

Appendix C: Template competency framework for recommending, prescribing and dispensing stop smoking (tobacco dependence treatment) medications

Purpose	Competency (BCT Code)
Demonstrate knowledge of stop smoking medications and their appropriate use	<ul style="list-style-type: none"> • Be familiar with all licenced stop smoking medications and be aware of where to access current summary of product characteristics (SPC) • Have knowledge of latest evidence-based guidance for the use of licenced stop smoking medications • Be familiar with product selection for nicotine replacement therapy (NRT) and advising patients on dose, duration and use of combination NRT • Be familiar with instructions for use of prescription only stop smoking medications (i.e. varenicline and bupropion) • Be familiar with common side effects associated with all stop smoking medications and strategies for managing these
Advising patients on medications	<ul style="list-style-type: none"> • Be confident in explaining to patients the role of stop smoking medications in supporting quit attempts (A1) • Be able to accurately address any patient/family concerns about the medications, including any possible side effects and fears of becoming dependent upon these medications • Be able to instruct patients on correct use of stop smoking medications (NRT, varenicline and bupropion) (A1) • Be able to communicate to patients possible side effects and strategies for addressing these • Be confident in informing patients of the importance of using stop smoking medications for the full course, and of the option for extended use if needed
Assess patient for suitability to medications	<ul style="list-style-type: none"> • Assess level of nicotine dependence (R11) • Assess presence of contraindications to stop smoking medications • Assess presence of special warnings and precautions for use of stop smoking medications • Assess patient's past experience with stop smoking medications (A1)
Prescribe, recommend or dispense medications	<ul style="list-style-type: none"> • Be able, in partnership with the patient, to select the stop smoking medication to be used, advise on initial dose and review date • Enable local procedures to provide access to medications (A3)
Follow-up, assess response and adjust treatment plan	<ul style="list-style-type: none"> • Assess patient's experience with using stop smoking medications, including usage, side effects and perceived benefits (A4) • Advise patients appropriately on adjusting medication in the light of their experiences (A1) • Be confident in assessing the need to extend duration of stop smoking medication

Specific frameworks contain bespoke prescribing sections setting out the recommended training, this generic template has been pulled out for ease of reference.

Additional Resources:

Nicotine replacement therapy - Electronic Medicine Compendium	https://www.medicines.org.uk/emc/search?q=nicotine
Varenicline (Champix) - Electronic Medicine Compendium	https://www.medicines.org.uk/emc/product/266/smpc
Bupropion (Zyban)- Electronic Medicine Compendium	https://www.medicines.org.uk/emc/product/3827/smpc
Briefing: Electronic Cigarettes - Action on Smoking and Health (ASH)	https://ash.org.uk/wp-content/uploads/2019/04/E-Cigarettes-Briefing_PDF_v1.pdf