



Australian Government

Department of Education, Employment and Workplace Relations

HLTPOP403C Provide information on smoking and smoking cessation

Release: 1

HLTPOP403C Provide information on smoking and smoking cessation

Modification History

Not Applicable

Unit Descriptor

Descriptor

This unit describes the knowledge and skills required by workers to provide information to individuals and groups on smoking and smoking cessation programs

The unit provides information on the population health issues surrounding tobacco use and the impact of smoking and nicotine dependence on the individual

Application of the Unit

Application

Skills and knowledge in this unit are provided to support implementation of common population based smoking cessation strategies such as participation in health promotion campaigns, including the preparation of campaign resources such as pamphlets and participation in health education and health screening activities

Licensing/Regulatory Information

Not Applicable

Pre-Requisites

Not Applicable

Employability Skills Information

Employability Skills

This unit contains Employability Skills

Elements and Performance Criteria Pre-Content

Elements define the essential outcomes of a unit of competency.

The Performance Criteria specify the level of performance required to demonstrate achievement of the Element. Terms in *italics* are elaborated in the Range Statement.

Elements and Performance Criteria

ELEMENT

PERFORMANCE CRITERIA

1. Work undertaken demonstrates an understanding of the context of tobacco use in society

- 1.1 In all work, reflect an understanding of the prevalence of; and gender, age and cultural distribution of smoking in the Australian population
- 1.2 Reflect in work practices, knowledge of cultural and gender factors associated with tobacco use in Australia, including variations in smoking methods and prevalence between culturally and linguistically diverse (CALD) communities and particular demographic groups
- 1.3 In all work, reflect an understanding of the *social, political and economic context* of tobacco use in Australian society
- 1.4 In all work, reflect an understanding of the range of diseases and the health and economic burden attributable to tobacco
- 1.5 Reflect work undertaken, an understanding of the particular problems associated with smoking among special groups including: pregnant and lactating women; adolescents; Aboriginal and Torres Strait Islander people; people with smoking related diseases; people with a mental illness

ELEMENT**PERFORMANCE CRITERIA**

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| 2. Provide information on smoking and its effects | 2.1 Reflect in work undertaken, knowledge of the physiology of nicotine dependence including interactions with various medications |
| | 2.2 Reflect in work undertaken, knowledge of behavioural and pharmacological determinants of smoking behaviour |
| | 2.3 Provide relevant information relating to smoking and its effects |
| | 2.4 Provide and promote health benefits of quitting smoking for the individual |
| 3. Provide information on smoking cessation treatments and their outcomes | 3.1 Identify and promote national and international best practice strategies for smoking cessation |
| | 3.2 Take into account needs of special populations, such as adolescents and people with mental illnesses in promoting smoking cessation programs |
| | 3.3 Provide clients with self-help materials, such as pamphlets and fact sheets |
| | 3.4 Provide referral to telephone counselling services as required |
| 4. Screen clients for smoking | 4.1 Assess <i>nicotine dependence using a validated method</i> |
| | 4.2 <i>Record client results</i> using a suitable system |
| | 4.3 Maintain client records professionally and accurately |
| | 4.4 Maintain client confidentiality |

Required Skills and Knowledge

REQUIRED SKILLS AND KNOWLEDGE

This describes the essential skills and knowledge and their level required for this unit.

REQUIRED SKILLS AND KNOWLEDGE

Essential knowledge:

The candidate must be able to demonstrate essential knowledge required to effectively do the task outlined in elements and performance criteria of this unit, manage the task and manage contingencies in the context of the identified work role

This includes knowledge of:

- Barriers to quitting smoking
- Basic human anatomy and physiology, particularly the brain, the lungs and the circulatory system
- Basic pharmacology relevant to work being undertaken
- Broad characteristics of the chemical constituents in tobacco smoke, (i.e. carcinogens, mutagens and toxins)
- Common behavioural triggers associated with smoking
- Common symptoms of nicotine withdrawal and their relationship to physical recovery
- Evidence based key strategies for smoking cessation including the World Health Organisation: *Evidence-based Recommendations on the Treatment of Tobacco Dependence* and the Australian National Drug Strategy: *'Smoking cessation interventions Review of evidence and implications for best practice in healthcare settings'*
- Interaction of nicotine with various medications
- Internationally accepted definitions of nicotine dependence including the DSM-IV (*Diagnostic and Statistical Manual of Mental Disorders* 4th Ed) and the WHO International Classification of Disease (ICD-10)
- Knowledge of context of tobacco use in society
- Physiological links between mental illness and nicotine dependence
- Process of neuro-adaptation to nicotine
- Processes of titration of nicotine dose and smoker compensation practices
- Short and long-term known health effects of active and passive smoking

