

NCSCCT

Competences required for delivering a Standard Treatment Programme

Matches to the NHS Knowledge and Skills Framework

Written by: Heather Thomson

With contributions from: Lindsey Mitchell, Andy McEwen, Wendy Kelvin and Melanie Chambers

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Introduction

The National Centre for Smoking Cessation and Training (NCSCT) has identified the knowledge and skills that smoking cessation practitioners need for effective behavioural support during individual face to face smoking cessation interventions.

All of the competences identified by the NCSCT and referred to within the Standard Treatment Programme, have been matched to a suggested Knowledge and Skills Framework (KSF) dimension and level to enable practitioners to relate their work to KSF and to provide supporting evidence for their personal development reviews.

Methodology

In order to link to the KSF, each competence was reviewed against indicators and descriptors within the KSF; the best match identified the related dimension and level. This was further cross referenced by reviewing NCSCT identified competences with those listed in Skills for Health (the majority of which are linked to the KSF), again by comparing descriptors. In addition, profiles for jobs where similar competences were identified as being required in Skills for Health (e.g. alcohol worker), were cross referenced for consistency of suggested KSF dimension and level.

Using the document

The suggested KSF dimension and level is linked to each competence and referenced to the sessions where a competence would be used within the standard treatment programme. Note: If a competence is not linked to a session this does not mean that it would not be included as part of the intervention for that particular session, just that it is most likely, and appropriate, to occur in the indicated sessions.

Please note that suggested matches have only taken into account the clinical competences required. They do not include consideration of the broader competences necessary to fulfil a smoking cessation specialist's role (e.g. supervision, delivery of training, project management).

Competences required for delivering a Standard Treatment Programme

Core 1: Communication

Level 3: Develop and maintain communication with people about difficult matters and /or in difficult situations

Relevant indicators from KSF:

The Practitioner:

Communicates with people in a form and manner that:

- Is consistent with their level of understanding, culture, background and preferred ways of communicating
- Is appropriate to the purpose of the communication and the context in which it is taking place
- Encourages the active participation of all involved

Recognises and reflects on barriers to effective communication and modifies communication in response.

Suggested KSF Dimension and Level	Category	Competence	Used in sessions					
			1. Assessment	2. Quit day	3. 1 week post quit day	4. 2 weeks post quit day	5. 3 weeks post quit day	6. 4 weeks post quit day
	General aspects of the interaction focussing on information gathering	Explain how tobacco dependence develops	✓					
	General aspects of the interaction focusing on general communication	Build Rapport	✓	✓	✓	✓	✓	✓
		Elicit and answer questions	✓	✓	✓	✓	✓	✓
		Provide information on withdrawal symptoms	✓	✓	✓	✓	✓	✓
		Use reflective listening	✓	✓	✓	✓	✓	✓
		Elicit client views	✓	✓	✓	✓	✓	✓
		Provide reassurance	✓	✓	✓	✓	✓	✓

Core 5: Quality

Level 2: Maintain quality in own work and encourage others to do so

Relevant indicators from KSF:

The Practitioner:

Acts consistently with legislation, policies, procedures and other quality approaches and encourages others to do so.

Suggested KSF Dimension and Level	Category	Competence	Used in sessions					
			1. Assessment	2. Quit day	3. 1 week post quit day	4. 2 weeks post quit day	5. 3 weeks post quit day	6. 4 weeks post quit day
Core 5 Level 2	Promote adjuvant activities	Adopt appropriate local procedures to enable clients to obtain free medication	✓	✓	✓	✓	✓	

Competences required for delivering a Standard Treatment Programme

HWB4: Enablement to address health and wellbeing needs

Level 3: Enable people to address specific needs in relation to health and wellbeing

Relevant indicators from KSF:

The Practitioner:

Identifies with the people concerned:

- Goals for the specific activities to be undertaken within the context of their overall care plan and their health and wellbeing needs
- The forms the activities should take
- The involvement of other people and/or agencies
- Relevant evidence based guidelines

Enables people to address their specific needs consistent with legislation, policies and procedures acting as a resource as and when they need it.

Suggested KSF Dimension and Level	Category	Competence	Used in sessions					
			1. Assessment	2. Quit day	3. 1 week post quit day	4. 2 weeks post quit day	5. 3 weeks post quit day	6. 4 weeks post quit day
HWB4 Level 3	Specific focus on behaviour addressing motivation	Boost motivation and self efficacy	✓	✓	✓	✓	✓	✓
		Provide normative information about others' behaviour and experiences	✓	✓	✓	✓	✓	✓
		Prompt commitment from the client there and then	✓	✓	✓	✓	✓	✓
		Strengthen ex smoker identity	✓	✓	✓	✓	✓	✓
		Explain the importance of abrupt cessation	✓	✓	✓	✓	✓	
		Conduct motivational interviewing	✓	✓	✓	✓	✓	✓

