



## **Level 1 & Level 2 Training**

### **Course Content:**

The level one and two smoking cessation skills training course is open to healthcare professionals, and those who wish to offer a smoking cessation service within their organisation. Please note that participants are not fully qualified as smoking cessation advisers until they have completed both level one and level two, and the online NCSCT companion level one and two training course.

Level one of the course will equip participants with background knowledge on the following areas:

- Tobacco usage
- Addiction
- The impact of smoking on health
- The benefits of giving up smoking
- How the smoking cessation service works
- The pharmacological approach to smoking cessation and Nicotine Replacement Therapy (NRT) products

Participants will also be introduced to motivational interviewing techniques, and advice on effectively engaging with clients. During level two, this basis will be combined with the NCSCT best practice guidelines, when participants will learn how to guide and motivate clients through each possible stage of their quit attempt.

### **Aim**

To help participants provide evidence-based smoking cessation advice to all smokers motivated to stop. This 2-day course will enhance the communication skills and increase the confidence of health care professionals who are in direct contact with smokers.

## **Refresher Training**

### **Course Content:**

The Refresher training will revisit the evidence based behavioural support sessions and latest developments in pharmacotherapy. It will be an update for those who have already undertaken Level 2 training.

This is a practical (skills) event that focuses on:

- Top tips on recruiting smokers onto our stop smoking programmes
- Patient centred communication and how to help smoker's stop and stay stopped through robust relapse prevention techniques.
- Pharmacotherapy updates
- Any other hot discussion points that come up

It will complement the NCSCT Core Knowledge and Skills Training that is completed online prior to the training.