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*Course: Level 2 Stop Smoking Advisor*

This training is provided free by West Lancashire Stop Smoking Service (WLSSS) and you will be provided with the materials you need to deliver stop smoking support to your clients.

Anyone who would like to attend the 2 day training should be in a position to

1. Provide a structured 12 week programme of stop smoking support to clients/service users
2. Send accurate 4 week outcome monitoring information to the Quit Squad (Stop Smoking Service) to contribute to the 4 week quit targets reported to the DoH.

*Level 2 Advisor Stop Smoking 2 Day face to face training- this is organised and provided by the West Lancashire Stop Smoking Service.*

*10 Hours Shadowing – you are required to travel to a WLSSS Clinic of your choice to complete the shadowing*

*You are also required to complete the following online modules. These modules have been developed by the National Centre for Smoking Cessation Training to ensure all advisors are trained to the same high standards.*

*NCSCT Very Brief Advice - ideally completed prior to attending the 2 day training*

*NCSCT Second Hand Smoke - ideally completed prior to attending the 2 day training*

*NCSCT Level 1*

*NCSCT Level 2 (late 2014 Level 1 and 2 will be amalgamated to form one full certificate)*

*Any of the other NCSCT relevant to post for example*

*NCSCT Smoking in Pregnancy*

*NCSCT Smoking and Mental Health*

***You are also required to attend 2 update events per year****. These events are usually held in an evening and allow best practice updates, new product information and an opportunity to network with other advisors in the area.*

**Programme**

**Day 1**

9:00 AM Registration

9:30 AM Introduction and Smoking Quiz

 The National and Local Context

 Why People Smoke and Barriers to Quitting

 Components of a Cigarette and Nicotine Addiction

 Assessment of Nicotine Dependence

 Nicotine Replacement

**Lunch**

1:30 PM Stages of Change Model

 Raising the Issue

 Motivational Interviewing

 Practical Exercise

 Relapse Prevention

 Raising the Issue – Homework

**Day 2**

9:00 AM Registration & Level 1 NCSCT Training feedback

9:30 AM Co Monitoring (Practical)

 Niche Tobacco Products

Alternative Therapies

 Record Keeping/monitoring/resources

 NRT Voucher Scheme

 Varenicline

**Lunch**

1:30 PM Varenicline Paperwork

Bupropion

Treatment Toolkit

 Practical Practice/Case Studies

 NCSCT Information – specialised Modules

 Shadowing Details

 Local Services Timetable

 Evaluation – Survey Monkey

**Objectives**

* Be aware of the programme of study and your responsibilities
* Understand the patterns and prevalence of smoking
* Have a background knowledge of legislation and government action around smoking
* State why smoking is unhealthy
* State the main chemicals found in cigarette smoke
* Be aware of the main factors around nicotine addiction and withdrawal
* Be able to use a simple tool to measure nicotine dependence

**Objectives**

* Be aware of the cycle of change and its application to behaviour
* Have an awareness of strategies used in relapse prevention
* Be able to communicate effectively and aware of the importance of setting
* State the importance of accurate record keeping

**Aims and Objectives**

* Demonstrate the use of a carbon monoxide monitor
* Be aware of alternative therapies
* Show and understanding of record keeping and the Russell Standards
* Have confidence to deliver treatment regimes effectively
* An understanding of Niche and Illegal Tobacco

**Further Resources and Training**

* Shadowing details – 10 hours with specialist advisor – drop- ins
* Time table – local service
* Evaluation
* Treatment toolkit
* NCSCT – You will not be signed off unless you have completed full certification.

# Unfortunately we are not in a position to provide lunch but the hospital canteen will be available on both days.