

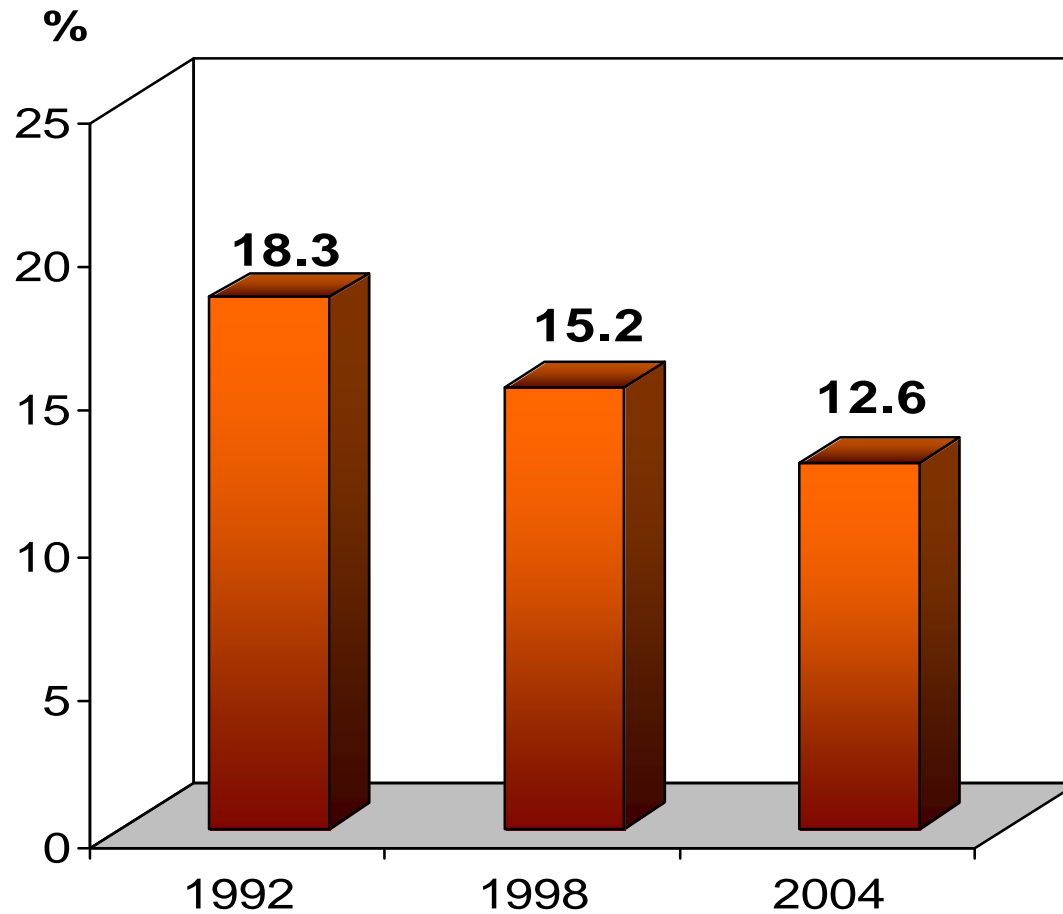
Empowering the Health Professional in Smoking Cessation – Certification for Quit Smoking Consultants



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Smoking Control Programme
Health Promotion Board

Smoking Situation in Singapore

Smoking Prevalence (18-69 years)