Competences required for delivering a Standard Treatment Programme

Suggested KSF Dimension and Level	Category	Competence	Used in sessions					
			1. Assessment	2. Quit day	3. 1 week post quit day	4. 2 weeks post quit day	5. 3 weeks post quit day	6. 4 weeks post quit day
HWB4 Level 3	Specific focus on behaviour maximising self-regulatory capacity / skills	Facilitate barrier identification and problem solving	✓	✓	✓	✓	✓	✓
		Facilitate relapse prevention and coping		✓	✓	✓	✓	✓
		Facilitate action planning / help identify relapse triggers		✓	✓	✓	✓	✓
		Advise on changing routine	✓	✓				
		Advise on environmental restructuring	✓	✓				
		Set graded tasks		✓				
		Advise on conserving mental resource		✓				
		Advise on avoidance of social cues		✓				✓
		Facilitate goal setting	✓		✓	✓	✓	✓
		Prompt self recording						✓
		Facilitate restructuring of social life		✓				
	Promote adjuvant activities	Advise on / facilitate the use of social support	✓	✓	✓	✓	✓	
		Give options for additional or later support	✓					✓
	General aspects of the interaction focussing on the delivery of the intervention	Emphasise choice	✓					
	General aspects of the interaction focusing on general communication	Summarise information / confirm client decisions	✓	✓	✓	✓	✓	✓

HWB6: Assessment and treatment planning

Level 3: Assess physiological and /or psychological functioning and develop, monitor and review related treatment plans

Relevant indicators from KSF:

The Practitioner:

Selects appropriate assessment approaches, methods, techniques and equipment, in line with:

- Individual needs and characteristics
- Evidence of effectiveness

Prepares for, carries out and monitors assessments in line with evidence based practice, and legislation, policies and procedures and/or established protocols / established theories and models.

Evaluates assessment findings / results and takes appropriate action when there are issues.

Considers and interprets all of the information available using systematic processes of reasoning to reach a justifiable assessment and explains the outcomes to those concerned.

Determines and records diagnosis and treatment plans according to agreed protocols / pathways / models that are:

- Consistent with the outcomes of the assessment
- Consistent with the individual's wishes and views

Monitors and reviews the implementation of treatment plans and makes changes within agreed protocols / pathways / models for clinical effectiveness and to meet people's needs and views.

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Suggested KSF Dimension and Level	Category	Competence	Used in sessions					
			1. Assessment	2. Quit day	3. 1 week post quit day	4. 2 weeks post quit day	5. 3 weeks post quit day	6. 4 weeks post quit day
HWB6 Level 3	Specific focus on behaviour addressing motivation	Provide feedback on performance	✓		✓	✓	✓	
		Provide rewards contingent on effort or progress	✓		✓	✓	✓	✓
		Identify reasons for wanting and not wanting to stop smoking	✓	✓	✓	✓	✓	
		Provide rewards contingent on successfully stopping smoking						✓
		Measure CO	✓	✓	✓	✓	✓	✓
	Specific focus on behaviour maximising self-regulatory capacity / skills	Prompt review of set goals			✓	✓	✓	✓
	General aspects of the intervention focusing on information gathering	Assess current and past smoking behaviour	✓					
		Assess current readiness and ability to quit	✓	✓				
		Assess past history of quit attempts	✓					
		Assess nicotine dependence	✓					
		Assess attitude to smoking	✓					
		Assess number of contacts who smoke		✓				
		Assess level of social support		✓				
	General aspects of the interaction focussing on the delivery of the intervention	Assess withdrawal symptoms		✓	✓	✓	✓	✓
		Tailor interactions appropriately	✓					
	General aspects of the interaction focusing on general communication	Explain the purpose of CO monitoring	✓	✓	✓	✓	✓	✓

Competences required for delivering a Standard Treatment Programme

HWB7: Interventions and treatments

Level 3: Plan, deliver and evaluate interventions and/or treatments

Relevant descriptors from KSF:

The Practitioner:

Identifies with the individuals concerned:

- Goals for the specific activities to be undertaken within the context of the overall treatment plan and the individual's physiological and/or psychological functioning
- The nature of the different aspects of the intervention / treatment
- The involvement of other people and/or agencies
- Relevant evidence-based practice and/or clinical guidelines
- Any specific precautions or contraindications to the proposed interventions / treatments and takes the appropriate action

Monitors individuals' reactions to interventions / treatments and takes the appropriate action to address any issues or risks.

Reviews the effectiveness of the interventions / treatments as they proceed and makes any necessary modifications.

Suggested KSF Dimension and Level	Category	Competence	Used in sessions					
			1. Assessment	2. Quit day	3. 1 week post quit day	4. 2 weeks post quit day	5. 3 weeks post quit day	6. 4 weeks post quit day
	Promote adjuvant activities	Advise on stop-smoking medication	✓	✓	✓	✓	✓	✓
		Ask about experiences of stop smoking medication that the smoker is using		✓	✓	✓	✓	✓
	General aspects of the interaction focusing on general communication	Explain expectations regarding treatment programme	✓					

