



Behavioural support for smoking cessation in pregnancy

Virtual learning course

Overview

NCSCT online and face-to-face courses are evidence-based and proven to increase practitioners' clinical skills.

This two-day virtual course for up to 20 delegates concentrates on the behaviour change techniques that add the most value to quit attempts, specifically: building rapport, boosting motivation and self-efficacy, use of stop smoking medications, using carbon monoxide monitoring as a motivational tool, the 'not-a-puff' rule and eliciting client commitment.

The course utilises presentations, film clips, group work and experiential-based learning techniques.

Aims and Learning Objectives

Aim: To enable participants to develop their skills and confidence in the delivery of quality evidence-based behavioural stop smoking support to pregnant women.

For participants who are new to the stop smoking practitioner role, this course will provide a foundation for developing confidence in the skills and competences required to support clients with stopping smoking; for more experienced attendees, the aim will be to build on existing skills and competences.

Learning Objectives: At the end of the course, attendees will be able to display competence in:

1. Undertaking assessments: assessing commitment, readiness and ability to quit, current smoking, past quit attempts and tobacco dependence
2. Planning behavioural support: using relevant information from women to tailor behavioural support
3. Delivering behavioural support:
 - Directly addressing motivation in relation to smoking and smoking cessation
 - Maximising confidence in ability to quit
 - Maximising capacity and skills for exercising self-control
 - Promoting effective medication use and other supporting activities
 - Addressing barriers and smoking cues
 - General communication
 - Eliciting client commitment
4. Closing the behavioural support programme



Pre-course study

Participants are required to complete the NCSCT online *stop smoking practitioner training and assessment programme* and *the online pregnancy and smoking cessation speciality module* prior to the two-day course. Both courses are available here: <https://elearning.ncsct.co.uk/england>

Pre-course support

Participants will have a dedicated NCSCT contact for any technology support required to access the course, completing the online training and assessment programme and any questions they may have prior to the training day. Admin support will also be available throughout the virtual training day.

Course Length

Two days: 9:00 – 09:15 arrival for a 09:30 start, please ensure you access the training link by 09:15 at the latest to allow time for any technical difficulties. Finishes at 16:30 with regular comfort breaks and lunch between 12:45 and 13:30. Attendance in full is required to receive the course attendance certificate.

Training delivery method

This training is delivered remotely via the online virtual platform Zoom. Access instructions and link for the training course will be sent to participants after they have registered for the training and technical support will be available from 08:45 on the day of the training.

Participants **must have access to a webcam** and it is preferable for participants to access the course via the **Zoom app** on their PC/laptop as opposed to the internet browser, this ensures full access to functionality required to interact with the training. Instructions on how to download the Zoom app and test will be circulated prior to the course.



Timetable Day 1

Time	Agenda
09:00 – 09:15	Enter virtual course and registration
09:30	Welcome, introductions and expectations
10:15	Session 1: The very real effects of smoking in pregnancy and supporting women with quitting
11:00	Comfort break
11:15	Session 2: Pre-quit assessment I: initial assessment and engaging with pregnant women who smoke
12:45	Lunch
13:30	Session 2: Pre-quit assessment II: initial assessment, myths and challenging conversations
15:00	Comfort break
15:15	Session 3: Vaping during pregnancy and the postpartum period: Evidence-based guidance on e-cigarettes
16:15	Review of the day
16:30	Depart virtual course



Timetable Day 2

Time	Agenda
09:15	Enter virtual course
09:30	Introduction to day 2
09.45	Session 4: Stop smoking medications in pregnancy: clinical guidance
11:00	Comfort break
11:15	Session 4 (continued): Stop smoking medications in pregnancy: clinical guidance
11:45	Session 5: Quit date session; getting off to the best start
13:00	Lunch
13:45	Session 6: Post-quit sessions; staying stopped and relapse prevention
15:00	Comfort break
15.15	Session 7: Best practice for delivering an effective stop smoking service for pregnant women
16:00	Review of the course, summary and close
16:30	Depart virtual course