



KING HUSSEIN CANCER CENTER TOBACCO DEPENDENCE TREATMENT TRAINING PROGRAM



Program Overview

The King Hussein Cancer Center's Tobacco Dependence Treatment Training Program has been accredited by the Council for Tobacco Treatment Training Programs (CTTTP). This program is the first outside the USA accredited by CTTTP and has been reaccredited until April 2027.

The program's primary goal is to enhance healthcare providers' capacity, competence, and confidence in providing effective high-intensity tobacco dependence treatment (TDT). It is a comprehensive and evidence-based program that aligns with the core competencies for tobacco dependence treatment established by the Association for the Treatment of Tobacco Use and Dependence (ATTUD). Experienced tobacco control and tobacco dependence treatment specialists deliver the program through various techniques, including presentations, demonstrations, role-playing, practical exercises, and case studies.



Objectives

The program aims to build the capacity of participants to handle various cases of TDT. By the end of the course, participants will be able to:

- Identify the different forms and components of tobacco products, their effects on the body, and the benefits of quitting.
- Understand the mechanism of tobacco dependence, the relevant psychological and social factors, and the evidence-based treatment methods.
- Apply skills necessary for conducting an initial client assessment, performing behavioral interventions, and prescribing medications.
- Evaluate an individual case of tobacco dependence and create a personalized treatment plan.

Candidate Profile

The course is open to healthcare professionals, such as physicians, pharmacists, nurses, and allied health professionals. All participants must be tobacco-free for at least six months prior to the start of the course.



Certificate of Completion

In order to receive a certificate of completion, all participants are required to attend the entire training program and pass the post-training assessment with a minimum score of 75%. Once you have received the Certificate of Completion, you become eligible to apply for the [National Certificate in Tobacco Treatment Practice \(NCTTP\)](#), the [National Certification in Nicotine and Tobacco Treatment \(NCNTT\)](#) and the [Certified Professional by the American Heart Association – Tobacco Treatment \(CPAHA\)](#). However, these certification programs have specific requirements, and if you want to apply to any of them, please contact them directly.

Course Fee

750 USD Per participant



Program 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.
 - 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.
 - 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. Evidence-based Tobacco Dependence Treatment

- **The initial assessment:**

- Basic information to gather and its value for TDT
- Nicotine dependence assessment tools and scales
- Developing initial assessment forms
- Conducting initial assessment interviews

- **Behavioral interventions for TDT:**

- Introduction to behavior change theories and models
- Motivational Interviewing: The spirit, communication strategies, and principles.
- Practical case studies

- **Pharmacotherapies for treating tobacco dependence:**

- Principles of pharmacotherapies for TDT.
- First line and second line medications for TDT.
- 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
- Considerations for weight gain after quitting

- **Drafting an individualized treatment plan and addressing relapse:**

- Employing all aspects of TDT in order to prepare an individualized treatment plan
- Practical comprehensive case studies



IV. Building a Tobacco Dependence Treatment Service

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

V. 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%



CONTACT INFORMATION

For information about our upcoming TDT courses, or if you would like to host the training in your country or institution, please contact us at:



TDT@KHCC.JO



+962 (6) 53400460 Ext: 2315 or 2209



www.KHCCTDT.com