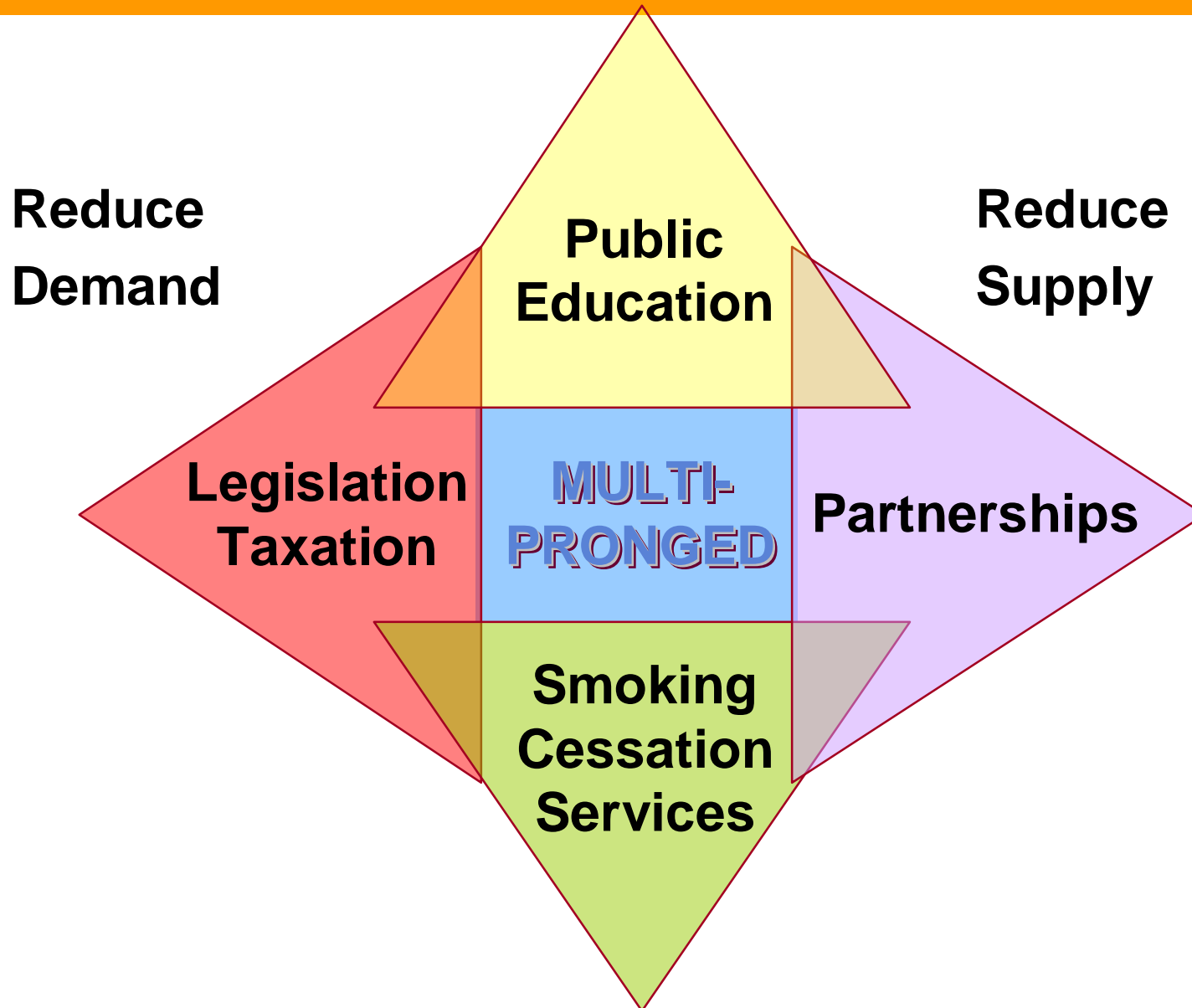


Smoking Prevalence (By Gender & Ethnic Group)

Smoking Prevalence (%) By Gender & Ethnic Group 2004

Ethnic Group	Males	Females	Total
Chinese	20.5	3.1	11.7
Malay	29.9	7.4	18.6
Indian	22.4	1.4	12.1
Total	21.8	3.5	12.6

National Smoking Control Programme



Smoking Prevalence (By Gender & Ethnic Group)

Physiological Dependence

*Low Smoking Rate
High Knowledge
High Dependence*

- Pleasure
- Craving
- Stimulation

- Stress
- Social

- Handling
- Habit

Psychological Dependence

Behavioural Dependence

Important Role of Health Professionals



“Health Professionals are in an excellent position that allows them to have *Prominent role on tobacco control*. They reach a high percentage of the population and have the *opportunity* to help people change their behaviour and they can give *advice*, guidance and answers to questions related to the *consequences of tobacco use*, they can help patients to stop smoking and forewarn children and adolescents of the dangers of tobacco.”

