

Appendix 3 - Basic and Enhanced Training

See below for more information about both Basic and Enhanced Training.

Level 1 Basic training: Level 1 Smoke Free Training for Health and Social Care Workers Very Brief Advice NCSCCT E learning Course [Very Brief Advice training module \(ncsct.co.uk\)](http://ncsct.co.uk). The NICE guidelines (NG209) for Smoking: recommend that basic training should be mandatory and refreshed annually.

Level 2 Enhanced Training: Hywel Dda Level 2 Supporting Those with Nicotine Dependence.

The content of the training covers; 1) Motivating patients to engage in smoking cessation treatment, 2) Assessing severity of tobacco dependence, 3) Using carbon monoxide (CO) monitoring as a motivational and monitoring tool, 4) Facilitating choice of medication to manage temporary abstinence, gradual cessation or planned abrupt cessation, 5) Safe and effective use of the Homely Remedy Policy 6) Adhering to NRT 7) Providing intensive behavioural support, 8) Staying smoke free.

This Level 2 training is 1 hour long. Level 2 training can be provided by contacting the Smoking and Wellbeing Team 0300 303 9652 and tailored to departmental needs.



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