



**Australian Government**

**Department of Education, Employment and Workplace Relations**

# **HLTPOP404C Provide interventions to clients who are nicotine dependent**

**Release: 1**

## **HLTPOP404C Provide interventions to clients who are nicotine dependent**

### **Modification History**

Not Applicable

### **Unit Descriptor**

#### **Descriptor**

This unit provides knowledge and skills in the treatment and management of nicotine dependence, including (singly or in combination) behavioural and pharmacological interventions such as: brief advice and counselling; intensive support; and provision of advice on use of appropriate non-prescription and prescription pharmacotherapies

### **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

1. Assess needs of clients who are nicotine dependent

### PERFORMANCE CRITERIA

- 1.1 Elicit client's history particularly relevant to smoking, in accordance with organisation guidelines and ethical considerations
- 1.2 Assess nicotine dependence using a validated method
- 1.3 Determine smoking cessation treatment based on assessment of an individual's level of nicotine dependence, stage of change and client history
- 1.4 Professionally and accurately maintain client records
- 1.5 Maintain client confidentiality

**ELEMENT****PERFORMANCE CRITERIA****2. Implement interventions**

- 2.1 Match intervention to client's personal circumstances including relevant health issues, level of dependence and behavioural triggers
- 2.2 Conduct brief intervention with client according to client needs
- 2.3 Use motivational interviewing techniques to increase client's motivation to quit
- 2.4 Provide intensive counselling as per individual need
- 2.5 Refer clients to other health professional or agency as appropriate

**3. Assist clients in accessing *pharmacotherapies* for smoking cessation**

- 3.1 Provide client with information about pharmacotherapies, their benefits and contraindications
- 3.2 Determine suitability of pharmacotherapies for client
- 3.3 Provide referral to a medical practitioner for pharmacotherapies as appropriate
- 3.4 Determine options for optimal combination of *smoking cessation therapies* with client if appropriate

**4. Monitor client's progress**

- 4.1 Arrange and conduct client follow up
- 4.2 Assess client's progress against goals set and interventions conducted and then provide feedback
- 4.3 Assess risk of relapse
- 4.4 Provide behavioural interventions and/or pharmacological advice
- 4.5 Refer clients to other health professional or agency as appropriate

**ELEMENT****PERFORMANCE CRITERIA**

5. Ensure high standards of professionalism and continuing professional development

5.1 Demonstrate professional standard of conduct at all times

5.2 Maintain knowledge of evidence base relating to smoking cessation therapies

5.3 Undertake qualitative and quantitative assessment of work

5.4 Appraise developments in smoking cessation practices and apply to improve own practice

5.5 Maintain ongoing personal professional development and training in smoking cessation

## **Required Skills and Knowledge**

### **REQUIRED SKILLS AND KNOWLEDGE**

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

#### *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:

- Brief intervention techniques
- Contraindications associated with use of NRT, including recent cardiac events, unstable angina and pregnancy
- 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'.
- Evidence-based aspects of dosage and duration of use of nicotine replacement therapies (NRT)
- Intensive counselling techniques suitable for smoking cessation interventions
- Interaction of nicotine with various medications
- Interaction of NRT with medications and other drugs, e.g. caffeine, alcohol, insulin
- Internationally accepted definitions of nicotine dependence including the DSM-IV

## REQUIRED SKILLS AND KNOWLEDGE

(*Diagnostic and Statistical Manual of Mental Disorders* 4th Ed) and the WHO International Classification of Disease (ICD-10)

- Motivational interviewing techniques
- Physiological links between mental illness and nicotine dependence
- Process of neuro-adaptation to nicotine
- Processes of titration of nicotine dose and smoker compensation practices
- Use of non prescription (such as NRT) and prescription-only (such as slow-release bupropion) pharmacotherapies

### *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:

- Access and locate existing state/national/international print and electronic primary sources of evidence relating to assessment and treatment of nicotine dependence
- Apply active listening including questioning
- Apply negotiation skills
- Apply problem solving skills
- Assess the needs of clients who are nicotine dependent
- Demonstrate effective communication and interpersonal skills
- Establish rapport
- Implement a range of smoking cessation interventions
- Provide information on smoking and smoking cessation to the client
- Provide referral to appropriate services
- Undertake networking and liaison with other services and service providers
- Work with a range of clients

## 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.

## EVIDENCE GUIDE

*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
- Access is required to equipment and resources normally used in the workplace

*Method of assessment:*

Assessment may include:

- Observation
- Interview and questioning
- Simulation
- Workplace documentation of practice
- Portfolio
- Testimonial

## EVIDENCE GUIDE

### *Related units:*

This unit should be assessed after or in conjunction with related unit:

- HLTPOP403C Provide information on smoking and smoking cessation

It is also recommended that this unit be undertaken in conjunction with:

- HLTPOP402C Assess readiness for and effect behaviour change

This unit may also be assessed in conjunction with:

- CHCCS403B Provide brief intervention
- CHCGROUP403D Plan and conduct group activities
- CHCTC302A Provide client-centred telephone counselling

## 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

*Client history relevant to smoking includes:*

- State of health
- Behavioural factors
- Level of nicotine dependence

*Smoking cessation interventions may include:*

- Brief interventions:
- The 'Five A's':
  - *Ask* (about smoking)
  - *Advise* (all smokers to quit)
  - *Assess* (level of dependence and readiness to quit)
  - *Assist* (provide advice and support)
  - *Arrange* (follow up)
- Motivational interviewing techniques
- Exploring 'readiness to quit' using the trans-theoretical model of behaviour change:
  - those not ready to quit
  - those thinking about quitting
  - those ready to quit
  - those who have already quit
  - those who have relapsed
- Intensive counselling
- May include phone or face to face interventions
- May be individual or group interventions

**RANGE STATEMENT**

*Pharmacotherapy includes:*

- Nicotine replacement therapies (non-prescription)
- Bupropion slow-release, 'Zyban' (prescription only)

*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)
- CO monitor

*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