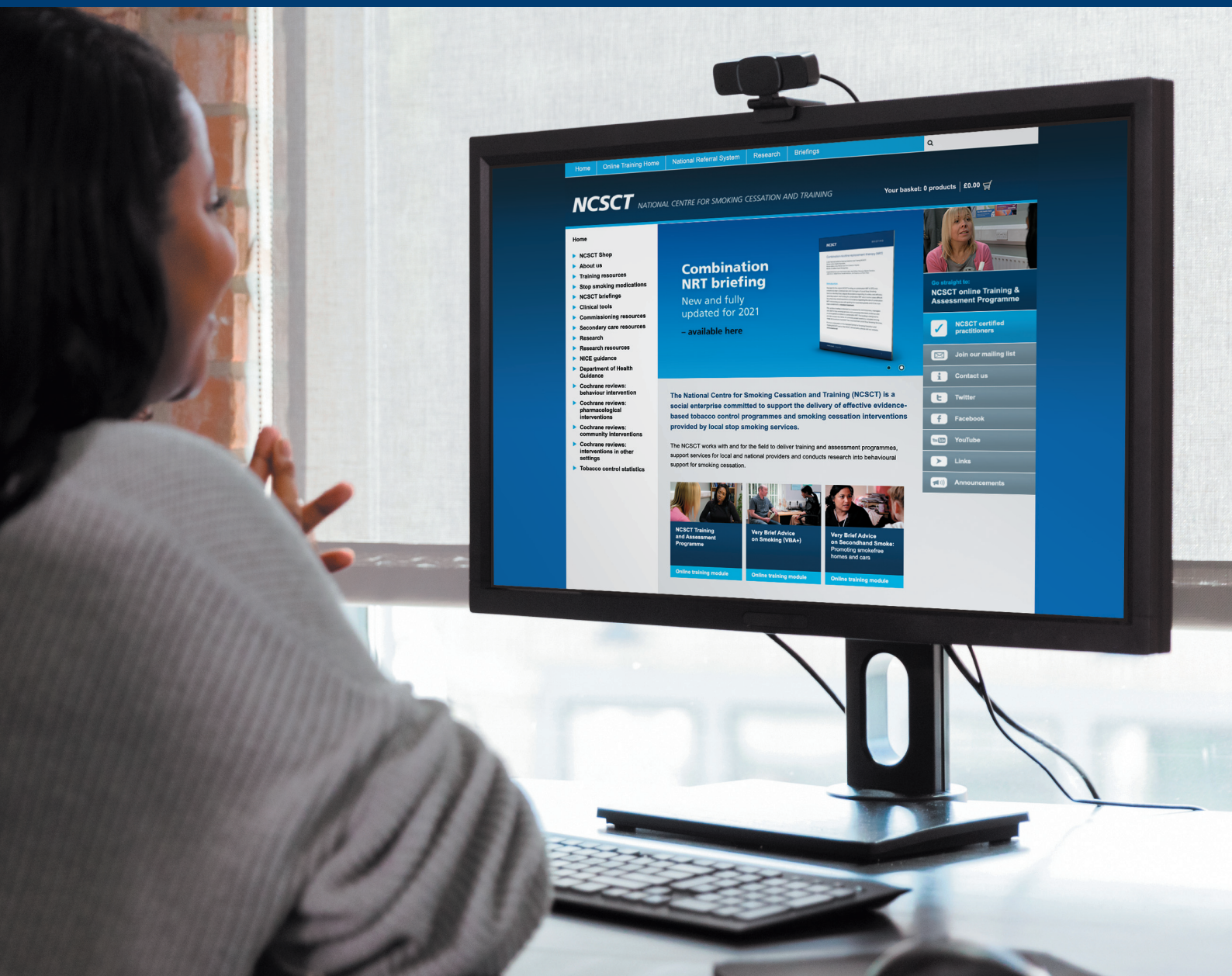


# National Centre for Smoking Cessation and Training

## Training courses and resources



**NCSCCT**

The National Centre for Smoking Cessation and Training (NCSCT) was created by the Department of Health in 2009 and is the recognised world-leader in delivering evidence-based and effective training in smoking cessation support and very brief advice on smoking (VBA). NCSCT resources support specialist stop smoking practitioners and other health and social care professionals who have contact with smokers. The NCSCT provides a suite of online, virtual and face-to-face services on behalf of Public Health England, Public Health Wales, the Health Service Executive in Ireland and the Ministry of Defence.

### NCSCT Services

ONLINE TRAINING SUITE

VIRTUAL (ZOOM) AND FACE-TO-FACE TRAINING

STOP SMOKING PRACTITIONER CERTIFICATION

EVIDENCE BRIEFINGS

CLINICAL TOOLS

ENQUIRIES SERVICE

***"If the NCSCT didn't exist we would have to invent it."***

**Duncan Selbie, Chief Executive, Public Health England**

## NCSCT training services

The NCSCT offers a comprehensive suite of training resources for health and social professionals that are described overleaf. Our training programmes are based on the latest evidence-based practice and have been developed in collaboration with leading experts in the field. Training is designed to support learners with developing the core competencies (knowledge and skill) to deliver effective stop smoking support. The training focuses on behaviour change techniques and stop smoking medications and uses a variety of training modalities including video clips from experts, modeling of BCTs, and interactive exercises.

