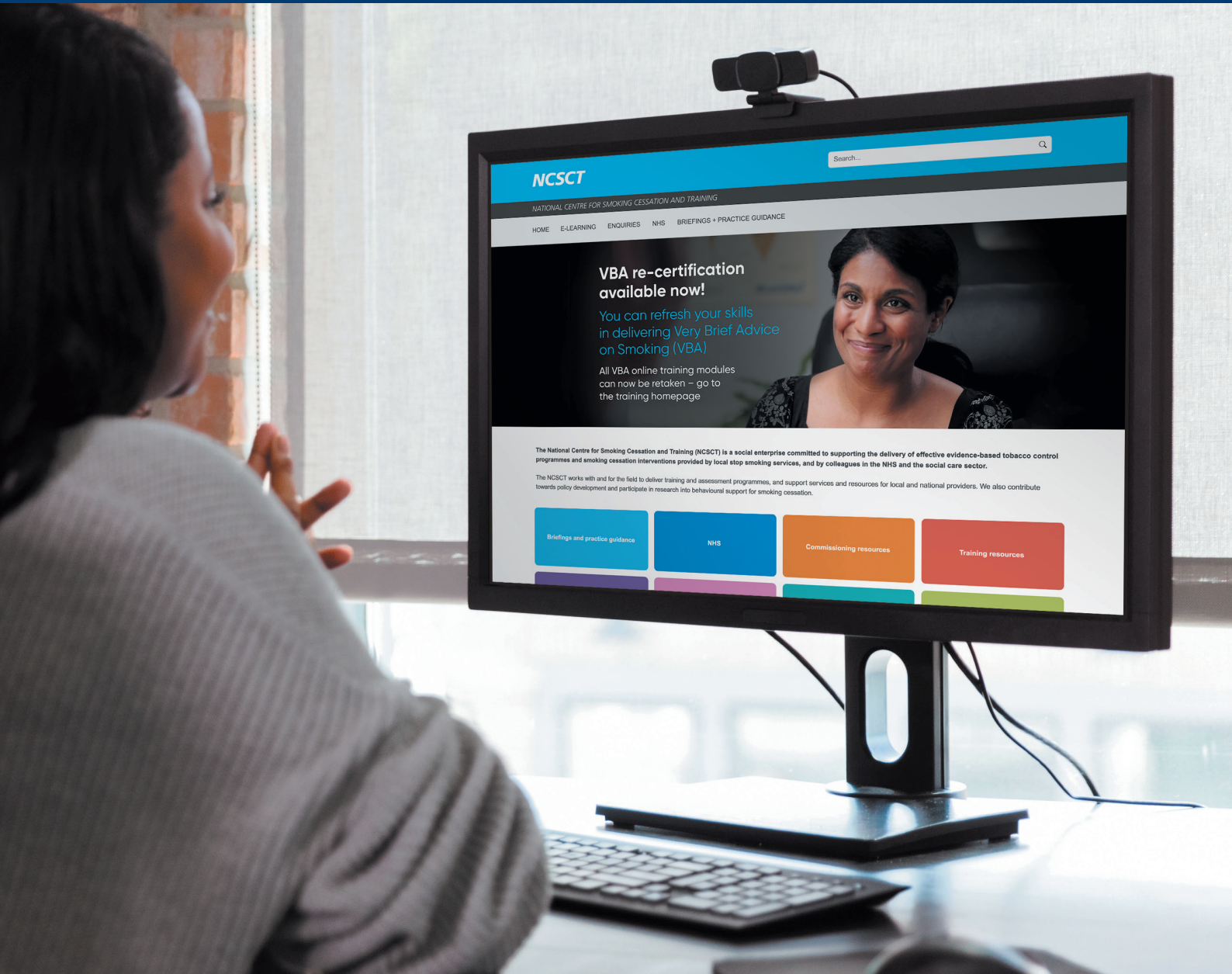


National Centre for Smoking Cessation and Training

Training courses and resources



NCSCT

Introduction

The National Centre for Smoking Cessation and Training (NCSCT) was created by the English Department of Health and Social Care 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 stop smoking practitioners and other health and social care professionals who have contact with people who smoke.

