

Second Draft – July 19, 2016

On Thursday, June 23rd, an Open Forum to discuss Tobacco Addiction and Smoking Cessation with guest speaker, Dr. Andrew Pipe, was held in Pembroke. There were 74 participants in total attending the event. Among those participants were all the sites offering counselling support for cessation in Renfrew County - from Arnprior to Deep River and Barry's Bay and Golden Lake, including Rainbow Valley CHC.

Also at the forum site to share what services they offer were community partners such as Community Home Monitoring Program, Carefor Health and Community Services, Medigas, Vital Aire, Regional Diabetes, Stroke Prevention, Renfrew County & District Health Unit, Geriatric Day Program, and Mulvihill Drug Mart.

“It was a great opportunity to share information on what aides are available to help quit smoking and how to refer to the Smoking Cessation program” said Ellen Michaud, Registered Respiratory Therapist and Certified Respiratory Educator at Whitewater Bromley Community Health Center and Rainbow Valley Community Health Centre, who organized the event. “The support obtained from Community Partners and pharmaceutical companies was amazing. Without their help, this event would not have been possible.”

Most smokers have a physical dependency on nicotine, which is found in tobacco. Smoking cessation programs use one or a variety of techniques including aversion therapy, hypnosis, acupuncture, acupressure, and individual and/or group therapy or mutual support groups to help people who wish to control their dependence on nicotine and give up smoking.

Ellen's commitment in promoting smoking cessation, and that of the program, was recognized by the Ottawa Model for Smoking Cessation Program by way of plaque presentations to Rainbow Valley CHC and Whitewater Bromley CHC in gratitude for all the great work they do in promoting smoking cessation.

“This award would not have been possible without Ellen” noted Joanne Pecarskie, Manager of Health Services at Rainbow Valley CHC. “Her dedication to patients and her enthusiasm in helping clients reduce their dependency on tobacco is truly commendable.”

The feedback from the event was very positive and some are hoping that this will be an annual event, perhaps held in different locations throughout Renfrew County.

If you would like help to quit smoking or learn more on how to access this service, please contact Rainbow Valley CHC at 613-757-0004 or speak with your family physician.