The NCSCT is an almost unique example of an organisation that effectively translates evidence into practice.

***“Assessment and training have been continually monitored and revised in order to learn from experience and to take account of scientific advances, new evidence and contextual changes.”***

*Behaviour Change* report, the House of Lords Science and Technology Select Committee

## Online training and assessment

Built upon evidence-based behaviour change techniques, online courses and modules are available via country-specific training home pages <https://elearning.ncsct.co.uk>

### Very Brief Advice

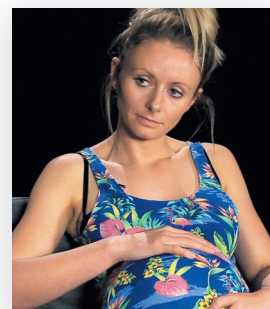
#### Very Brief Advice on smoking

Aimed at health and social care professionals working in primary care, this short module provides effective training in an evidence-based intervention that prompts quit attempts and features short videos modelling interventions.



#### Very Brief Advice for pregnant women

All members of the maternity care team will benefit from this enhanced VBA training for pregnant women who smoke. The training module includes a series of videos demonstrating how to deliver VBA, including how to conduct carbon monoxide monitoring and how to effectively deal with challenging conversations and misconceptions among pregnant women who smoke.



#### Very Brief Advice on secondhand smoke

Designed for health and social care workers who come into contact with parents and carers of children. It covers interventions to implement smokefree rules in the home and car and features modelling film clips.



***"This is a really useful module. Has all the information you need and the use of video, slides and MCQ is really engaging. The most advanced and engaging training that I have done."***

## Stop smoking practitioner training and assessment programme

As recommended by NICE and Public Health England, anyone assisting smokers to quit should be an **NCSCT Certified Stop Smoking Practitioner**. The NCSCT stop smoking practitioner training programme includes the information required to pass the practitioner assessment and to achieve full NCSCT certification as a Stop Smoking Practitioner.

The online training meets the **National Training Standard** and includes all the competences for delivering the **NCSCT Standard Treatment Programme**.

The course includes approximately four to six hours of study materials that can be accessed in as many sittings as required. The training features video clips explaining and demonstrating important components of behavioural support. The assessment questions are also included to check understanding on some of the topics. At the end of the course participants are able to complete the assessment requirement for certification. Evaluations have shown the training improves the quit rates of practitioners.



### The Stop Smoking Practitioner course covers the following:

- Smoking in the population
- Smoking and health
- Special populations
- Nicotine dependence and nicotine withdrawal symptoms
- Behavioural support
- Medications
- Other treatments
- Practice: pre-quit
- Practice: quit date
- Practice: post-quit
- Practice: groups



## ONLINE TRAINING SUITE

### Stop smoking medications

The training programme provides important information on nicotine replacement therapy (NRT) and varenicline and covers the behavioural support strategies that complement and enhance the effectiveness of stop smoking medications. An introductory film exploring the principles of stop smoking medications, featuring leading UK experts, is included as part of the training.



### E-cigarettes: a guide for healthcare professionals

Covering all aspects of vaping so that health and social care professionals can answer questions from patients and assist them in making an informed decision about the use of e-cigarettes as a quitting aid or for harm reduction. Video clips featuring leading UK experts are also featured as part of the training.



## Post-certification modules

NCSCT Certified Practitioners are able to access the following specialty modules:

### Mental health and smoking cessation

Designed for stop smoking practitioners and health care professionals who assist mental health service users in community or specialist settings to quit smoking. This module includes addressing barriers to quitting smoking in mental health settings and consideration for adjusting the dose of some mental health medications post smoking cessation.



### Pregnancy and smoking cessation

Designed for stop smoking practitioners who assist pregnant women to quit smoking. This comprehensive module provides the latest information on the effects of smoking in pregnancy, unique factors that may affect a woman's ability to quit during pregnancy and behaviour change techniques for enhancing success with quitting during pregnancy and the post-partum period.



# VIRTUAL (ZOOM) AND FACE-TO-FACE TRAINING

## Face-to-face (virtual) training courses

The NCSCT offers training courses in behavioural support for smoking cessation that build upon the online training and assessment programme and are led by clinical and training experts in the field. These interactive, effective and highly rated courses focus on skills training and include a variety of evidence-based learning techniques. Since 2020 these two-day courses for up to 25 participants have been successfully delivered via Zoom.

