September 30th, 2026

E-learning course for Medical Students (Pharmacology and Toxicology)

"Tobacco Dependence"

This course has been developed by the following people: M. Caterina Grassi, MD, Alessia Ceccherelli, MD, Amy K. Ferketich, PhD, Andrea Sansone, MD, PhD, Stefania Basili, MD, Giuseppe Battaglia, MD, PhD

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Course Objectives

Following completion of these courses, students will be able to...

1. Summarize the epidemiology of tobacco use in Italy;
2. Describe the health effects associated with smoking and the health benefits of smoking cessation;
3. Describe how nicotine affects systems of the body;
4. Describe the evolution of electronic cigarette products and the differences between electronic cigarettes and heated tobacco products;
5. Summarize the potential effects on the lungs and heart associated with electronic cigarettes and heated tobacco products;
6. Articulate the main components of MPOWER and the state of tobacco control in Italy.

Instructions. There are 11 didactic modules in these courses. *Part 1* contains modules 1 through 7. *Part 2* contains modules 8 through 13. *Part 3* contains modules 14 through 20. A pre and post questionnaire will accompany each part. Within each module, students will find PowerPoint slides and a recorded lecture. Students should listen to the recorded lecture in PowerPoint. The transcript for the recording can be found in the notes section of the presentation. NOTE: The recorded lecture includes a lot more information than what is just on the slides, so it is important to listen to the recording and read the transcript!
Students are also strongly encouraged to read the accompany articles that are associated with each module. They can be found at the bottom of the page, in the order presented in the modules.

Introduction to course

- As a first step, please watch the video and then complete the questionnaire. The video is a clip by Michael Fiore, a physician at the University of Wisconsin, School of Medicine and Public Health, Madison, WI, USA, who was the author on all three Clinical Practice Guidelines on tobacco dependence. He explains why this topic is important for doctors.

-For each module: Download the PowerPoint and listen to the audio recording. Read the transcript of the recording, which is contained in the "notes" section of the PowerPoint. You can also download the slides, which are not as large as the lecture with the audio.

-Pre-Questionnaire: please remember to fill in the questionnaire before the course

-Post Questionnaire: please remember to fill in the questionnaire after the course.

The e-learning courses will be open from December 1st 2026 to January 31st 2027

"Tobacco Dependence" Part 1

(ADE = 1 credit: for 4th and 5th yr. medical students, course "Pharmacology and Toxicology")

"Epidemiology of smoking, Toxicology of Nicotine, Nicotine Dependence, Craving and Withdrawal"

Pre-Questionnaire: please remember to fill in the questionnaire before the course

Module 1: History of Tobacco

Module 2: Epidemiology of Smoking in Italy

Module 3: Toxicology of Nicotine

Module 4: Nicotine Dependence

Module 5: Craving and Withdrawal

Module 6: Other Tobacco and Exposures

Module 7: Epidemiology of Smoking in Italy – Update 2026

Post Questionnaire: please remember to fill in the questionnaire after the course.

"Tobacco Dependence" Part 2

(ADE = 1 credit: for 5th yr. medical students, course "Pharmacology and Toxicology")

"Treating Tobacco Dependence"

Pre-Questionnaire: please remember to fill the questionnaire before the course.

Module 8: Clinical Practice Guideline

Module 9: Varenicline

Module 10: Cytisine

Module 11: Bupropion

Module 12: Nicotine Replacement Therapy

Module 13: Role of the Doctor

Post Questionnaire: please remember to fill the questionnaire after the course.

“Tobacco Dependence” Part 3

(ADE= 1 credit: for 5th yr. medical students, course “Pharmacology and Toxicology”)

“Electronic Products and Tobacco Control”

-Pre-Questionnaire: please remember to fill the questionnaire before the course.

Download the PowerPoint and listen to the audio recording. Read the transcript of the recording, which is contained in the "notes" section of the PowerPoint. You can also download the slides, which are not as large as the lecture with the audio.

Module 14: Overview of Electronic Cigarettes

Module 15: Health Effects of Electronic Cigarettes

Module 16: Epidemiology of Electronic Cigarette Use

Module 17: Heated Tobacco Products

Module 18: Tobacco Control Policy

Module 19: Update - Health Effects of Electronic Cigarettes and Heated Tobacco Products, 2026

-Post-Questionnaire: please remember to fill in the questionnaire after the course.