

## COPD Units of Learning

<p>Title of overarching NOS: <b>HT3 Enable individuals to change their behaviour to improve their own health and well being</b></p>	<p>Unit of learning to demonstrate competence: Promote smoking cessation</p>
<p>Details of the relationship between the unit to demonstrate competence and relevant national occupational standards (if appropriate)</p>	<p>Users will be able to demonstrate competence in promoting smoking cessation through encouraging behaviour changes and enhanced awareness of the consequences of smoking to enable individuals to consider quitting smoking</p>
<p>Outcomes: The individual will know and understand:</p> <p>Indicative Level</p>	<p>Assessment criteria To be competent the individual will be able to:</p> <p>Level 1 (Expert/specialist) Level 2 (Experienced practitioner) Level 3 (Novice new to respiratory disease management (including COPD))</p>
<p>The National policies and programmes promoting smoking cessation</p>	<p>Outline the public health policies and research regarding the promotion of smoking cessation and the consequences of smoking on the health, well being and environment for an individual with COPD and other respiratory diseases</p> <p>Promote the benefits of smoking cessation programmes, outlining the benefits to their health and well being, to help the individual/groups to quit smoking</p>
<p>The health effects of smoking</p>	<p>Explain to the individual the content of tobacco products and smoke and outline the effects of carbon monoxide, nicotine and tar</p> <p>Identify the hazards of smoking relevant to the individual and their environment</p> <p>Briefly outline epidemiological data to the individual/groups to show the health consequences of smoking and related disease patterns to promote their personal smoking cessation programme</p>

<p>The benefits of smoking cessation on health and well being</p>	<p>Work collaboratively with individuals/groups to promote reasons and benefits for quitting smoking relevant to the individual's health and well being</p>
<p>Personalisation and drivers of smoking</p>	<p>Work collaboratively with group/individual to inform them of the range of services that can help them to stop smoking</p> <p>Offer clinical and professional leadership to enable a working relationship to promote smoking cessation with the individual or group of smokers</p> <p>Work collaboratively with individuals/group to identify their drivers for smoking i.e. age gender, socio-economic factors, life style, stress, habit forming, unemployment or enjoyment</p> <p>Encourage the individual/group to assess how their smoking behaviour is affecting their health, well being and environment</p> <p>Work with individual/group to outline the risks to their health and wellbeing through smoking</p> <p>Work with the individual/group to identify their benefits to stopping smoking and any perceived barriers, worries and/or concerns</p> <p>Work collaboratively with the individual/group to identify problem solving tools to address any fears and concerns around quitting smoking cessation programmes</p> <p>Work collaboratively with the individual/groups to help them understand the immediate and long term effects of stopping smoking</p>
<p>How to take a clients tobacco usage history</p>	<p>Encourage the individual/group to draw up their personal daily record to identify their smoking behaviour</p> <p>Collate the information concerning amount and length of time of smoking to identify their likely nicotine dependence and relevant promotion information, advice and guidance to assist them to quit smoking</p> <p>Offer tailored personal information, advice and guidance to promote smoking cessation for the client from the data collected</p>

Behavioural change management methods and tools	<p>Offer and promote the range of support aids and problem solving tools to help the individual/group to achieve their personal goal to stop smoking</p> <p>Work collaboratively with the individual/group to identify their willingness to change their behaviour</p> <p>Work collaboratively with the individual/group to promote their personal control and responsibility for behaviour changes to quit smoking</p> <p>Work with the individual/group to identify aspects that make smoking more likely to happen and use these to promote and work through strategies to help them to quit smoking</p> <p>Collaboratively work through personal action plans to achieve smoking cessation goals</p>
Promoting goals for behavioural change	<p>Allow time for the individual/group to reflect on any information, advice and guidance offered and for them to evaluate their smoking habits, their readiness and personalised goals to quit smoking</p> <p>Assist the individual to identify specific, measurable, achievable, realistic and timely goals when considering how to stop smoking</p> <p>Work collaboratively with the individual/group to develop their personal action plan, identifying any learning or educational needs and agree with the individual/group who, when and what will help them achieve their plan to stop smoking</p> <p>Ensure the individual/group receive the support required to achieve their goals</p>
Effects of stopping smoking	<p>Offer and promote information, advice and guidance on the benefits of stopping smoking on their health, well being and environment</p> <p>Work collaboratively with the individual/group to help them identify the effects of stopping smoking effects on their health , well being and environment</p>

How to communicate effectively	<p>Communicate in a manner that encourages open exchange on views and information, is free from discrimination and oppression and respects the individual</p> <p>Communicate effectively with the individual in a manner and style appropriate to the individual maintaining dignity and respect</p>
The range of information which should be made available	<p>Obtain and offer information to individuals or groups regarding local services and organisations to help them give up smoking</p> <p>Direct smokers who express a wish to stop smoking to their local support services</p>
Endorsement of the unit by a sector or other appropriate body (if required)	COPD Strategy Group/DH England;; respiratory education providers