The NCSCT provides a suite of training services, resources and clinical support on behalf of the Department of Health and Social Care, Public Health Wales, the Health Service Executive in Ireland, NHS England and the Ministry of Defence.

“As population smoking prevalence drops but remains stubbornly high within priority groups, the focus over the next five years is on overcoming the barriers to accessing services by these groups, maximising effectiveness of interventions and the individual tailoring of support and treatment.”

Dr Andy McEwen, Chief Executive, NCSCT

NCSCT services

ONLINE TRAINING AND ASSESSMENT PROGRAMME

VIRTUAL AND FACE-TO-FACE TRAINING COURSES

SUPPORTING THE NHS

BRIEFINGS AND PRACTICE GUIDANCE

GUIDANCE AND EVIDENCE REVIEWS

COMMISSIONING RESOURCES

ENQUIRIES SERVICE

All our services are based on the latest evidence-based practices and have been developed in collaboration with leading experts in the field.

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

"The NCSCT has become an essential source of training and resources for stop-smoking practitioners and health professionals more generally. Its website and other resources brilliantly combine up-to-date science-based advice with ease of use and access."

Robert West, Professor Emeritus of Health Psychology, University College London

NCSCT training programmes

Our training courses are designed to support learners with developing the competences (knowledge and skills) that are required to deliver effective stop smoking interventions. These include those that **prompt quit attempts** (Very Brief Advice) as well as those that use multi-session behavioural support that includes the use of stop smoking aids.

These courses focus on **evidence-based behaviour change techniques (BCTs) and stop smoking aids** and utilise a variety of training modalities, including video clips from experts, modelling of BCTs and interactive exercises.

We offer two forms of training: the **online training and assessment programme** and **virtual and face-to-face training courses**.

Online training and assessment programme

The NCSCT offers a wide selection of **online training courses** for staff across the entirety of the health and social care workforce. All courses are free to access and are available via country-specific training homepages.

The training matrix on the next page provides a guide to which online training courses are likely to be most appropriate for learners, depending on their role.

At minimum, it is recommended that **all frontline health and social care staff** complete the Very Brief Advice on Smoking (VBA+) training course. In addition, **anyone delivering multi-session stop smoking support** should complete the stop smoking practitioner training and assessment programme, in order to obtain NCSCT Certification.

“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 PROGRAMME

The training matrix is not designed to be restrictive, and people in certain roles may benefit from completing more or fewer courses than indicated.

All frontline Health and Social Care staff

Very Brief Advice on Smoking (VBA+)

Vaping: a guide for healthcare professionals

Very Brief Advice on Smoking for Pregnant Women

Very Brief Advice on Secondhand Smoke: promoting smokefree homes and cars

Very Brief Advice on Smoking (VBA+) for Homelessness Services

Community Stop Smoking Practitioners

Stop Smoking Practitioner Training and Assessment Programme

Stop Smoking Aids

Swap to Stop

Specialist Stop Smoking Practitioners

Maternity

Pregnancy and smoking cessation

National Smoke-free Pregnancy
Incentives Scheme

Mental Health

Mental Health and
smoking cessation

The **NCSCT Competency Framework for Stop Smoking Practitioners** outlines the individual competences required to deliver **core** and **advanced** stop smoking support.

Community stop smoking practitioners (people whose main job is something other than providing stop smoking support) typically require the core competences and **specialist stop smoking practitioners** (people whose main job is delivering stop smoking support) require the core and advanced competences.

The competency framework is not intended to be restrictive, as there may be community stop smoking practitioners who require some advanced competences.

Virtual and face-to-face training courses

The NCSCT offers core competency courses in behavioural support for smoking cessation that build upon the online training courses.

These interactive, effective and highly-rated courses focus on skills training and incorporate a variety of evidence-based learning techniques.

Courses can be commissioned by stop smoking services and other organisations for delivery to up to 20 trainees. All courses are led by clinical and training experts.

Training for stop smoking practitioners

Tobacco dependence treatment: advanced training

NEW!

This course provides advanced training for stop smoking practitioners in tailoring tobacco dependence treatment for people who smoke, particularly those in priority groups. The course covers tailoring for abrupt quit and Cut Down to Stop (CDTS) approaches, built upon evidence-based BCTs and informed by best practice.



