

Réseau  
canadien  
pour  
les soins  
respiratoires



Canadian  
Network  
for  
Respiratory  
Care

# TAKE ON TOBACCO

Become a  
Certified Tobacco  
Educator  
(CTE)



# CERTIFY • EDUCATE • IMPROVE LIVES

The **Certified Tobacco Educator (CTE)** credential recognizes healthcare professionals who provide excellence in tobacco prevention and cessation services to their clients. This new internationally recognized credential demonstrates to your clients, peers and supervisors that you have the competencies to provide comprehensive, evidence-informed tobacco education in health promotion and care.

Every eight seconds, someone in the world dies from tobacco use. The CTE program trains healthcare professionals to use a disease management approach to tobacco use disorder – providing you with current and practical evidence-based skills and knowledge to effectively help your clients quit successfully.

You will learn how to integrate health promotion and education into your practice – teaching you how to empower your clients to manage their own health goals.

The CTE credential is based on two sets of core competencies (*i.e. knowledge, skills and abilities*) that include foundational health education as well as tobacco prevention and cessation.

#### **Foundational health education competencies include:**

- Health Promotion and Education
- Communication
- Educational Interventions
- Resource Management
- Professional Practice
- Program Evaluation

#### **Tobacco education**

##### **competencies include:**

- The Tobacco Epidemic
- Tobacco Use Disorder and Other Substance Use
- Tobacco Control
- Assessment & Interventions
- Pharmacological, Alternative & Complementary Treatment
- Client-Centred Care
- Tobacco Programs and Systems

## STEPS TO CTE CERTIFICATION

**1 Qualify**  
You must have a degree or diploma in a recognized healthcare profession, with a scope of practice that includes counselling.

**2 Complete Courses**  
You must successfully complete CNRC-accredited foundational health and tobacco education courses. For a list of current CNRC-accredited training providers, please see the CNRC website at [www.cnrchome.net](http://www.cnrchome.net). Courses are available in both classroom and online formats.

**3 Pass Examination**  
The computer-based, multiple-choice exam is offered at proctored exam centres throughout North America and internationally.

**4 Recertify**  
CTEs must recertify every five years by submitting an application that shows a combination of teaching and learning hours totalling 500 hours over the five-year period or by re-taking the exam.

*“Smoking cessation is the single most powerful preventative intervention in clinical practice.”*

**Andrew Pipe** CM MD LLD(HON) DSC(HON)  
University of Ottawa Heart Institute

The **Canadian Network for Respiratory Care (CNRC)** is a national non-profit organization and registered charity. Through its certified educators and member organizations, CNRC works to improve the quality of life for Canadians and their families living with respiratory diseases and tobacco use disorder, by developing, promoting and advocating for the highest standards of education in health promotion and care.

*“ Certified Tobacco Educators have the ability to reduce the burden of disease and suffering caused by tobacco use.”*

**Kenneth R. Chapman** MD MSc FRCPC FAC, CNRC President

*“ We need to engage clients cognitively and behaviourally – touch their hearts, change their minds.”*

**Peter Selby** MBBS CCFP, Centre for Addiction and Mental Health

*“ By treating tobacco use disorder as a chronic disease using appropriate evidence-based interventions, we can help take away the self-blame and guilt many of our clients who use tobacco feel. We can do more to help our clients quit. Let’s take on tobacco!”*

**Cheryl Connors**, CNRC Executive Director

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Knowledge Xchange Direct

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TEACH  
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Alberta Health  
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