

# King Hussein Cancer Center Tobacco Dependence Treatment Training Program

Accredited by CTTTP through April, 2022

## Program description

This program 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 Outline

### I. Background

#### ▪ Introduction to health effects of tobacco use:

- Harmful components of tobacco smoke and how tobacco causes diseases.
- Health effects of tobacco use on different bodily systems.
- Health effects of exposure to tobacco smoke (second and third hand) on nonsmokers, with emphasis on pregnant women and children.
- Benefits of quitting tobacco on the short and long terms.

#### ▪ Tobacco and nicotine products:

- Introduction to types of tobacco products available worldwide
- Waterpipe (Shisha) health effects and dependence.
- Emerging tobacco and nicotine products: Electronic Nicotine Delivery Systems (ENDs) and Heated Tobacco, with emphasis on harm reduction claims, and effects on young adults and children.

### II. The Case for Tobacco Dependence Treatment

#### ▪ Tobacco dependence treatment and non-communicable diseases:

- The relationship between tobacco use and exposure to secondhand smoke and developing non-communicable diseases (NCDs), and the value of TDT to management of these diseases:
  - Cancer
  - Respiratory diseases
  - Cardiovascular diseases (CVD)
  - Diabetes mellitus (DM)
- The value and role of tobacco dependence treatment in wound management.

#### ▪ The smoker's experience:

- The criteria of substance use disorder.
- The addictive nature of nicotine and how tobacco dependence develops.
- Quitting, withdrawal, and relapse experiences.

### III. Introduction to Tobacco Dependence Treatment Methods

#### ▪ Interventions for tobacco dependence treatment:

Proven interventions and alternative interventions (yet to be proven).

#### IV. Evidence-based Tobacco Dependence Treatment

##### ▪ The initial assessment:

- Basic information to gather and its value for tobacco dependence treatment
- Nicotine dependence assessment tools and scales
- Developing initial assessment forms

##### ▪ Behavioral interventions for tobacco dependence treatment:

- Introduction to behavior change theories and models
- Motivational Interviewing: Introduction
- Motivational Interviewing: The spirit
- Motivational Interviewing: Communication strategies
- Motivational Interviewing: Principles
- Practical case studies

##### ▪ Pharmacotherapies for treating tobacco dependence:

- Principles of tobacco dependence treatment (TDT)
- Pharmacology of TDT Medications
- Using approved TDT medications in clinical practice
- Challenges in Pharmacotherapy for TDT
- Practical Case studies

##### ▪ Tobacco dependence treatment in special groups:

- Children and adolescents
- Pregnant women
- Psychiatric patients
- Hospitalized patients
- Light smokers
- Users of non-cigarette smoked tobacco
- Waterpipe smokers
- Considerations for weight gain after quitting

##### ▪ Drafting an individualized treatment plan and addressing relapse:

- Employing all aspects of TDT learned over the previous sections of this course in order to prepare an individualized treatment plan
- Practical comprehensive case studies

**V. Building a Tobacco Dependence Treatment Service**

- Establishing a service, creating demand for TDT, evaluation and measuring outcomes, and sustaining the service

**VI. Post-training final assessment**

- On the last day of the training course, a final assessment is conducted to evaluate participant's knowledge and skills gained throughout the course
- The assessment is divided into four sections: multiple choice questions, True/False, matching, and a case study
- Passing score is 75%

For information about our upcoming TDT workshops please contact us at:

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If you would like to host the training in your country or institution please email us at [TDT@KHCC.JO](mailto:TDT@KHCC.JO)