World Health Organization

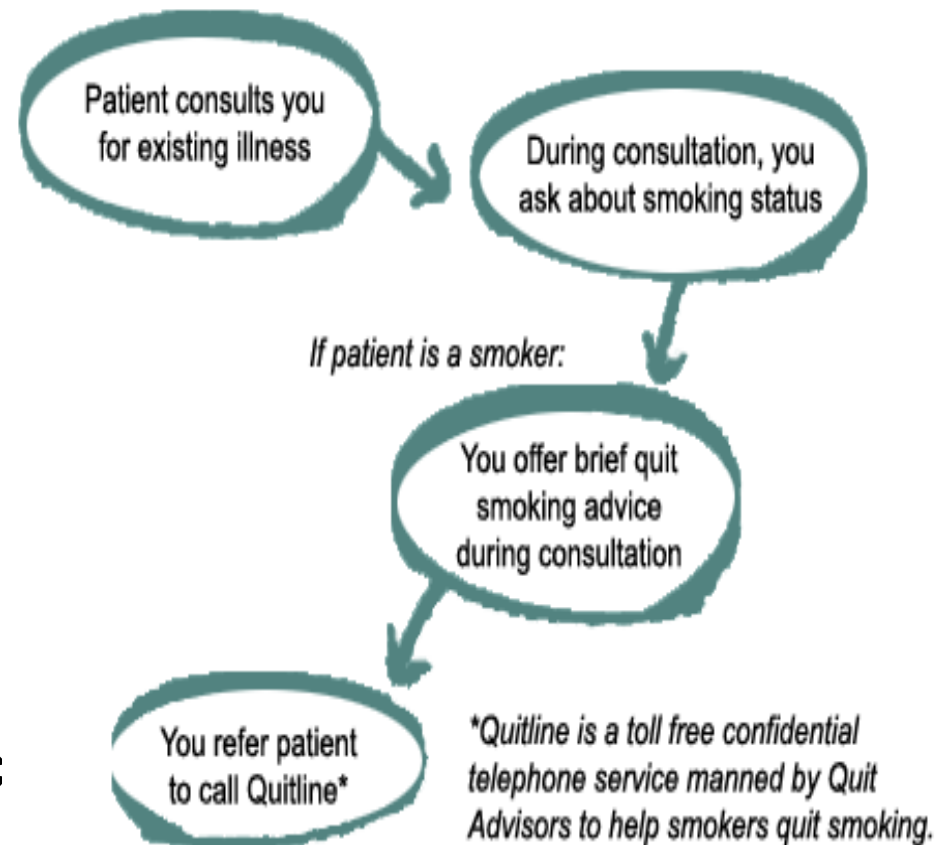
Important Role of Health Professionals

- ❖ **Patient's desire to quit smoking correlates with HP's advice to do so.**
- ❖ **Very brief advice significantly increase quit-rate**
- ❖ **With high opportunistic contact with the general public, HPs are in optimal position to raise the issue of smoking and to advise smokers to quit**

You can **QUIT** smoking

A Brief Intervention Programme by
General Practitioners for Smokers

**Help family physicians
incorporate brief
intervention into routine
consultation through a
Systematic '5As'
approach, supported
by stage-specific resource
materials.**



