



Australian Government

HLTPOP016 Provide interventions to clients who are nicotine dependent

Release: 1

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Modification History

Release	Comments
Release 1	This version was released in <i>HLT Health Training Package release 3.0</i> and meets the requirements of the 2012 Standards for Training Packages. Minor changes to the elements and performance criteria. New evidence requirements for assessment, including volume and frequency requirements. Minor changes to knowledge evidence. Supersedes HLTPOP404C

Application

This unit describes the skills and knowledge required to treat and manage 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 pharmacotherapy.

This unit applies to work in a public health context and workers at this level will demonstrate judgement and sensitivity within defined organisational guidelines for the implementation of smoking cessation strategies.

The skills in this unit must be applied in accordance with Commonwealth and State/Territory legislation, Australian/New Zealand standards and industry codes of practice.

Elements and Performance Criteria

ELEMENT

PERFORMANCE CRITERIA

Elements define the essential outcomes.

The Performance Criteria specify the level of performance needed to demonstrate achievement of the Element.

1. Assess needs of clients who are nicotine dependent

1.1 Obtain client history to determine smoking habits in accordance with organisation policy and procedure

1.2 Assess nicotine dependence using a validated method

ELEMENT**PERFORMANCE CRITERIA**

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| | <ul style="list-style-type: none">1.3 Determine smoking cessation treatment based on assessment of client's level of nicotine dependence, stage of change, client history and personal circumstances and background1.4 Maintain client records professionally and accurately1.5 Maintain client confidentiality in all interactions |
| 2. Implement interventions | <ul style="list-style-type: none">2.1 Match intervention to client's personal circumstances and preferences, including relevant health issues, level of dependence and behavioural triggers2.2 Conduct brief intervention with client according to client needs2.3 Use motivational interviewing techniques to increase client's motivation to quit2.4 Provide intensive counselling according to client's individual needs, circumstances and background2.5 Identify clients requiring referral to other health professional or agency and action |
| 3. Assist clients in accessing pharmacotherapies for smoking cessation | <ul style="list-style-type: none">3.1 Provide client with information about pharmacotherapies, their benefits and contraindications3.2 Determine suitability of pharmacotherapies for client3.3 Provide referral to a medical practitioner for pharmacotherapies3.4 Determine options for optimal combination of smoking cessation therapies with client |
| 4. Monitor client's progress | <ul style="list-style-type: none">4.1 Arrange and conduct client follow-up4.2 Assess client's progress against goals set and interventions conducted and then provide feedback4.3 Assess risk of relapse4.4 Provide behavioural interventions and/or |

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pharmacological advice

4.5 Identify clients requiring referral to other health professional or agency and action

5. Ensure high standards of professionalism and continuing professional development

5.1 Maintain knowledge of smoking cessation therapies

5.2 Undertake assessment of work to identify opportunities for improvement and/or development

5.3 Research developments in smoking cessation practices and apply to improve own practice

5.4 Maintain ongoing personal professional development and training in smoking cessation

Foundation Skills

The Foundation Skills describe those required skills (language, literacy, numeracy and employment skills) that are essential to performance.

Foundation skills essential to performance are explicit in the performance criteria of this unit of competency.

Unit Mapping Information

No equivalent unit

Links

Companion Volume implementation guides are found in VETNet -

<https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=ced1390f-48d9-4ab0-bd50-b015e5485705>

Assessment Requirements for HLTPOP016 Provide interventions to clients who are nicotine dependent

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Performance Evidence

The candidate must show evidence of the ability to complete tasks outlined in the elements and performance criteria of this unit, manage tasks and manage contingencies in the context of the job role. There must be demonstrated evidence that the candidate has:

- followed correct procedures to provide a range of interventions to at least 3 clients who are nicotine dependent including:
 - assessing clients nicotine dependence
 - identifying appropriate intervention for each client
 - monitoring client progress and providing additional support or referrals.

Knowledge Evidence

The candidate must be able to demonstrate essential knowledge required to effectively complete tasks outlined in the elements and performance criteria of this unit, manage tasks and manage contingencies in the context of the work role. This includes knowledge of:

- smoking cessation interventions
- principles and techniques of brief intervention
- contraindications associated with use of nicotine replacement therapies (NRT), including recent cardiac events, unstable angina and pregnancy
- evidence-based key strategies for smoking cessation
- evidence-based aspects of dosage and duration of use of NRT
- intensive counselling techniques suitable for smoking cessation interventions

- interaction of nicotine with various medications
- interaction of NRT with medications and other drugs, including caffeine, alcohol and insulin
- internationally accepted definitions of nicotine dependence
- validated nicotine dependence screening methods
- 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
- types and use of non-prescription (including NRT) and prescription-only pharmacotherapies
- organisation standards, policies and procedures.

Assessment Conditions

Skills must have been demonstrated in the workplace or in a simulated environment that reflects workplace conditions. Where simulation is used, it must reflect real working conditions by modelling industry operating conditions and contingencies as well as using suitable facilities, equipment and resources.

Assessors must satisfy the Standards for Registered Training Organisations (RTOs) 2015/AQTF mandatory competency requirements for assessors.

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