

One Life Suffolk

Partner Providers

Service Guidelines & Application Process

Smoking Cessation

Level 2 Practitioner Training

The Onelife Suffolk Smoking Cessation Level 2 Training programme, alongside the National Centre for Smoking Cessation and Training (NCSCT) online training module will provide you with the knowledge and skills needed to become a certified Stop Smoking Practitioner;

Our local OneLife Suffolk training builds on to the knowledge and skills gained from the NCSCT online training.

For this reason, you will be expected to have completed the following, before apply for/booking Level 2 Training:

- **NCSCT Practitioner Training;**
Core competencies in helping people to Stop Smoking
- **NCSCT Assessment;**
Core Knowledge and key practice skills

A minimum of 2 months prior of attending the Smoking Cessation training day.

The NCSCT online Training can be accessed on their website:

http://www.ncsct.co.uk/publication_training-and-assessment-programme.php

Time requirement for this is **approximately 6 hours**. You can log in and out of the training once you have registered on the NCSCT website, it can be broken down into smaller units of time and accessed to suit you. The assessment is made up of multiple choice questions with the expectation of achieving **at least 70% to pass**. For technical support or help to access the NCSCT training, please contact the NCSCT on 01305 755828 or email: enquiries@ncsct.co.uk

The NCSCT online training demonstrates that you have the basic level core knowledge and skills to deliver effective behavioural stop smoking support.

Onelife Suffolk Smoking Cessation Level 2 Training (1 day course, attended in person) will then compliment and enhance your knowledge, skills and confidence in becoming a certified Stop Smoking Practitioner.



Summary of Level 2 Training - Course Content:

- Behaviour Change
- Offering Stop Smoking Support
- Nicotine Addiction and Withdrawal
- Assessing Dependence of Nicotine
- Carbon monoxide & CO Testing
- Delivering Sessions
- Introduction to Top-up Module

On completion of training, there will be an expectation of engaging in continuous professional development activities;

- **Completing a Level 2 Top-up Unit – Online Training with Verification Test.**
- **Completing the OneLife Suffolk Smoking Cessation Update Training, attending (2 per year).**
- **As well as ensuring a minimum number of clients are seen on a quarterly basis** to maintain your professional knowledge and skills.
- You will be supported and reviewed by your local **OneLife Suffolk Stop Smoking Liaison Team** who will offer advice for your practice, supply Co Consumables and Resources.
- It is an expected requirement to allow time to meet with and regularly communicate with **OneLife Stop Smoking Liaison Team**

Please ensure you can fulfil the expectations set out below before applying for this Training;

Expectations prior to applying for Level 2 Training and becoming a New Provider of Smoking Cessation Service(s);

- **Completion** of the **NCSCT Practitioner Training** online module.
- **Passed** (at least 70%) the **NCSCT online Core Assessment** (bring a copy of your certificate to the training day).
- Support from your Line Manager to **set up and deliver a stop smoking clinic** within your current role and **capacity within your working hours**.
- An **appropriate confidential room/space** available to deliver a clinic for the required time on a weekly basis.
- A **laptop/PC** to add client data within 48hrs of a client appointment, to either Pharmoutcomes for Pharmacy or QuitManger for GP Practice, relevant training will be provided.
- Ability to offer **weekly support** for patients **up to 4 weeks post quit date** (15/30-minute appointments once a week for a period of up to 6 weeks).
- Capacity to support a **minimum of 5 patients per half day per week** (e.g.1 day committed to smoking cessation = a target/minimum of 10 patients being seen per week)
- Able to **promote and advertise your stop smoking clinic**, promotional material provided.
- Awareness of how you will **set up internal referral** pathways into your clinic.
- Commitment to **complete Update Training online and Network Events** in person.
- Once issued, you will keep your **Carbon Monoxide (Co) monitor** in good working order, as per the loan agreement.
- Capacity to meet with a **Stop Smoking Service Liaison Team** to discuss and review the clinic and offer necessary support, quarterly.

OneLife Suffolk Smoking Cessation Level 2 Training

Application Form

If you are committed to wanting to support local people to stop smoking and you can fulfil the service expectations on page 6, please complete the form (link below) and click submit to send to OneLife Suffolk.

On completion of the application form you will be contacted by OneLife Suffolk to arrange booking of a local Level 2 Training session.

[Click to complete the Application Form](#)

If you require any further information or assistance with your application please contact; training-development@onelifesuffolk.co.uk