



UMASS MEDICAL SCHOOL

**CTTRT**

*Center for Tobacco Treatment Research & Training*

## **BASIC SKILLS FOR TOBACCO TREATMENT**

### **Course Description**

### **Goals and Learning Objectives**

368 Plantation Street, Worcester, MA 01605

[www.umassmed.edu/tobacco](http://www.umassmed.edu/tobacco)

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# Basic Skills for Tobacco Treatment

## Course Overview:

This course will provide an overview of the information and skills necessary to conduct brief tobacco dependence interventions. At the end of this course, we want you to feel confident that you have the tools and resources to work successfully with tobacco users. Additional but optional Tobacco Treatment Specialist (TTS) training may be necessary to conduct intensive tobacco treatment.

## Learning Objectives:

1. Understand the scope of the tobacco problem.
2. Motivate patients and clients to seek treatment.
3. Deliver brief tobacco dependence interventions.
4. Explore how to integrate interventions to treat tobacco use disorder into health care systems.

## Module One: The Tobacco Problem

### Module Overview:

Tobacco dependence is the leading cause of illness and death in the United States. Module 1 will provide an overview of the tobacco problem including a review of the types of tobacco products and global and US tobacco use trends. Finally, we will review evidence-based strategies for Comprehensive Tobacco Control Programs as recommended by the Centers for Disease Control.

### Learning Objectives:

1. Discuss the history of tobacco use in the US.
2. Describe prevalence of tobacco use in the U.S. and globally
3. List the types of tobacco products
4. Describe components of comprehensive tobacco control

## Module Two: Health Effects of Tobacco Use

### Module Overview:

According to the 2014 Surgeon General’s report “The Health Consequences of Smoking—50 Years of Progress,” tobacco use is responsible for over 480,000 deaths in the US each year, including an estimated 41,000 deaths due to secondhand smoke. Millions more live with smoking-related diseases. This module will review what the health consequences are from smoking, from exposure to secondhand smoke, and from other forms of tobacco use.

### Learning Objectives:

1. Describe the anatomy, ingredients, and by-products of a cigarette and smokeless tobacco
2. Discuss the effect of tobacco use on body systems
3. Discuss tobacco use effects specific to women, children, and infants
4. Discuss the relationship of smoking and behavioral health
5. Discuss the effects of 2<sup>nd</sup> hand smoke (Environmental tobacco smoke, or ETS)
6. List the health benefits of quitting smoking and tobacco use

## Module Three: Understanding Tobacco Use Disorder

### Module Overview:

Nicotine dependence is increasingly being recognized as a chronic, relapsing condition similar to that of other substances of dependence. Most who use tobacco want to quit but find it difficult because of the addictive nature of tobacco. Clinical approaches to dealing with tobacco should be grounded in a general understanding of addictions and specific approaches to tobacco treatment. Module 3 will provide an overview of the biological, social, and psychological aspects that interact to drive people to continue the use of a substance despite negative consequences. We will explore the definition, nature, and accepted measures of nicotine dependence, and review the criteria for nicotine dependence.

### Learning Objectives:

1. Describe the Biopsychosocial Model.
2. List the key features of nicotine dependence as defined by the DSM 5.
3. Describe nicotine withdrawal signs and symptoms.
4. Apply the use of accepted measures of nicotine dependence.

## **Module Four: Principles of Behavior Change**

### **Module Overview:**

Why is it so difficult for a person to stop using tobacco products? Why is it so hard for a provider to intervene with a client or patient who uses tobacco? Module 4 will explore the complex interaction of biological, psychological, and social factors that contribute to the initiation and maintenance of tobacco use and make it so hard to change. Social Learning theory and the Stages of Change model will be examined as they relate to tobacco use. Finally, you will be asked to apply this information by completing a brief application exercise that assesses a person's stage of change.

### **Learning Objectives:**

1. Describe the social learning model and how it applies to tobacco use.
2. Discuss the reasons that providers find it difficult to intervene with a person who uses tobacco.
3. Define and describe the Stages of Change model as it applies to tobacco use.