You can **QUIT** smoking

A Brief Intervention Programme by
General Practitioners for Smokers



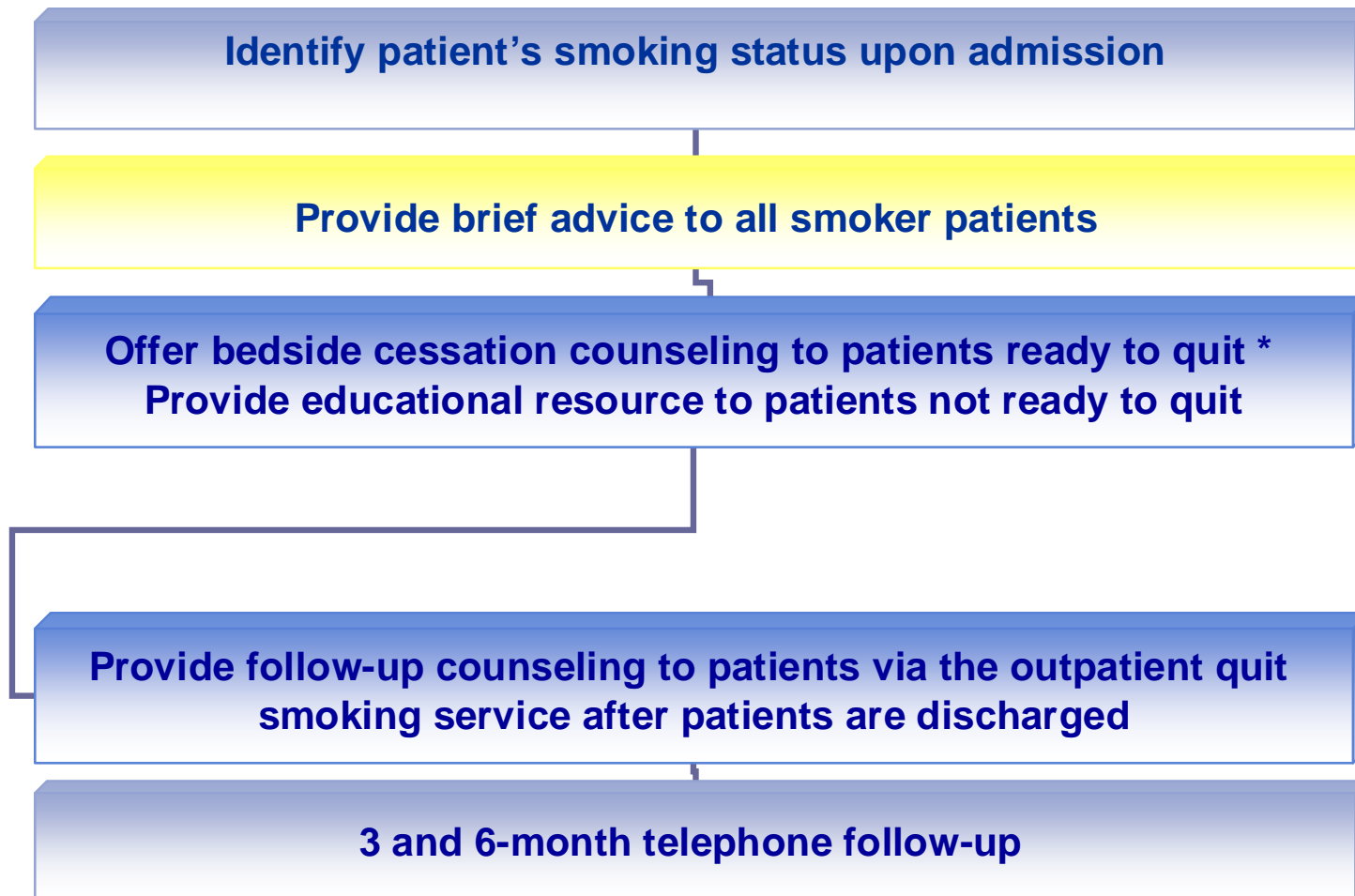
- Ask
- Assess
- Advise
- Assist
- Arrange



