

SFHCHS79

Support individuals who express a wish to stop smoking



Overview

This standard is about providing support for individuals who express a wish to stop smoking and is designed for smoking cessation practitioners with a professional background in healthcare.

Users of this standard will need to ensure that practice reflects up to date information and policies.

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Performance criteria

You must be able to:

- P1 create an environment suitable for frank, confidential discussion
- P2 assess the dependence of individuals and their motivation to stop smoking
- P3 recognise when you need help and/or advice and seek this from appropriate sources
- P4 establish an individual's smoking habits and previous attempts to stop smoking
- P5 recognise the impact of family and friends on attempts to stop smoking
- P6 enable individuals to understand:
 - P6.1 the effects of nicotine and carbon monoxide and other toxic substances
 - P6.2 the nature of addiction and their own degree of nicotine dependence
 - P6.3 the links between smoking and disease
 - P6.4 the possible associated risk factors of continuing to smoke and their consequences
 - P6.5 the reasons why stopping smoking can be difficult
 - P6.6 the possible negative consequences of stopping smoking
- P7 enable individuals to articulate their motivations for stopping smoking
- P8 enable individuals to articulate their fears and concerns about stopping smoking and provide evidence to alleviate unfounded fears and concerns
- P9 enable individuals to identify the positive effects of stopping smoking
- P10 enable individuals to discuss the difficulties they have stopping smoking and to develop strategies to cope with these difficulties
- P11 enable individuals to build their confidence in their ability to stop smoking
- P12 perform a clinical examination to help motivate individuals and assess their smoking status, where appropriate
- P13 obtain a full medication history including prescribed and non-prescribed medication
- P14 provide individuals with pharmacotherapies in line with research evidence, local and national guidelines and policies, where appropriate
- P15 provide information regarding the use, contraindications and side effects of pharmacotherapies
- P16 encourage individuals to weigh up the pros and cons of stopping smoking, and, where appropriate, commit to a date by which they will have stopped smoking or reduce the number they smoke
- P17 provide appropriate support strategies according to NICE guidance to individuals for a sufficient length of time to ensure they continue to abstain from smoking
- P18 encourage individuals to offer and receive mutual encouragement and support where appropriate

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P19 monitor individuals as required

P20 respond appropriately to and support individuals who relapse during treatment

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Knowledge and understanding

You need to know and understand:

- K1 how to ask questions, actively listen and summarise back
- K2 how to present information and advice in ways which are appropriate for different people
- K3 the importance of building a rapport with individuals
- K4 the importance of obtaining full and accurate information about individuals, and how to do so
- K5 the principle of confidentiality and what information may be shared
- K6 the legislation and legal processes relating to valid consent
- K7 methods of obtaining valid consent and how to confirm that sufficient information has been provided on which to base this judgement
- K8 the actions to take if valid consent cannot be obtained
- K9 the national guidance related to smoking cessation
- K10 interventions and smoking cessation treatments available and how they can be delivered
- K11 the range of motivations people may have for stopping smoking, and how to assess their readiness and commitment to stop smoking
- K12 how to assist individuals to identify their own motivations
- K13 how to create environments suitable for frank, confidential discussions
- K14 motivational interviewing techniques, and how to apply them with different individuals and groups
- K15 the dynamics and relationships within groups and how these can be managed
- K16 how to guide discussions with individuals and groups to achieve intended
- K17 the range of reasons people may have for resisting change, and how to identify and overcome these reasons
- K18 how to enable people to build confidence in their own ability
- K19 the stages in behavioural change and how to support people through these stages
- K20 how to enable people to weigh up the pros and cons of stopping smoking
- K21 how to enable people to develop realistic and achievable plans to change their behaviour
- K22 current national and regional initiatives in smoking cessation treatments and training
- K23 current developments in smoking cessation and ways of keeping up to date with developments and research relating to smoking and smoking cessation
- K24 local smoking cessation services and referral systems
- K25 the range of pharmacotherapies available for nicotine addiction, the dosage, length of treatment and any side effects and contraindications
- K26 the different effects of pharmacotherapies for nicotine addiction on adults, young people and pregnant women

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- K27 local and national guidelines for prescribing pharmacotherapies for nicotine addiction
- K28 the effects of smoking (including passive smoking), tar, carbon monoxide and nicotine on individuals health
- K29 the physiological and psychological effects of nicotine dependency
- K30 the nature and processes of nicotine addiction and withdrawal
- K31 the short-, medium- and long-term benefits of stopping smoking
- K32 the types of difficulties people have when stopping smoking and the range of strategies people may use to cope with these difficulties

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Additional Information

External Links

This standard links with the following dimension within the NHS Knowledge and Skills Framework (October 2004):

Dimension: HWB1 Promotion of health and wellbeing and prevention of adverse effects on health and wellbeing

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