

The Bradford Living Well Stop Smoking Practitioner Training Guide

The Public Health Stop Smoking Service follows training and guidance from the National Centre for Smoking Cessation and Training (NCSCT), which is the organisation endorsed within the National Tobacco Control Plan to support training needs.

The following training programme is built on evidence-based behaviour change techniques and will equip you with the core skills and knowledge to deliver the Stop Smoking Service in Bradford.

Core training and resources- for all stop smoking practitioners

1. ***NCSCT Practitioner Core E-learning training -***

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

All stop smoking practitioners are required to complete the core NCSCT module which leads to NCSCT Stop Smoking Practitioner Certification. This certification is required to deliver stop smoking services to clients. The module is free, and available online via the NCSCT website.

(Please note completion of this module can take approx. 4-7 hours with the pass mark for the assessment 70%)

2. ***The Standard Treatment Programme (resource)***

A NCSCT guide to providing behavioural support for smoking cessation that compliments the online NCSCT training resources: We recommend that all stop smoking practitioners are familiar with this resource, so that evidence based behavioural techniques can be applied in your work with patients.

https://www.ncsct.co.uk/publication_ncsct-standard-treatment-programme.php

3. ***Shadowing a Living Well Stop Smoking Advisor***

All newly qualified stop smoking practitioners are required to spend a few sessions shadowing an experienced Practitioner prior to delivering your own clinics. This will help you to get used to the programme and systems, and build your confidence in sessions. Please let us know if you require this and we can organise it. Please forward details of your nominated Level 2 advisor name, email address and Health setting to Bushra.khan@bradford.gov.uk

4. ***Local training – stop smoking service in Bradford***

We provide all new stop smoking practitioners or service providers with information of local processes, procedures and considerations in Bradford to support your delivery of smoking cessation services. This is currently a brief online presentation (30 mins). Please forward details of your nominated Level 2 advisor name, email address and Health setting to Bushra.khan@bradford.gov.uk so that a time can be arranged for this. We are likely to hold several sessions throughout the year. We sometimes incorporate this into the 2 day NCSCT behaviour change training.

5. ***Engage in Continuing Professional Development***

We ask all stop smoking practitioners to stay up to date with latest guidance for smoking cessation services and pharmacotherapy. Please ensure you follow any changes in guidance from the NCSCT, NICE, Public Health England or the Department of Health and Social Care.

Additional training and resources

The NCSCT provides additional free, online resources to increase knowledge of smoking cessation in certain areas. Please make use of these training options relevant to your role and setting;

1. *2 day NCSCT Behavioural Support for Smoking Cessation Training*

This two day training course provided by the NCSCT is an opportunity for new/experienced practitioners to increase knowledge and skills of behaviour change techniques which supports successful quitting. The training has been shown to increase practitioner's skills, confidence and success. It is valued by practitioners (even those with past experience in smoking cessation) and has been highly evaluated.

We strongly recommend that stop smoking practitioners attend this training if they haven't previously, as it offers an opportunity to build upon skills from experts in the field of smoking cessation. The training is currently delivered remotely, but has previously been face to face. Costs of training are covered by the Public Health Department.

(Please forward details of your nominated Level 2 advisor name, email address and Health setting to Bushra.khan@bradford.gov.uk or [ask for further information](#)).

2. *NCSCT Pregnancy & Mental Health Speciality Modules*

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

These are highly recommended speciality courses for Practitioners that have achieved the NCSCT Practitioner Certification (*1 hour each*)

3. *NCSCT Standard Treatment Programme for Pregnant Women.*

This NCSCT Standard Treatment Programme for Pregnant Women describes the components of a structured individual face-to-face smoking cessation intervention with a pregnant woman who smokes. The document reflects the latest evidence in terms of how best to support women during pregnancy and the post-partum period.

https://www.ncsct.co.uk/publication_ncsct_stp_pw.php

4. *NCSCT Stop Smoking Medications Online Training*

https://elearning.ncsct.co.uk/stop_smoking_medications-stage_1

This is highly recommended for Practitioners and provides an overview of how stop smoking medications works.

5. *NCSCT clinical enquiries.*

The NCSCT also offers a clinical enquiry service respond to questions about accessing the online training and assessment programme, and to clinical enquiries. Please send your enquiries to: enquiries@ncsct.co.uk or alternatively please call: 01305 755 828