In-patient Smoking Cessation Intervention Programme

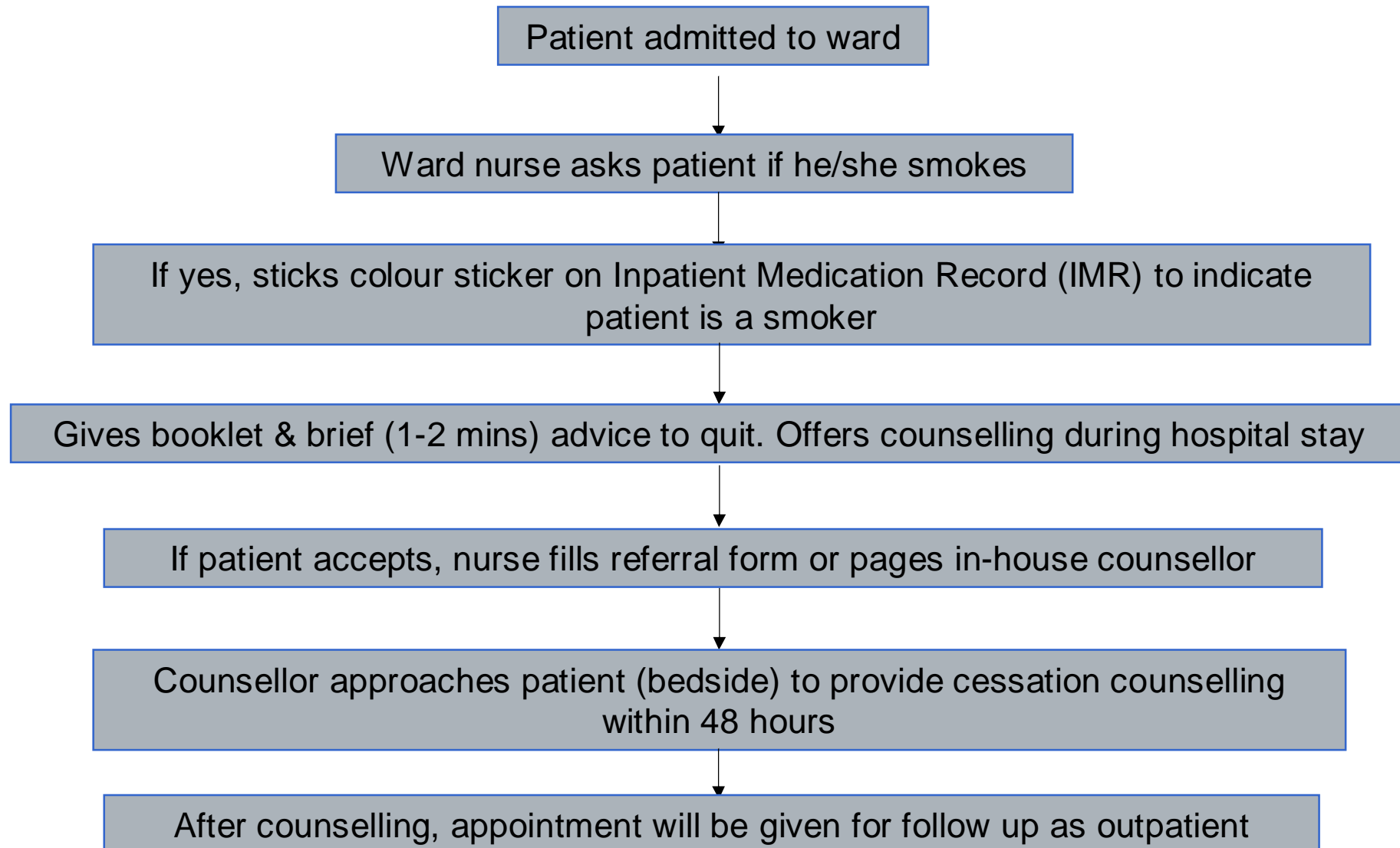
- 3 hospitals in 1st year, 6 hospitals in 3rd year - collaborative funding
- Provide effective, affordable and timely quit smoking therapy and follow-up for smoking patients who are most susceptible to quit smoking advice when they are sick
- Framework facilitates the provision of cessation interventions by healthcare professionals in the inpatient setting

In-patient Smoking Cessation Intervention Programme



*NRT offered when necessary

In-patient Smoking Cessation Intervention Programme



Certification Programme



Certification for Quit Smoking Consultants (CQSC)

Certification for Quit Smoking Consultants (CQSC) Programme

- **Countries with low prevalence rates face an uphill task to further reduce its smoking prevalence.**
- **Plateau effect - current smokers have high psychological and physiological dependency rates and require more intensive interventions to quit smoking.**
- **Studies show that behavioural counselling and pharmacotherapy where appropriate, can produce quit rates of 20% per year^[1]. This is significantly higher than the 3-5% quit rate for smokers who quit on their own.**

^[1] Anthonisen NR, Connett JE, Kiley JP, Altose MD, Bailey WC, Buist AS, et al. Effects of smoking intervention and the use of an inhaled anticholinergic bronchodilator on the rate of decline of FEV. The Lung Health Study. *JAMA* 1994; 272:1497-505.

Certification for Quit Smoking Consultants (CQSC) Programme

- **Quit smoking services are provided by 5 hospitals, 18 polyclinics and 4 institutes/non-governmental organizations.**
- **Therapy standards are determined by the service providers.**
- **No consistent training syllabus for quit smoking consultants.**

Certification for Quit Smoking Consultants (CQSC) Programme

To strengthen the therapy standards of cessation interventions, a Certification Programme was developed to:

- ❖ set a benchmark in clinical practice standards for smoking cessation service providers;**
- ❖ formalize a system to deliver the prescribed skill set and knowledge required to provide quality and effective cessation therapy;**
- ❖ facilitate the adherence and continual practice of these skills;**
- ❖ Provide a mechanism for continuing education via enrichment / upgrade workshops organised monthly**

Certification for Quit Smoking Consultants (CQSC) Programme

FGD employed to ascertain the needs of our cessation service providers. The key concerns were:

- **The lack of knowledge and skill to apply counseling principles during consultation, particularly :**
 - **motivational counseling**
 - **trust/rapport building**
 - **stress management**

