

Training Staff in Smoking Cessation Counseling



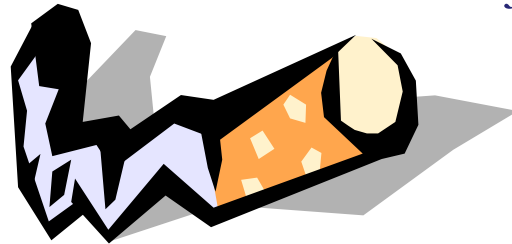
Janis M. Dauer, MEd, CAC

Program Manager

Alliance for the Prevention and
Treatment of Nicotine Addiction

(757) 858-9934

jdauer@aptna.org



Planning Staff Training

- What will constitute smoking cessation counseling in your setting?
 - ✓ Ask (identify smoking/tobacco use status)
 - ✓ Advise (advise patient to quit)
 - ✓ Assess (determine interest/readiness to quit)
 - ✓ Assist (in developing quit plan if ready to quit)
 - ✓ Arrange (follow-up contact)
 - ✓ Motivate (if patient not ready to quit)
 - ✓ Prevent Relapse (if quit within past year)



Planning Staff Training

- Who will be responsible for doing each task or activity?
- How will they accomplish each task or activity (and how will it be documented)?
- What will they need to know or learn?
- What materials or resources are needed?

Needs Assessment: Smoking Cessation Interventions

WHAT	WHO	HOW	EDUCATION	MATERIALS
ASK smoking status	Receptionist? Intake nurse?	Clipboard form in lobby? Part of vital signs?	Simple instructions?	Questionnaire? Amend current form?
ADVISE cessation	RN? NP? PA? MD?	During exam? (document in chart)	Read guideline? Take online course(s)?	Quick Reference Guide? Use Internet?
ASSESS Interest/readiness	RN? NP? PA? MD? Staff cessation "Specialist"?	During exam? (document in chart)	Read guideline? Take online course(s)?	Quick Reference Guide (QRG)? Use Internet?
ASSIST setting up a plan (ready to quit)	RN? NP? PA? MD? (staff "Specialist"?)	Counsel? Refer to Quitline, local pro- gram, "Specialist"? Self-help resources?	Read guideline? Simple instructions (for referrals)? Take online course(s)? Provide staff training?	QRG? List of Quitlines, local programs, online resources? Use CTRI training manual?
ARRANGE follow-up	RN? NP? PA? MD? (staff "Specialist"?)	Refer to Quitline, local program, "Specialist," PCP/clinic?	Simple instructions?	List of Quitlines, local programs, online resources? Referral form/letter (develop)?
MOTIVATE if patient is not ready to quit	RN? NP? PA? MD? (staff "Specialist"?)	Provide motivational intervention? Refer to Quitline or Specialist? Self-help resources?	Read guideline? Simple instructions (for referrals)? Take online course(s)? Provide staff training?	QRG? List of Quitlines, online resources? Use CTRI training manual?
PREVENT RELAPSE if quit within past 12 months	RN? NP? PA? MD? (staff "Specialist"?)	Counsel? Refer to Quitline or Specialist? Provide self-help resources?	Read guideline? Simple instruc-tions (for referrals)? Take online course(s)? Provide staff training?	Quick Reference Guide? List of Quitlines, online re- sources? Use CTRI manual?

Training Issues to Consider

- ◆ What training venue will be most accessible and/or effective for various staff?
(Online, self-study, onsite, a combination)
- ◆ Will the staff want/need to attend training?
(The skill/knowledge should be required for their job)
- ◆ Will someone need to develop expertise in medications?
(Use is recommended unless contraindicated)

Training Issues to Consider

- ◆ Will you need to develop/amend protocols and/or forms?
- ◆ Will you need to obtain/develop patient education materials?
(So training is practical, applicable and can be implemented as soon as possible)
- ◆ Will staff smoking be a factor?
(Offer help, resources, medications; for nurses, refer to: www.tobaccofreenurses.org)



Training Resources

- ◆ UW-CTRI Training Manuals
- ◆ Online CME/CEU Courses
- ◆ US PHS Clinician and Patient Materials
- ◆ Online Clinician “Tools” and Materials
- ◆ APTNA Resources and Services

