

# Perinatal Smoking Cessation: *Challenges & Opportunities*



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# FREE ONLINE CME

## Perinatal Smoking Cessation: *Challenges & Opportunities*

### PROGRAM DESCRIPTION

This CME/CE activity provides in-depth information about smoking cessation during the weeks just prior to and after delivery. The online activity includes case studies illustrating effective strategies for treating tobacco dependence in the perinatal population and common barriers to quitting smoking.

### LEARNER OBJECTIVES

- List the factors associated with tobacco use late in pregnancy and early postpartum;
- Identify and address unique challenges that affect patients' quit attempts, including: breastfeeding, perinatal mood disorders, stress and social-environmental cues; and
- Effectively treat these patients using evidence-based psychosocial interventions and pharmacotherapy.

### FACULTY

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### CREDITS AVAILABLE

1.0 CE for Nurse Practitioners  
1.0 AMA PRA Category 1 Credit(s)<sup>TM</sup>

### TO VIEW CME/CE ACTIVITY

[www.ipmameded.org/online-cme/perinatal-smoking-cessation](http://www.ipmameded.org/online-cme/perinatal-smoking-cessation)

