



Behavioural support for smoking cessation

Virtual learning course

Overview

NCSCT online and face-to-face courses are evidence-based and proven to increase practitioners' clinical skills.

This two-day virtual course for up to 20 delegates concentrates on the behaviour change techniques that add the most value to quit attempts, specifically: building rapport, boosting motivation and self-efficacy, use of stop smoking medications, using carbon monoxide monitoring as a motivational tool, the 'not-a-puff' rule and eliciting client commitment.

The course utilises presentations, film clips, group work and experiential-based learning techniques.

Aims and Learning Objectives

Aim: The aim of this interactive virtual course is to increase participants' confidence and skills in the delivery of individual smoking cessation interventions using evidence-based behavioural techniques.

For participants who are new to the stop smoking practitioner role, this course will provide a foundation for developing confidence in the skills and competences required to support clients with stopping smoking; for more experienced attendees, the aim will be to build on existing skills and competences.

Learning Objectives: At the end of the course, attendees will be able to display competence in the delivery of behavioural support for:

1. Undertaking assessments: assessing commitment, readiness and ability to quit, current smoking, past quit attempts and nicotine dependence
2. Planning behavioural support: using relevant information from a client to tailor behavioural support
3. Delivering behavioural support:
 - Directly addressing motivation in relation to smoking and smoking cessation
 - Maximising client confidence in their ability to quit
 - Maximising capacity and skills for exercising self-control
 - Promoting effective medication use and other supporting activities
 - Addressing barriers and smoking cues
 - General communication
 - Eliciting client commitment
4. Closing the behavioural support programme



The course does not cover the 'Professional practice' and 'Group-based behavioural support' learning outcomes listed in the NCSCT Training Standard, neither does it include training on smoking cessation in pregnancy.

Pre-course study

Participants are required to complete the NCSCT online *Stop smoking practitioner training and assessment programme* prior to the one-day course. This course is available here:

<https://elearning.ncsct.co.uk/england>

Pre-course support

Participants will have a dedicated NCSCT contact for any technology support required to access the course, completing the online training and assessment programme and any questions they may have prior to the training day. Admin support will also be available throughout the virtual training day.

Course Length

Two days: 9:00 – 09:15 arrival for a 09:30 start, please ensure you access the training link by 09:15 at the latest to allow time for any technical difficulties. Finishes at 16:30 with regular comfort breaks and lunch between 12:45 and 13:30. Attendance in full is required to receive the course attendance certificate.

Training delivery method

This training is delivered remotely via the online virtual platform Zoom. Access instructions and link for the training course will be sent to participants after they have registered for the training and technical support will be available from 08:45 on the day of the training.

The use of webcams significantly improves the quality of the training experience. We strongly recommend that all participants **ensure that they have access to a webcam prior to the training and use it throughout the course.**

It is preferable for participants to access the course via the **Zoom app** on their PC/laptop as opposed to the internet browser, this ensures full access to functionality required to interact with the training. Instructions on how to download the zoom app and test will be circulated prior to the course.



Timetable Day 1

Time	Agenda	Activity
09:00 – 09:15	Enter virtual course and registration	Pre-training questionnaire
09:30	Welcome and introduction	Presentation Group discussion
10:15	Module 1: Core communication skills 1	Presentation Group discussion Small group work
11:00	Comfort break	
11:15	Module 1: core communication skills 2	Presentation Group discussion Small group work
12:45	Lunch	
13:30	Module 2: Pre-quit assessment session	Presentation Group discussion Skills demonstration and practice Small group work
15:00	Comfort break	
15:15	Module 3: Vaping and other technologies	Presentation Client scenarios Film clip
16:15	Review of the day	
16:30	Depart virtual course	



Timetable Day 2

Time	Agenda	Activity
09:15	Enter virtual course	
09:30	Introduction to day 2	Presentation Group discussion
09.45	Module 4: <i>Stop smoking medications (nicotine replacement therapy, Varenicline and Bupropion)</i>	Presentation Small group work Film clips Client scenario's
11:00	Comfort break	
11:15	Module 4: <i>Stop smoking medications (nicotine replacement therapy, Varenicline and Bupropion)</i>	Small group work Client scenario's
11:45	Module 5: <i>Quit date session</i>	Presentation Film clips Skills demonstration and practice CO monitor demonstration
13:00	Lunch	
13:45	Module 6: <i>Post quit sessions 1</i>	Presentation Group discussion Small group work Film clips
15:00	Comfort break	
15.15	Module 6: <i>Post quit sessions 2</i>	Group discussion Client scenarios
16:00	Review of the course, summary and close	Signposting resources Post training questionnaire Evaluation
16:30	Depart virtual course	