## **Module Five: Talking with Clients about Tobacco Use**

### **Module Overview:**

In our role as health professionals, we are very concerned about the damaging effects that tobacco use has on the health of our clients. We are challenged to find a balance between educating our clients and guiding them as they struggle with the sometimes difficult decision to stop using tobacco. The goal of this module is to present some tools that will help you develop a collaborative relationship with your client. We will focus on how to intervene at all Stages of Change and how to help a client actively explore their ambivalence about smoking.

A client who is actively working to resolve their ambivalence about tobacco use is more likely to be successful. According to clients, feeling heard and understood are the most important aspects of a helping relationship. You will learn about two counseling styles: Motivational Interviewing and Patient Centered Counseling. Both styles incorporate techniques that can help you listen effectively and understand each client's individual needs.

### **Learning Objectives:**

1. Describe principles of patient-centered communication.
2. Define the 5A model of tobacco treatment.
3. Provide brief interventions for tobacco use.
4. Describe the concept of cultural competency and why it is a critical component of effective counseling.

## **Module Six: Using Pharmacotherapy to Help Your Clients Quit Tobacco Use**

### **Module Overview:**

Correct and appropriate use of pharmacotherapy, such as nicotine replacement therapy (NRT), bupropion, or varenicline, can more than double a person's chances of successfully stopping tobacco use. We will look at the various types of pharmacotherapy available and present guidelines for proper use. We will also look at special considerations for clients using smokeless tobacco or who are pregnant or have co-morbid conditions. Finally, you will be asked to apply this information to 10 hypothetical clients.

### **Learning Objectives:**

1. Describe various types of NRT available, how they work & general guidelines for use.
2. Explain how bupropion works and how it is to be taken.
3. Explain how varenicline works and how it is to be taken.
4. Apply knowledge of the use of pharmacotherapy to 10 hypothetical clients.

## **Module Seven: Intake, Assessment and Treatment Planning**

### **Module Overview:**

Conducting a thorough intake and assessment interview with a patient who smokes is an important component of effective treatment planning. This module provides the foundation for the use of a 4-page Intake, Assessment and Treatment Planning form that serves as a guide in conducting an intake interview. Using a case example, you will have the opportunity to identify factors related to the client's tobacco use, identify her strengths and barriers, assess her readiness and confidence in quitting, and develop a treatment plan using the form.

## **Learning Objectives:**

1. Describe the process and content of an intake interview.
2. Identify psychological, environmental, and social factors related to tobacco use.
3. Identify strengths and barriers to quitting.
4. Assess readiness to quit.
5. Develop a treatment plan or referral.

*This session is intended as a starting point, and if the patient is ready to quit should lead to ongoing counseling, a referral to individual or group counseling, or a referral to the state's telephone Quitline.*

## **Module Eight: Creating an Environment Supportive of Tobacco Treatment Services**

### **Module Overview:**

Research has demonstrated that systems-level changes can be effective in increasing quit rates within health care agencies. The Public Health Service Clinical Practice Guideline recommends that every tobacco user be asked about their tobacco use status at every visit and offered assistance in quitting. This module will review the 5A model of brief intervention and look at those components that help institutionalize tobacco treatment. We will explore why something seemingly so simple to do can be so difficult to implement. Participants will develop their own tobacco treatment action plan to take back to their workplace.

### **Learning Objectives:**

1. List the major guidelines available to guide efforts at institutionalizing tobacco treatment services within a healthcare agency.
2. Describe 3 levels of cessation intervention.
3. Describe systems strategies that support tobacco treatment.
4. Name and describe the 5As.
5. Identify methods for creating change within an organizational environment.
6. Complete an action plan to take back to your workplace that will help guide tobacco treatment planning efforts.

## **Module Nine: Resources for Tobacco Dependence Treatment Providers and Their Clients**

### **Module Overview:**

This module will review key resources available to tobacco treatment counselors and provide information on the Massachusetts Tobacco Treatment Specialist Training (TTS) program.

### **Learning Objectives:**

1. List resources available to clients.
2. List resources available to tobacco treatment specialists.
3. Identify key resources in tobacco control.
4. Describe the Tobacco Treatment Specialist training.