Certification for Quit Smoking Consultants (CQSC) Programme

Value proposition :

- **positioned as the authority's endorsement of quit smoking consultants' technical competency**
- **provides a standardized and established framework, to train and provide continuing education for their quit smoking consultants**
- **Only services with quit smoking consultants certified will be listed in HPB's publicity and resource materials (including the Directory of Health Promotion Services, HPB's website and other print materials)**

Certification for Quit Smoking Consultants (CQSC) Programme

- **The CQSC programme was introduced by NSCP in Feb 2005**
- **42 participants, made up of doctors, nurses and pharmacists from various quit smoking centres, went through the 2-month certification programme**
 - **3-day lecture**
 - **1 day role-playing session,**
 - **one-to-one clinical counseling assessment,**
 - **written exam**
 - **case report presentation.**
- **38 were certified by HPB.**

Certification for Quit Smoking Consultants (CQSC) Programme

Post pilot review showed that participants were satisfied with the programme. Positive feedback gathered :

- **the sharing of personal experiences of the trainers was very useful;**
- **the use of role-play exercises was useful in reinforcing theories learnt;**

Certification for Quit Smoking Consultants (CQSC) Programme

Feedback for improvement:

- participants who had previously attended basic courses in quit smoking therapy felt it unnecessary to undergo the same content again in the 3-day lecture;
- newer participants felt an information overload in the 3 day workshop;
- more practical, hands-on exercises were needed;
- pharmacotherapy was not covered as much as expected;
- existing service providers offering basic quit smoking therapy courses were not sure how their services would remain relevant in the face of CQSC;

Certification for Quit Smoking Consultants (CQSC) Programme

Based on the feedback and study of international best practices, The CQSC framework was revised to ensure:

- **CQSC focuses on its role as a certification programme instead of training programme**
- **participants are trained and qualified to go through the certification process**
- **new entry pre-requisites were identified and clearly categorized**
- **participants' past qualifications and training were taken into account in the assessment for the CQSC entry requirement.**
- **pre-certification training courses will be conducted by service providers. Syllabus set by HPB.**

Certification for Quit Smoking Consultants (CQSC) Programme

Outcome of review :

- **The CSQC curriculum streamlined to focus on assessing the competency of the participants.**

Highlights of the revisions include :

- **the 3-day workshop has been replaced by a 1-day refresher so that experienced consultants need not go through the basic fundamentals again;**
- **the basic modules are offered separately for untrained consultants to complete before seeking certification;**
- **practical counselling experience is a prerequisite for entry into the CQSC;**

Certification for Quit Smoking Consultants (CQSC) Programme

CQSC Entry Requirements :

- **Academic Qualification** - the applicant must have EITHER one of the following :
 - Degree in Social Work or Psychology; OR
 - Diploma or Higher Qualification in Counselling, Human Services or Community Services; OR
 - Addiction Counsellor certified by the Association of Professional Substance Abuse Counsellors (APSAC); OR
 - Singapore Registered Doctor, Pharmacist, Nurse or Dentist.

- **Practical Experience** - the applicant must have completed a minimum of 30 hours in smoking cessation counseling within the last 2 years ; OR a minimum of 60 hours in general counseling, within the last 2 years.

- **Theoretical Knowledge** - the applicant must possess basic knowledge in ALL of the following :
 - Basic Tobacco Addiction (minimum 8 hours of formal training); AND
 - Basic Quit Smoking Therapy (minimum 8 hours of formal training); AND
 - Basic Smoking Cessation Pharmacotherapy (minimum 4 hours of formal training)

Continuing Education for Certified Quit Smoking Consultants

	<u>Stages</u>	<u>Description</u>
1	P1-day preparatory workshop	The workshop covers all the basic theories relating to tobacco addiction, quit smoking therapy and pharmacotherapy to prepare candidates for the written and oral examination
2	Written Examination	This involves a closed book, written examination
3	Practical Examination	This involves a clinical counseling assessment, where the candidate will undertake an individual face-to-face therapy session with a smoker client
4	Case Report Submission	Based on a prescribed report format, candidates submit a case report of a client they have counseled.
5	Case Report Presentation	Each candidate discusses his/her case report with a panel of Certifiers.
6	Release of Results & Award of Certification	Candidates who pass the assessment will receive their results & certification Recertification every 2 years

Thank you