"This was the most enjoyable course I have attended – it was so informative and the course facilitators were amazing at what they do. They made us feel that we made a difference to people's lives and the course handouts and group work was amazing"

Tobacco dependence treatment: advanced training course participant

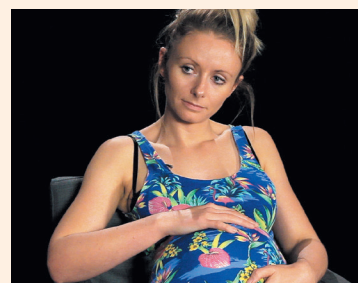
Course duration: two days

VIRTUAL AND FACE-TO-FACE TRAINING COURSES

Behavioural support for smoking cessation in pregnancy

Using evidence-based BCTs, including those specific to pregnancy, this course is aimed at the maternity care team and those that assist pregnant women to stop smoking. This course uses presentations, demonstrations and experimental learning techniques.

Course duration: one/two days, depending on training needs



Community mental health tobacco treatment training

This course is designed for health professionals who deliver specialist tobacco dependence treatment to patients with severe mental illness in community mental health settings.

The materials for this course are also available to **download** free of charge, in two-day and modular formats, for the delivery of in-house training.

Course duration: one/two days, depending on training needs

"I found this training invaluable. The trainers made it interesting and were very knowledgeable. Their explanations were very clear and informative. I would strongly recommend this course to any stop smoking advisors."

Community mental health tobacco treatment training course participant



Tobacco dependence treatment: group facilitation skills

This training course in group facilitation skills is designed to provide stop smoking practitioners with the knowledge and skills needed to deliver group tobacco dependence support.

Course duration: one day



NEW!

VIRTUAL AND FACE-TO-FACE TRAINING COURSES

NEW! Training for stop smoking service leadership

Tobacco lead and commissioner training

NEW!

This course is designed for local authority tobacco leads and commissioners. Participation will increase knowledge, skills and confidence in organising and commissioning stop smoking services. The course aims to drive quality improvement, maximise service impact and contribute to reducing rates of tobacco use, particularly among people in priority groups.

Course duration: one day, completed over two half days

Stop smoking service manager training

NEW!

This course is designed for local authority stop smoking service managers. It provides participants with the latest evidence and best practice for the targeting and tailoring of stop smoking support to meet the needs of people who smoke, particularly those in priority groups.

Course duration: one day, completed over two half days



Supporting the NHS

The NCSCT has developed a series of training and resources to support the work of NHS England with implementing the NHS Long Term Plan.

Virtual training courses

The NCSCT can be commissioned to deliver these courses or the course materials are available to download free of charge in two-day and modular formats, and can be used to deliver in-house training.

[NHS Acute Inpatient Tobacco Dependence Adviser Training Resources](#)

[NHS Mental Health Inpatient Tobacco Dependence Adviser Training Resources](#)

Tobacco dependence adviser training course: acute inpatient

This course is designed for NHS staff who deliver tobacco dependence treatment to patients during admission to an acute hospital. The course focuses on effective BCTs and treatment approaches specific to the inpatient setting.

Course duration: two days



Tobacco dependence adviser training course: inpatient mental health

This course is designed for NHS staff who deliver tobacco dependence treatment to patients during admission to an inpatient mental health facility. The course focuses on effective BCTs and treatment approaches specific to the inpatient mental health setting.