Essential skills:

It is critical that the candidate demonstrate the ability to effectively do the task outlined in elements and performance criteria of this unit, manage the task and manage contingencies in the context of the identified work role

This includes the ability to:

- Apply effective communication and interpersonal skills
- Apply in depth knowledge of smoking and its effects and its impact on individuals and the community
- Conduct screening for smoking
- Locate existing state/national/international print and electronic primary sources of

REQUIRED SKILLS AND KNOWLEDGE

evidence relating to assessment and treatment of nicotine dependence

Evidence Guide

EVIDENCE GUIDE

The evidence guide provides advice on assessment and must be read in conjunction with the Performance Criteria, Required Skills and Knowledge, the Range Statement and the Assessment Guidelines for this Training Package.

Critical aspects for assessment and evidence required to demonstrate this competency unit:

- The individual being assessed must provide evidence of specified essential knowledge as well as skills

Access and equity considerations:

- All workers in the health industry should be aware of access and equity issues in relation to their own area of work
- All workers should develop their ability to work in a culturally diverse environment
- In recognition of particular health issues facing Aboriginal and Torres Strait Islander communities, workers should be aware of cultural, historical and current issues impacting on health of Aboriginal and Torres Strait Islander people
- Assessors and trainers must take into account relevant access and equity issues, in particular relating to factors impacting on health of Aboriginal and/or Torres Strait Islander clients and communities

Context of and specific resources for assessment:

- This unit may be assessed on the job or through simulation
- Consistency in performance should consider the work environment, worker's role and responsibilities in the workplace

EVIDENCE GUIDE

Method of assessment:

Assessment may include:

- Written assignment
- Observation
- Interview and questioning
- Workplace documentation of practice

Related units:

This unit is a pre-requisite for:

- HLTPOP404C Provide interventions to clients who are nicotine dependent

Taking this unit alone does not qualify one to provide smoking cessation interventions

It is also recommended that this unit be undertaken with:

- HLTPOP402C Assess readiness for and effect behaviour change

Range Statement

RANGE STATEMENT

The Range Statement relates to the unit of competency as a whole. It allows for different work environments and situations that may affect performance. Add any essential operating conditions that may be present with training and assessment depending on the work situation, needs of the candidate, accessibility of the item, and local industry and regional contexts.

RANGE STATEMENT

Historical, social, political and economic context includes:

- The statutory framework within which work takes place in the health and community sector
- The historical context of work e.g. changing knowledge about best practice in treating nicotine dependence; changing approaches to working with clients; changing social context of work e.g. changing government and societal views of tobacco use and approaches to working with clients
- The political context e.g. government policies and initiatives affecting treatment for nicotine dependence
- The economic context e.g. the current economic situation as it relates to and affects tobacco use and the subsequent impact on client needs

Special groups include:

- Pregnant and lactating women
- Adolescents
- Aboriginal and Torres Strait Islander people
- People with smoking related diseases
- People with a mental illness

Population based smoking cessation strategies include:

- Health promotion campaigns
- Health screening activities
- Health education for groups
- Development and dissemination of resources such as pamphlets
- Working with businesses to promote smoking cessation among staff
- Working with individuals
- Health system

RANGE STATEMENT

The underpinning values and philosophies of the sector may include:

- A holistic and client-centred approach i.e. promotion of health and wellbeing
- Early identification of health problems
- Delivery of appropriate services based on evidence for best practice
- Commitment to meeting the needs and upholding the rights of clients
- Commitment to empowering the client

A commitment to access and equity must be demonstrated by:

- A non-discriminatory approach to all people using the service, their family and friends, the general public and co-workers ensuring the work undertaken takes account of and caters for differences including: cultural, physical, religious, economic, social etc

Validated methods for assessing nicotine dependence include:

- Fagerstrom test for nicotine dependence
- TTFC + CPD (time to first cigarette plus cigarettes per day)

Suitable systems for recording client results include using:

- Chart stickers
- Smoking as vital sign
- Computer prompts

Social, political and economic context of tobacco smoking may include reference to:

- Aboriginal and Torres Strait Islander Complementary Action Plan 2003-2009

Unit Sector(s)

Not Applicable