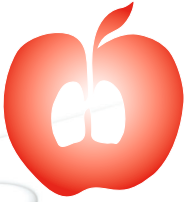
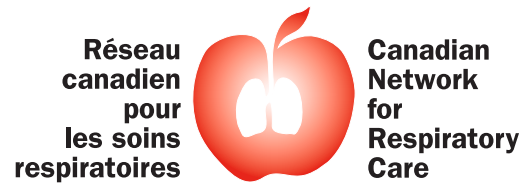


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**Tobacco Education
Competencies**



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Contents

1	The Tobacco Epidemic	3
1.1	Examine the Tobacco Epidemic	
1.2	Explain the Biological and Environmental Harm Associated with Tobacco Use	
1.3	Describe Tobacco Products	
1.4	Describe Tobacco Industry Tactics	
2	Tobacco Use Disorder and Other Substance Use	4
2.1	Examine Tobacco Use Disorder	
2.2	Examine Relationships between Tobacco Use and Other Substance Use	
3	Tobacco Control	5
3.1	Implement Health Promotion Strategies	
3.2	Describe Tobacco Cessation	
3.3	Examine Approaches to Tobacco Cessation	
4	Assessment	6
4.1	Provide Initial and Ongoing Assessments	
4.2	Select Assessment Tools	
5	Interventions	7
5.1	Create a Quit Plan in Collaboration with the Client	
5.2	Counsel Clients	
5.5	Support the Client through Relapse	
6	Pharmacological, Complementary and Alternative Treatments	8
6.1	Discuss Pharmacological Interventions	
6.2	Evaluate Complementary and Alternative Approaches and Treatments for Tobacco Cessation	
7	Client-Centred Approach	9
7.1	Adapt Approach to Client Characteristics	
7.2	Describe the Interaction between Tobacco Use and Chronic Disease	
8	Tobacco Programs and Systems	10
8.1	Implement Tobacco Protection, Prevention and Cessation Programming	
8.2	Advocate for an Organizational Tobacco Cessation System	
	Clinical Guidelines	11

1 The Tobacco Epidemic

1.1 Examine the Tobacco Epidemic

- 1 Identify the prevalence of tobacco use among the general population and high-risk and high-use populations.
- 2 Examine the relationship between social determinants of health and tobacco use.
- 3 Discuss global trends and impacts of tobacco use.

1.2 Explain the Biological and Environmental Harm Associated with Tobacco Use

- 1 Describe the effects of tobacco use on morbidity and mortality.
- 2 Describe the health impacts of the toxic components and carcinogens in tobacco products.
- 3 Identify the harm associated with second-hand and third-hand/latent types of tobacco smoke exposure.
- 4 Describe the impact of tobacco use on the environment.
- 5 Discuss the harm associated with contraband tobacco products.

1.3 Describe Tobacco Products

- 1 Describe combustible and non-combustible nicotine delivery devices and methods of use:
 - a Cigarettes, cigarillos, cigars
 - b Blunts
 - c Pipes, hookah/shisha/waterpipes
 - d Snus, chewing tobacco, dipping tobacco, dissolvable tobacco
 - e Snuff
 - f Electronic nicotine delivery devices
- 2 Describe tobacco-like products and other combustible inhalants and methods of use:
 - a Marijuana
 - b Herbal cigarettes
 - c Electronic nicotine delivery devices and hookah used with substances other than nicotine

1.4 Describe Tobacco Industry Tactics

- 1 Describe tobacco industry advertising, lobbying, and public relations techniques and tactics.
- 2 Identify tobacco industry tactics that target specific, high-risk and high-use populations.
- 3 Discuss tobacco industry manufacturing tactics that influence tobacco use.

2 Tobacco Use Disorder and Other Substance Use

2.1 Examine Tobacco Use Disorder

- 1 Describe the factors that influence the initiation and sustainment of tobacco use disorder:
 - a Biological
 - b Psychosocial
 - c Behavioural
 - d Environmental
- 2 Explain nicotine addiction.
- 3 Explain nicotine withdrawal.
- 4 Identify the DSM-5 tobacco use disorder diagnostic criteria.
- 5 Identify the DSM-5 tobacco withdrawal diagnostic criteria.

2.2 Examine Relationships between Tobacco Use and Other Substance Use

- 1 Discuss the impact of other substance use (*i.e. alcohol, marijuana*) on tobacco cessation interventions.
- 2 Address misperceptions of marijuana as a safe alternative to tobacco.
- 3 Explain the neurobiological interactions between caffeine and tobacco.

3 Tobacco Control

3.1 Implement Health Promotion Strategies

- 1 Explain the importance of tobacco control (*prevention, protection, cessation and denormalization*) in health promotion.
- 2 Identify the role of an educator in tobacco control.
- 3 Support primary prevention activities in organizations and the community (*e.g. organize a school prevention program*).

3.2 Describe Tobacco Cessation

- 1 Identify the prevalence and success rate of individuals attempting tobacco cessation.
- 2 Identify the benefits of tobacco cessation for the individual and society.

3.3 Examine Approaches to Tobacco Cessation

- 1 Compare the benefits and limitations of tobacco cessation interventions:
 - a Self-directed
 - b Brief/minimal
 - c Intensive
- 2 Describe the 5As intervention approach to tobacco cessation.
- 3 Examine harm reduction approaches to tobacco cessation.

