



SMOKING CESSATION

Intermediate (Level 2) Training

Course information:

This is a 2 day training course designed to equip Practitioners with the skills and knowledge to engage patients in smoking cessation and support those who wish to quit with a 6-7 week treatment programme. Delegates can, on completion of this course, access the **NCSCT (National Centre for Smoking Cessation and Training)** on line Training and Assessment Programme which will allow the Practitioner to become an NCSCT Certified Stop Smoking Practitioner.

This course will be interactive in nature and have an appropriate balance between theoretical and practical learning. A variety of training methods will be utilised to maintain participant's interest and cater to different learning styles. Delegates will be expected to engage, participate and share their knowledge in various settings to facilitate learning and development.

Learning Outcomes:

After completion of the course trainees should be able to understand and undertake the following:

Smoking and public health

Addiction and Withdrawal

Conduct a Carbon Monoxide Test and interpret results

Discuss the health risks of smoking and benefits of stopping

Demonstrate an empathy with the difficulties / barriers facing the smoker

Communicate effectively and empower smokers to make positive decisions

Understand treatments to help stopping smoking and tackle nicotine addiction

Recommend and access treatment of choice for clients

Deliver a Standard Treatment Programme in line with the NCSCT

Understand relapse and support patients to stay quit

Understand data collection

Outline content:

Smoking and Public Health

Addiction and Withdrawal

Risks Smoking and Benefits Stopping

CO Testing

Second Hand Smoke

Pharmacotherapy

Standard Treatment Programme

Communication and Role Play

Relapse Prevention

Data collection

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