

King Hussein Cancer Center Tobacco Dependence Treatment Training Program

Accredited by CTTTP through 2022

Program description

This course focuses on building the capacity, competence, and confidence of participants to offer effective high-intensity tobacco dependence treatment (TDT). Through utilizing a combination of learning techniques (presentation, demonstration, role play, practical exercises, and case studies) the program builds the knowledge and proficiency of participants in various TDT-related [competencies](#). The program is comprehensive and evidence-informed, and is delivered by experienced hands-on tobacco treatment specialists (TTS).

By the end of the course, participants will be able to:

- Recognize the forms and constituents of tobacco products, their effect on the body and the gains of quitting, tobacco dependence and relevant psychological and social factors, and the evidence behind proven treatment methods.
- Implement skills relevant to conducting the initial assessment, performing counseling, and prescribing medications.
- Evaluate an individual case of tobacco dependence, and generate a customized treatment plan.

Candidate profile

The course is open to healthcare professionals including but not limited to physicians, pharmacists, nurses, midwives, allied health professionals, and counselors. All participants must be tobacco-free for at least 6 months at the start of the program.

Certificates of completion

Issuing certificates is contingent on full attendance and passing the post-training assessment. Certificates are endorsed by *King Hussein Cancer Center* and the *Council for Tobacco Treatment Training Programs*. Those receiving the Certificate of Completion may also wish to apply for [National Certificate in Tobacco Treatment Practice \(NCTTP\)](#).

Course Fees

750 USD Per participant

Program Content

- Building the case for tobacco dependence treatment:
 - Tobacco and disease: Cancer, Diabetes mellitus, Respiratory disease, Cardiovascular disease, Wound healing, Benefits of quitting.
 - The smoker's experience: Substance use disorders, Tobacco dependence, Withdrawal, Quitting, Treatment, and Relapse.
- Tobacco Dependence Treatment:
 - Proven and alternative interventions for tobacco dependence treatment
 - The initial assessment
 - Behavioral interventions:
 - Theoretical
 - Motivation
 - Change
 - Motivational Interviewing: Introduction
 - Motivational Interviewing: The spirit
 - Motivational Interviewing: Communication strategies
 - Motivational Interviewing: Principles
 - Practical Cases
 - Pharmacotherapies for treating tobacco dependence:
 - Theoretical
 - Principles of tobacco dependence treatment (TDT)
 - Pharmacology of TDT Medications
 - Using approved TDT medications in clinical practice
 - Challenges in Pharmacotherapy
 - Practical Cases
 - Special groups and considerations
 - Drafting an individualized treatment plan and addressing relapse
 - Practical case studies
- Supplementary topics:
 - Building a TDT service and continuing professional development
 - Tobacco and Nicotine Products: Combustible, Smokeless, Waterpipe health effects and dependence, Electronic Nicotine Delivery Products (ENDs)
 - The brief intervention models

Program Format

This course is delivered either as an in person training over 5 days, or as a virtual online training over two weeks. For more information about each option you can contact us at TDT@khcc.jo or call us at +962 (6) 5300460 Ext 2315.