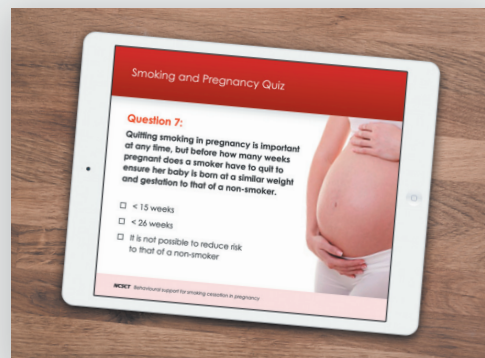
### Behavioural support for smoking cessation

Including training in 16 behaviour change techniques (BCTs) for which we have evidence of effectiveness and focussing on six BCTs for which we have the strongest evidence, this course uses presentations, demonstrations and experiential learning techniques. Proven to add value to quit attempts, we have run over 120 of these courses for more than 3,000 practitioners.



### Behavioural support for smoking cessation in pregnancy

Including evidence-based BCTs adapted from the standard course, plus BCTs that are specific to pregnancy, this course is aimed at the maternity care team and those that assist pregnant women to quit. This course uses presentations, demonstrations and experiential learning techniques and has been delivered over 20 times to 500 practitioners.



## Briefings and factsheets

We produce briefings in response to questions from the field and it is worth practitioners familiarising themselves with these:

[www.ncsct.co.uk/pub\\_briefings.php](http://www.ncsct.co.uk/pub_briefings.php)

The NCSCT has also produced a series of factsheets for secondary care which summarise latest evidence on the relationship between cigarette smoking and specific diseases and conditions (Cardiovascular disease, diabetes, oncology, mental health, pregnant women, paediatrics, surgical, respiratory, etc.), the clinical benefits of quitting and what is known about the best practices for intervening with this group of smokers:

[www.ncsct.co.uk/pub\\_secondary-care-resources.php](http://www.ncsct.co.uk/pub_secondary-care-resources.php)





### Clinical tools

We also have a clinical tools page which, as the name suggests, provides information, standard treatment programmes and questionnaires relevant to helping smokers quit:

[www.ncsct.co.uk/pub\\_clinical-tools.php](http://www.ncsct.co.uk/pub_clinical-tools.php)

#### The NCSCT Standard Treatment Programme (STP)

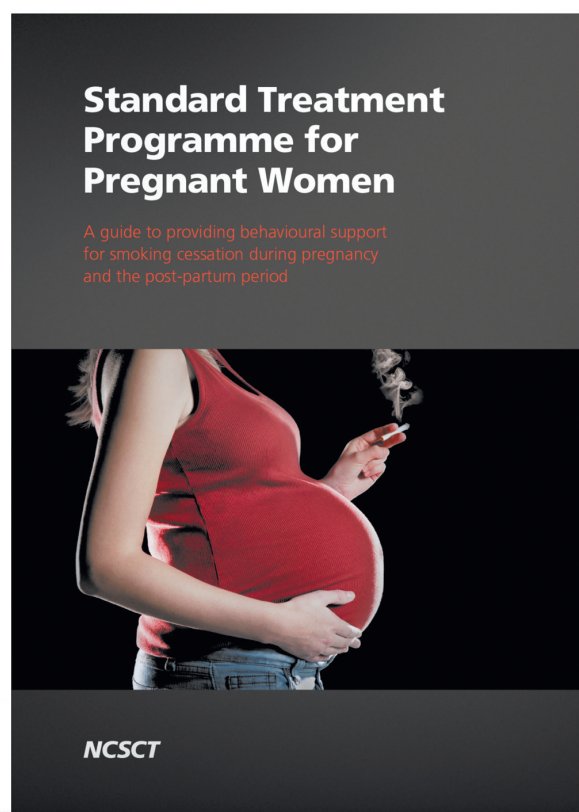
The NCSCT Standard Treatment Programme (STP) includes all identified BCTs organised into pre-quit, quit date and post-quit sessions which, if followed, offers quality assurance that clients are receiving optimum behavioural support:

[www.ncsct.co.uk/publication\\_ncsct-standard-treatment-programme.php](http://www.ncsct.co.uk/publication_ncsct-standard-treatment-programme.php)

#### The NCSCT Standard Treatment Programme for Pregnant Women

We have adapted the STP to produce a Standard Treatment Programme for Pregnant Women:

[www.ncsct.co.uk/publication\\_ncsct\\_stp\\_pw.php](http://www.ncsct.co.uk/publication_ncsct_stp_pw.php)



### Enquiries

We offer both a telephone and email enquiries service to respond to questions about accessing the online training and assessment programme, and to clinical enquiries.

The telephone enquiries number is normally used for online training account issues: **01305 755 828**.

The enquiries team can be emailed clinical enquiries that are usually triaged and sent to one of our specialist clinical consultants. We aim to answer all clinical enquiries within two working days, but it is usually quicker than that: **[enquiries@ncsct.co.uk](mailto:enquiries@ncsct.co.uk)**

# WEBSITE

## NCSCT website

The home page has a link to the online training and assessment programme plus a menu on the left-hand side that includes: Stop smoking medications (links to the Summary of Product Characteristics); Commissioning resources; Secondary care resources; NICE guidance and Cochrane Reviews.

[www.ncsct.co.uk](http://www.ncsct.co.uk)



