

COPD Units of Learning

<p>Title of overarching NOS: PHS10 Advise others on health and well being, related issues and their impact CHS 174 Advise and inform others of services</p>	<p>Unit of learning to demonstrate competence: Provide advice and guidance on 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 providing advice, guidance and information on smoking prevention, cessation, risks, treatments and services</p> <p>Users of this unit will be to raise awareness and encourage individuals to stop smoking</p>
<p>Outcomes: The individual will know and understand:</p>	<p>Assessment criteria To be competent the individual will be able to:</p>
<p>Indicative Level</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 prevention and cessation</p>	<p>Outline the public health policies and evidence based research regarding smoking and smoking cessation</p>
<p>The potential effects of smoking for the individual and on their health and well being</p>	<p>Describe the effects of smoking and/or passive smoking on aetiology, disease progression and symptoms of COPD and other respiratory diseases</p> <p>Outline the effects of smoking in pregnancy, around children, around people with diagnosed respiratory ill health, passive smoking and the psychological effects associated with smoking</p>

<p>How to structure advice, guidance and information</p>	<p>Identify the reasons why the individual is seeking advice guidance and information</p> <p>Work collaboratively with the individual to tailor the advice, guidance and information to meet their needs</p> <p>Research the advice, guidance and information regarding smoking prevention and services, interventions and treatments available to meet the needs of the individual</p> <p>Support the advice and guidance with relevant epidemiological data to show the effects of smoking and its related disease patterns to the individual/ group in a format that aids understanding</p> <p>Emphasise positive attributes of stopping smoking on their health and well being</p>
<p>Risk assessment and analysis on the health effects of smoking</p>	<p>Explain the content of tobacco products and smoke</p> <p>Outline the effects of carbon monoxide, nicotine and tar and the correlation and relationship of conditions associated with smoking</p> <p>Work collaboratively with the individual to undertake a risk assessment based on their length of time and amount of tobacco smoked on a daily basis to identify their risks and hazards from smoking</p> <p>Work collaboratively with the individual to reduce the effects of their smoking habits on others</p>
<p>Personalisation for smoking cessation</p>	<p>Work collaboratively with the individual on how they might break their pattern of smoking</p> <p>Encourage the individual to discuss their concerns and fears over stopping smoking, why and when they smoke</p> <p>Offer reasons why the individual should stop smoking with reasoned argument and supporting evidence</p> <p>Offer evidence based outcomes to show established benefits of stopping smoking for the individual's health and wellbeing</p> <p>Verify the individuals understanding of the information and advice given; rectify any misconceptions</p>

	<p>Allow time for the individual to reflect on the information, advice and guidance</p> <p>Provide additional advice on interventions, treatments, services and organisations if individual has personally identified and accepted their need to quit smoking</p> <p>Record the individual's smoking status and readiness to stop</p>
The theories of addiction	<p>Provide information on the physical and psychological aspects of nicotine addition and nicotine dependence</p> <p>Investigate the individuals understanding of the risks and benefits of stopping smoking</p> <p>Offer brief and clear advice and guidance on ways to overcome the addictive nature of smoking</p>
Managing withdrawal symptoms	<p>Explain how alternative pharmacological replacement therapies can help individuals reduce their dependence levels and minimise withdrawal symptoms</p> <p>Work collaboratively with the individual to identify their needs for managing withdrawal</p> <p>Offer information, advice and guidance on the benefits and limitations of pharmacotherapies available to assist smoking cessation</p> <p>Offer information, advice and guidance on methods of coping with withdrawal symptoms using alternative treatments to help reduce withdrawal symptoms</p>
Behavioural change models	<p>Outline models of change and behaviour which may assist the smoking prevention/cessation process</p> <p>Work collaboratively with the individual to identify appropriate models of behaviour change that can be helpful to them to stop smoking</p> <p>Assist the individual/group to incorporate models of change/behaviour into their smoking cessation programme</p>

Lapse and relapse advice guidance and information	<p>Empathise that giving up smoking may be difficult for some individuals</p> <p>Collaboratively work with the individuals to identify the triggers that made them smoke again</p> <p>Explore coping strategies that have helped them in the past to give up smoking</p> <p>Offer information, advice and guidance to assist the individual/group to identify strategies to assist them to stop smoking</p>
The range of information which should be made available to the individual in a format that will aid understanding and compliance	Obtain and offer the range of information, advice and guidance regarding the risks of smoking and the potential effects of stopping smoking to meet the needs of individual
How to communicate effectively in a medium appropriate to the individual maintaining dignity and respect	Communicate effectively with the individual in a manner and style appropriate to the individual maintaining dignity and respect
Endorsement of the unit by a sector or other appropriate body (if required)	COPD Strategy Group/DH England;; respiratory education providers