medication management, and drug toxicity in general, and in specific settings and populations.	2 – 3 hours
Register for e-learning courses on MyLearningLink (AHS staff) or the PHC Learning Portal (Non-AHS staff)		
Classroom/Virtual Training		
Name	Description	Length
Foundational Health Educator*	Participants will gain a strong foundation in core health education competencies including health promotion, communication (including motivational interviewing), practical application of health education theories, behavioural self-management counselling and facilitation skills, educational interventions, resource management, professional practice and program evaluation. Offered in face-to-face and virtual formats.	2 days
Applied Tobacco Intervention*	This workshop is designed to help healthcare professionals provide evidence-based, effective tobacco interventions. It is delivered face-to-face and uses a cooperative learning approach to practice the skills required for brief and intensive tobacco interventions.	1 day
Register for classroom/virtual courses here		

Frequently Asked Questions

1. What do I need to do before attending one of the AlbertaQuits workshops?

Applied Tobacco Intervention (ATI): Health care providers attending this workshop are expected to have completed a minimum of at least two of our e-learning courses: (1) Tobacco Cessation Pharmacology (TCP) and (2) either Brief Tobacco Intervention (BTI) or Intensive Tobacco Intervention (ITI).

Foundational Health Educator: Health care providers attending this workshop are expected to have purchased a Foundational Health Educator workbook binder through the [Canadian Network of Respiratory Care \(CNRC\)](#). Please note these are shipped from Ontario so you should order at least two weeks before the workshop you are attending. The cost is \$110 dollars plus shipping.

2. How will you notify me if a course is cancelled or rebooked?

A facilitator from the course will contact you by email to inform you of the changes.

3. What happens if I am not able to attend a course I have registered for?

Email tru@ahs.ca to let them know.

4. What happens if I don't receive my workshop certificate?

Email tru@ahs.ca to let them know and one will be sent to you.

Having trouble with your e-learning unit?

MyLearningLink Support Center:
helpmylearninglink@albertahealthservices.ca

Primary Health Care Learning Portal
PHC@ahs.ca or call 1-855-943-2366

Having trouble with your classroom/virtual training?

Email: tru@ahs.ca