NCSCT

Breathe
Ending smoking together.

## Tobacco Dependence Treatment

# Advanced Training Course

### Overview

This two-day course provides advanced training for stop smoking practitioners in tailoring **tobacco dependence treatment** for people who smoke, particularly those in priority groups. The course is built upon evidence-based behaviour change techniques and informed by best practices.

While overall population smoking prevalence has declined, rates of smoking remain stubbornly high among priority groups, contributing to significant health inequalities. This course will build on stop smoking practitioner core competences to support the delivery of **flexible, person-centred tobacco dependence support tailored to the needs of individuals**.

The course uses presentations, case studies, film clips, group work and experiential-based learning techniques.

### Pre-course requirements

This course is intended for National Centre for Smoking Cessation and Training (NCSCT) Certified Stop Smoking Practitioners. Attendees should have completed the NCSCT online practitioner training and assessment programme and attended an in-person (virtual or face-to-face) core competency course in behavioural support for smoking cessation (covering the core competences included in the Competency Framework for Stop Smoking Practitioners) delivered by the NCSCT, an in-house trainer or another provider.

### Course length and delivery method

The course is **two days**, with a **9:15 start** and **16:30** finish on both days. The course is delivered via **Zoom**. Instructions and the access link will be sent to participants after they have registered for the course and technical support will be available from **8:45** on the day of the training.

### Content note

This training includes content and case studies involving priority groups and will touch on sensitive topics such as mental health, long-term illness, vulnerable circumstances, trauma and homelessness. Please feel free to contact us in advance if you would like more information or wish to discuss the content.

## Aim

The course will increase participants' knowledge, skills and confidence in the delivery of **individually tailored tobacco dependence treatment for people who smoke, particularly those in priority groups**, using an evidence-based behavioural support programme.

## Learning objectives

**At the end of the course, participants will:**

1. Be able to describe the rationale, principles and best practices for tailoring tobacco dependence treatment to clients' individual needs.
2. Be able to identify and address barriers to client engagement and stopping smoking.
3. Display confidence and competence in the delivery of tailored tobacco dependence treatment, including:
    - Assessing client needs and tailoring tobacco dependence treatment for both abrupt quitting and Cut Down to Stop (CDTS) approaches.
    - Continuous assessment and agility to adjust the treatment plan, level of behavioural support, behaviour change techniques and stop smoking aids in line with client needs.
    - Delivering behavioural support that is sensitive to clients' presentations and life circumstances (social, environmental, physical and psychological).
    - Promoting effective use of stop smoking aids that is appropriate to the treatment plan (abrupt quitting or CDTS), with consideration of factors that can affect compliance and treatment response, and reflect this in the advice provided.
    - Assessing response to stop smoking aids in relation to withdrawal symptom management and adjusting as appropriate, including combining stop smoking aids with different mechanisms of action and high-dose nicotine replacement therapy (NRT) where appropriate.
    - Assessing and addressing low motivation and ambivalence.
    - Maximising client confidence in their own ability to stop smoking.
    - Maximising capacity and skills for exercising self-control.
    - Preventing and responding to relapse.
    - Addressing stalled progress in the treatment plan.
    - Planning for and closing the behavioural support programme for clients who have successfully stopped and those who have not.
4. Be knowledgeable about issues that may arise during the delivery of tobacco dependence treatment, including: interactions between smoking and physical and mental health medications, adapting service delivery in consideration of the presentation of clients, cognitive function, co-addictions and life circumstances.

## Timetable

**Day 1**

| Time | Agenda |
|---|---|
| 09:15 | Course registration |
| 09:30 | **Welcome:** introductions, aims and objectives |
| 10:00 | **Inequalities, smoking and stopping:** changing lives |
| 11:00 | Comfort break |
| 11:15 | **Inequalities, smoking and stopping:** changing lives (cont.) |
| 11:30 | **START:** a new framework for reducing service and interpersonal barriers |
| 12:45 | Lunch |
| 13:30 | **Initial assessment:** building a person-centred stop smoking plan |
| 15:00 | Comfort break |
| 15:15 | **Initial assessment:** building a person-centred stop smoking plan (cont.) |
| 16:15 | **Summary** |
| 16.30 | Depart course |

## Timetable

**Day 2**

| Time | Agenda |
|---|---|
| 09:15 | Arrival |
| 09:30 | **Review of day 1 and introduction to day 2** |
| 10:00 | **Cut Down to Stop** |
| 11:00 | Comfort break |
| 11:15 | **Cut Down to Stop** (cont.) |
| 11:45 | **Tailoring stop smoking aids to client need** |
| 12:45 | Lunch |
| 13:30 | **Tailoring stop smoking aids to client need** (cont.) |
| 14:00 | **Smoking, mental health and stopping** (including medication interactions) |
| 14:20 | **Follow-up sessions:** staying on track and preventing relapse |
| 15:00 | Comfort break |
| 15:15 | **Practitioner case studies** |
| 16:00 | **Professional practice:** ongoing CPD, reflective practice and support |
| 16:15 | **Summary** |
| 16:30 | Depart course |