

## **Core Competencies – Smoking Cessation Fundamentals**

This training standard was developed for the National Training Service (NTS) Alliance in consultation with subject matter experts.

The purpose of this training standard is to provide a benchmark for knowledge and skills that should be included in training of stop smoking practitioners. This is to help ensure consistency in training content and alignment with best practice.

This standard is not designed to be prescriptive of how, when, or in what format training is delivered.

## Training Standard:

### Core Competencies – Smoking Cessation Fundamentals

The following information outlines benchmarks or competencies for the fundamentals that should be used by those working in roles linked to providing smoking cessation guidance and/or support.

<b>What:</b> The need for Smoking Cessation Fundamentals standards	All Stop Smoking Practitioners need to be able to demonstrate fundamental smoking cessation knowledge and skill.
<b>Who:</b> The intended audience	Primarily Stop Smoking Practitioners but may include other health practitioners who are assisting people to stop smoking.
<b>Where:</b> The location of services	All health practitioners need to provide high quality stop smoking support in all settings where they are helping people to stop smoking. This may include: Healthcare settings, public health settings, community settings and in people’s homes.
<b>When:</b> The time these services are offered	At the point of contact.
<b>How:</b> The way the sessions are delivered	The smoking cessation service is offered face-to-face, by electronic message or by telephone at the point of contact

**Benchmarks for Knowledge:**

***The practitioner is able to correctly:***

- Explain why people smoke and why they can find it hard to quit (tobacco dependence) including being able to:
  - describe how tobacco use results in dependence
  - identify and describe common cues that trigger urges to smoke
  - identify and describe common causes of relapse
- Explain tobacco withdrawal and identify common symptoms of withdrawal
- Describe the benefits of stopping smoking to individuals, pregnant women and their babies, whānau / families and the wider community
- Describe evidence based smoking cessation treatments
- Describe what a carbon monoxide monitor is and its purpose in smoking cessation
- Describe the basic characteristics of evidence based stop-smoking medicines available in New Zealand including:
  - Nicotine replacement therapy
    - patches
    - gum
    - lozenges
    - inhalator
    - mouth spray
  - Prescription medicines
    - varenicline (Champix)
    - bupropion (Zyban)
    - nortriptyline
  - costs
  - sources
  - doses
  - actions
  - effectiveness
  - side effects
- Describe the effects of smoking on the metabolism of some other medicines (e.g., clozapine, olanzapine, warfarin, theophylline), and the changes seen when stopping smoking.
- Identify what is in/out of scope for stop smoking practitioners. This might include seeking expert advice and/or referring clients with complex needs appropriately (e.g. those needing medical advice, co-existing mental health and/or other addictions).
- Describe what to do if someone presents who is out of scope.
- Describe other aids that people may use to help them stop smoking and discuss their effectiveness, for example, e-cigarettes, hypnosis, acupuncture

**Benchmarks for Skills:**

***The practitioner is able to correctly:***

- Develop, build and maintain rapport
- Follow the Code of Rights and use ethical approaches in all interactions with clients
- Provide a service that takes into account the needs, values, and beliefs of different cultural, religious, social, and ethnic groups, including the needs, values, and beliefs of Māori and Pacific peoples
- Give information about the treatment programme (addressing both positive and realistic expectations)
- Assess smoking history and past experience with stopping, including previous use of stop-smoking medicines
- Provide information and advice on effective smoking cessation support options that match the client's goals, strengths, needs, characteristics and resources
- Assess and strengthen commitment and ability to stop
- Enhance motivation and self-belief by affirming their decision and discussing ways to maintain their motivation
- Give information on stop-smoking medicines
- Give information on tobacco withdrawal symptoms
- Help clients to develop a treatment plan and set a date to stop smoking (quit date)
- Explain the importance of complete abstinence ("not a single puff") after their quit date
- Gain commitment to 'not a single puff'
- Use carbon monoxide monitors as a motivational tool
- Advise on gaining support from others
- Help with developing problem-solving and coping mechanisms for barriers, triggers and cues
- Advise on ways to change routines
- Advise on adjusting medication use
- Advise on staying smokefree and dealing with relapses
- Assist client to identify personal relapse risk factors and develop strategies to reduce relapse risk, including how to access ongoing support as required
- Refer appropriately for other interventions and services as needed
- Seek expert advice and/or refer appropriately for clients with complex needs (for example, coexisting mental health and/or other addictions),
- Provide information and refer clients to a medical practitioner for prescription-only medications (for example, nortriptyline, bupropion and varenicline) as required

<b>Benchmarks for Skills:</b> <b>(cont'd)</b>	<ul style="list-style-type: none"> <li>• Complete all documentation correctly and in a timely manner for the client, the organisation and the Ministry of Health as needed</li> <li>• Provide initial and follow up services to meet the client's needs for a successful outcome</li> <li>• Assist clients to successfully monitor their progress</li> </ul>
<b>Considerations:</b>	<p>Must align with the New Zealand Guidelines for Helping People to Stop Smoking, service specs and other relevant Ministry of Health documents.</p>
<b>Training and assessment consideration:</b>	<p>All training should include measurable learning outcomes and be delivered in a way that best suits the needs to the audience.</p> <p>Attendees should be actively engaged in the learning rather than just sitting listening. This could include, for example, discussion groups, case studies, problem solving card sorts etc where the learner is actively learning rather than passively listening. Trainers may need to take into consideration that many trainees are busy people and need engaging and efficient training options.</p> <p>Any programme should have a mechanism to check the <b>measurable learning outcome</b> was met or provide a reference tool the attendee can use in future.</p> <p>The verb of the learning outcome dictates what the learner is able to do, e.g. <b><i>Describe three reasons for .....</i></b></p> <p>In this case the assessment should have learners each being able to <b><i>describe the three reasons for ...</i></b> and this could be achieved in group discussions, a multiple-choice quiz (which has the learner identify the three correct descriptions), a take home handy reference card etc.</p> <p>An important aspect to remember is that training has not worked unless learning has been checked.</p>
<b>Core Training Content:</b>	<p>Smoking Cessation Fundamental Training will require the delivery of the following core content:</p> <ul style="list-style-type: none"> <li>• NZQA Unit Standard 28542: Demonstrate and apply knowledge of professional and ethical behaviour in a health or wellbeing setting Level 3.</li> <li>• NZQA Unit Standard 28543: Describe culturally safe Māori operating principles and values, and their application in a health or wellbeing setting Level 3.</li> <li>• NZQA Unit Standard 25987: Describe culturally safe principles and Pacific values for people in a health or wellbeing setting</li> </ul>