Course duration: two days



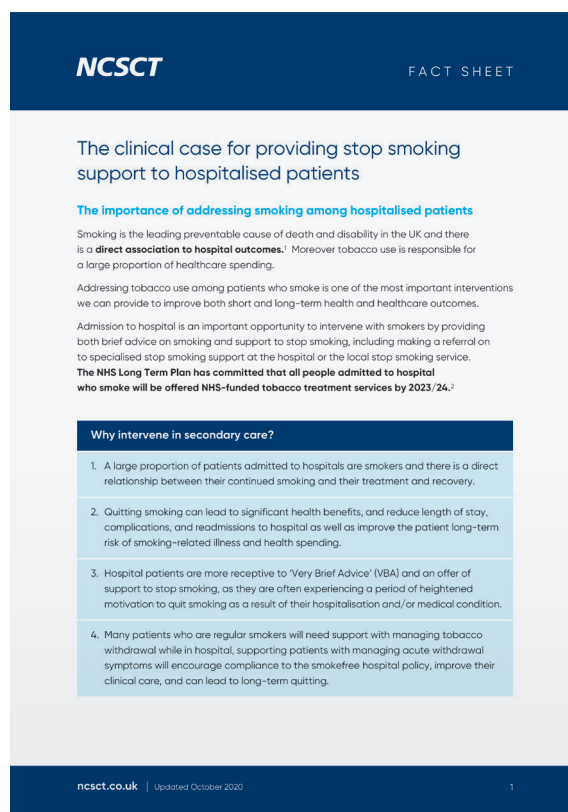
Inpatient Standard Treatment Plans

Standard Treatment Plans to support the delivery of tobacco dependence treatment in acute inpatient and mental health inpatient settings have been developed to assist tobacco dependence advisers in the delivery of effective, evidence-based interventions.

Other materials, including video content and a best practice and key messages briefing, are available to further support the implementation of inpatient tobacco dependence treatment.

Secondary care fact sheets

Our **secondary care fact sheets** summarise the latest evidence on the relationship between tobacco smoking and specific diseases, conditions and patient populations, including cardiovascular disease, diabetes, oncology, mental health and pregnancy. They outline the clinical benefits of quitting and what is known about the best practices for intervening with people from these groups.



Briefings and practice guidance

We offer briefings and practice guidance designed to support specialist and community stop smoking practitioners, and other health and social care practitioners involved in smoking cessation.

The briefings and guidance cover the following topics:

- Very Brief Advice (VBA+)
- Behavioural support for smoking cessation
- Smoking cessation and mental health
- Cut Down to Stop
- Smoking cessation and cannabis use
- Smoking cessation and pregnancy
- Young people and stopping smoking
- Young people and stopping vaping



Standard Treatment Programmes

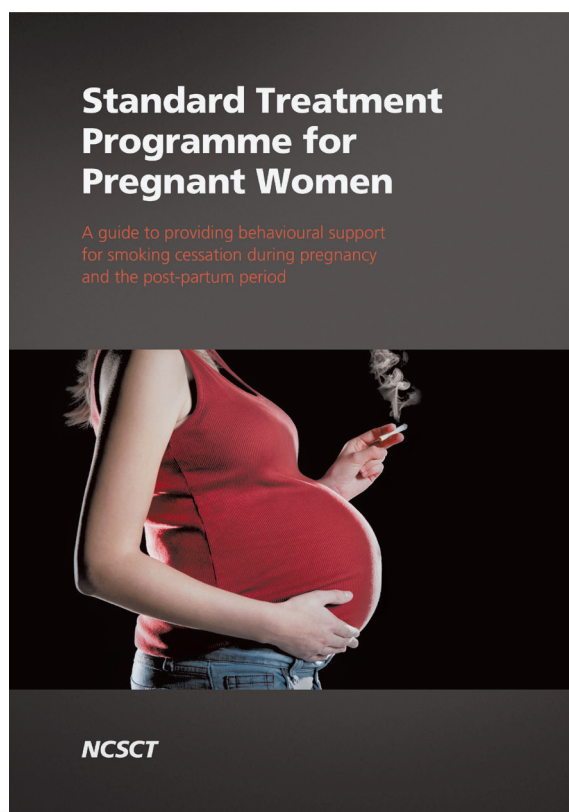
Although it is always important to tailor treatment to the individual, the BCTs outlined in our Standard Treatment Programmes are applicable to all clients and should be at the core of all stop smoking interventions.

Standard Treatment Programme

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.

Standard Treatment Programme for Pregnant Women

We have adapted the STP to produce a **Standard Treatment Programme for pregnant women**, to provide a guideline for supporting women to quit at all stages of pregnancy and post-partum.