4 Assessment

4.1 Provide Initial and Ongoing Assessments

- 1 Identify roles of healthcare professionals in early screening and documentation of tobacco use.
- 2 Document client health history (*e.g. medications, concurrent diseases, mental health disorders and substance use, social determinants of health*).
- 3 Document client tobacco use history:
 - a Tobacco use (*e.g. pack years, smoking patterns*)
 - b Quit experience (*e.g. dates and duration of previous quit attempts, reasons for relapse, interventions used*)
 - c Readiness to quit
 - d Level of nicotine dependence and severity of withdrawal symptoms
 - e Environmental exposures for tobacco use
 - f Triggers, cravings, and coping strategies
 - g Barriers to tobacco cessation
 - h Client supports (*e.g. social and financial*)
 - i Client preferences for treatment
- 4 Assist the client in identifying the factors that influence internal and external motivation for cessation.

4.2 Select Assessment Tools

- 1 Choose appropriate descriptive assessments for clients based on the uses, advantages and disadvantages of assessment tools and tests:
 - a Fagerstrom Test for Nicotine Dependence
 - b Hooked on Nicotine Checklist (*HONC*)
 - c Autonomy over Smoking Checklist (*AUTOS*)
 - d Minnesota Withdrawal Scale (*self-report and observer versions*)
 - e Readiness ruler (*Confidence and Conviction*)
- 2 Interpret the results of descriptive assessments.
- 3 Interpret the results of objective tests:
 - a Carbon monoxide levels
 - b Cotinine levels
 - c Spirometry results

5 Interventions

5.1 Create a Quit Plan in Collaboration with the Client

- 1 Integrate results of assessments into a quit plan.
- 2 Guide the client in establishing SMART (*i.e. specific, measurable, achievable, relevant, and time-bound*) goals for the quit plan.
- 3 Collaborate with the client to select tobacco cessation therapies and treatments.
- 4 Identify strategies to develop resiliency (*e.g. nutrition, exercise, social support, stress management*).

5.2 Counsel Clients

- 1 Implement evidence-based education and counselling approaches for tobacco cessation:
 - a Motivational interviewing
 - b Cognitive behavioural therapy
- 2 Describe therapeutic relationships with clients.
- 3 Compare the benefits and limitations of counselling methods:
 - a Telephone-based counselling
 - b One-on-one counselling
 - c Group counselling
 - d Internet-based counselling

5.3 Support the Client through Relapse

- 1 Evaluate cessation progress with the client.
- 2 Explore learning from previous cessation attempts with the client.
- 3 Conduct regular follow-up sessions with the client to re-evaluate client progress towards quit plan objectives.
- 4 Counsel the client through the impacts of relapse.
- 5 Adjust intervention and relapse plans.

6 Pharmacological, Complementary and Alternative Treatment

6.1 Discuss Pharmacological Interventions

- 1 Discuss pharmacotherapy options with the client:
 - a Cost
 - b Efficacy
 - c Indications
 - d Contraindications
 - e Precautions
 - f Adverse events
 - g Dosage
 - h Administration
 - i Combinations
 - j Interactions

6.2 Evaluate Complementary and Alternative Approaches and Treatments for Tobacco Cessation

- 1 Examine the evidence on complementary and alternative approaches and treatments for tobacco cessation.

7 Client-Centred Approach

7.1 Adapt Approach to Client Characteristics

- 1 Adapt treatment and therapies for vulnerable, high-risk, and diverse populations:
 - a Indigenous peoples
 - b Clients from diverse language, religious, cultural, racial and ethnic populations
 - c Clients living in environments with high tobacco prevalence
 - d Clients with mental health and addiction disorders
 - e Clients with limited education
 - f Clients working in occupations with high tobacco use
 - g Clients with diverse sexual orientations and gender identities
 - h Older adults
 - i Clients who are at the end of their lives
 - j Women who are pregnant or breastfeeding
 - k Youth (*i.e. children, adolescents and young adults*)
 - j Clients with non-daily or light tobacco use
- 2 Identify client-centred resources and programs.

7.2 Describe the Interaction between Tobacco Use and Chronic Disease

- 1 Identify symptoms of chronic diseases caused or exacerbated by tobacco use (*e.g. cardiovascular disease, diabetes, cancer, chronic obstructive pulmonary disease*).
- 2 Adapt treatment and therapies for clients with chronic diseases.

8 Tobacco Programs and Systems

8.1 Implement Tobacco Protection, Prevention and Cessation Programming

- 1 Evaluate tobacco programming for applicability to practice.
- 2 Develop plans to adapt and implement tobacco programming for practice.
- 3 Secure resources and support for tobacco programming.
- 4 Integrate tobacco programming into practice.
- 5 Evaluate tobacco programming against program objectives.

8.2 Advocate for an Organizational Tobacco Cessation System

- 1 Explain the components of an integrated tobacco cessation system.
- 2 Identify the role of the educator in the tobacco cessation system.
- 3 Advocate for the systemization of tobacco cessation activities in an organization or community (*e.g. Ottawa Model for Smoking Cessation*).
- 4 Recommend policies and procedures to formalize the team approach to tobacco cessation.
- 5 Recommend processes for recording client tobacco use status.
- 6 Contribute to the development of a referral network.

Clinical Guidelines

In addition to these competencies, educators should be familiar with the following clinical practice guidelines in order to prepare for the examination:

CAMH. (2011). CAN-ADAPTT **Canadian Smoking Cessation Clinical Practice Guideline**. CAMH: Toronto, ON.

Fiore, M.C. et al. (2008). **Clinical Practice Guideline**. Treating Tobacco Use and Dependence: 2008 Update. Agency for Healthcare Research and Quality: Rockville, MD.