UW-CTRI Training Manuals

Treating Tobacco Use and Dependence: Practical Strategies to Help Your Patients Quit TRAINING MANUAL

- ◆ Video and training manual, with Lesson Plan
- ◆ Discussion questions and interactive activities
- ◆ Tool for training clinicians in how to integrate PHS guideline strategies into their practices
- ◆ Focus is on how to conduct a brief counseling session
- ◆ Suggested format: 10-30 participants in small groups of 5-10

www.ctri.wisc.edu/main_dept/guide/guide_main.html

Training Staff in Smoking Cessation Counseling

UW-CTRI Training Manuals

Treating Tobacco Use and Dependence In Hospitalized Smokers (Training Manual)

Specifically designed to assist hospitals in implementing the PHS guideline recommendations, includes:

- ◆ Steps for developing a successful hospital-based program
- ◆ Consultation guidelines and billing codes
- ◆ Strategies to use during admissions and during the hospital stay (including managing patients who are not ready to quit)
- ◆ Sample forms

www.ctri.wisc.edu/main_dept/guide/guide_main.html

Online CME/CEU Courses

Treating Tobacco Use and Dependence (UW-CTRI)

Free 1-hour CME/Pharmacy CE course:
www.cme.wisc.edu/online/ctri

Tobacco CME (funded by NHLBI)

Managed by Clinical Tools, Inc; free CME courses on tobacco topics:
www.TobaccoCME.com

Basic Skills for Working with Smokers (UMASS)

11-hr self-study course. Applications pending: CEUs for RNs, health educators, RTs, substance abuse/mental health counselors, social workers and dieticians. Cost: \$100:
www.umassmed.edu/behavmed/tobacco/scheduled.cfm

For additional online courses:
www.aptna.org/Online_Courses1.html

Training Staff in Smoking Cessation Counseling

US PHS Publications for the Clinician and Patient

US Surgeon General's Website

Download text or PDF versions of the US PHS clinician and consumer materials:

www.surgeongeneral.gov/tobacco

Agency for Healthcare Research and Quality

Order print copies of materials: call AHRQ at 1-800-358-9295 or mail order form:

www.ahrq.gov/clinic/tobacco/order.pdf

- Clinical practice guideline (full and Quick Reference Guide versions)
- Consumer guides and Clinician Tear Sheets (English and Spanish)
 - Clinician's Packet – initial supply of a variety of materials
- “You Can Quit Smoking” kit – variety of patient education materials

Online Clinician Tools & Materials

- ◆ **Websites with provider “tools” and materials**
(Nursing Center for Tobacco Intervention, Center for Tobacco Cessation, Mayo clinic, National Spit Tobacco Program, and more)
- ◆ **Websites for specific patient populations**
(pregnant, psychiatric/substance abuse comorbidity, adolescents, LGBT, and more)
- ◆ **Websites with useful information/data**
(CDC, NCI, NIDA, AMA, WHO, ACS, ALA, local programs in Virginia, and more)
- ◆ **List of Quitlines and other toll-free numbers, advocacy organizations and more**

www.aptna.org/Related_Links.html

APTNA Resources & Services

- ◆ **Needs Assessment: Smoking Cessation Interventions form (table)**
- ◆ **One-page list of Quitlines and toll-free phone numbers (patient handout)**
- ◆ **List of sources of free or low-cost patient education materials**
- ◆ **Free phone/e-mail consultation to assist with:**
 - ✓ Developing staff training
 - ✓ Identifying/selecting patient education materials
 - ✓ Feedback on development of forms/protocols
 - ✓ Requests for information or other inquiries



APTNA Resources & Services

Contact Information

Janis M Dauer, Program Manager
Alliance for the Prevention and Treatment
of Nicotine Addiction
3557 Chesapeake Blvd, #1
Norfolk, VA 23513
Phone: (757) 858-9934
Fax: (757) 858-8464
Email: jdauer@aptna.org
Website: www.aptna.org

Training Staff in Smoking Cessation Counseling