Guidance and evidence reviews

We have compiled guidance and evidence reviews to inform best practice in one place:

- Department of Health and Social Care (DHSC) guidance – brings together expert advice, analysis and evidence with policy development and implementation
 - **Local Stop Smoking Services and support: commissioning, delivery and monitoring guidance**
- **National Institute for Health and Clinical Excellence (NICE) guidance**
 - a suite of recommendations related to smoking cessation, treating dependence and preventing uptake
- Cochrane reviews: an important resource for the smoking cessation field, these reviews are collated on our website within the following categories:
 - **Behaviour interventions**
 - **Pharmacological interventions**
 - **Community interventions**
 - **Interventions in other settings**

**Local Stop Smoking
Services and support:**
commissioning, delivery
and monitoring guidance

NCSCT

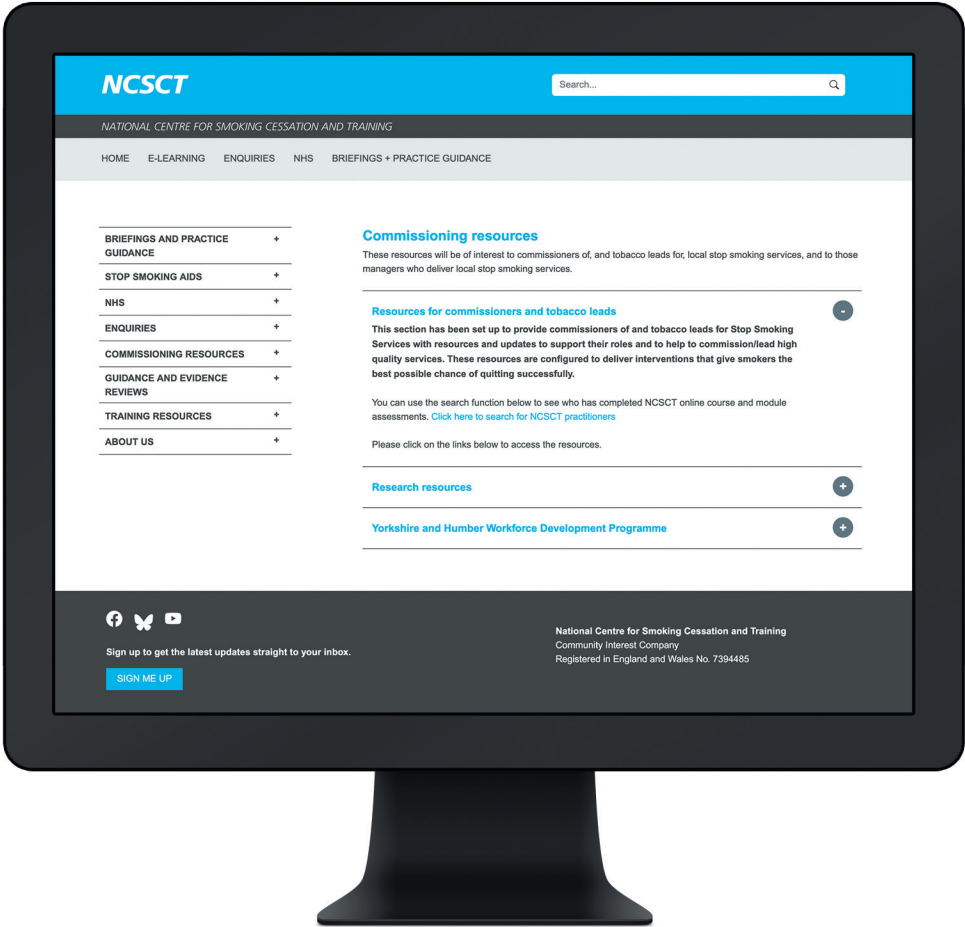


**Maximising the impact of
local stop smoking services:**
latest evidence and best practice

NCSCT

Commissioning resources

Our **commissioning resources** will be of interest to commissioners of, and tobacco leads for, local stop smoking services, and to the managers who deliver these services. The resources include a selection of briefings, standards and guidance documents to assist in leading high-quality services that give individuals the best possible chance of quitting smoking successfully.



Enquiries service

Our **Frequently Asked Questions (FAQs)** webpage will help you navigate our website and services. This is where you should go first if you have any questions about NCSCCT services or training.

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.

We aim to answer all clinical enquiries within two working days, but this may vary depending on the nature and complexity of the question.

Enquiries email address: enquiries@ncsct.co.uk

Telephone: 01747 441648

Mailing List

You can also **subscribe to our mailing list** if you would like to keep up to date with the NCSCCT and developments in smoking cessation best practice.

