

Title	Assess a person for tobacco dependence and support a person to develop a stop-smoking plan		
Level	3	Credits	6

Purpose	People credited with this unit standard are able to receive referrals and assess a person for tobacco dependence, and support a person to develop a stop-smoking plan.
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Classification	Health, Disability, and Aged Support > Whānau Ora and Community Support
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Available grade	Achieved
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Guidance Information

- 1 Legislation and codes relevant to this unit standard include but are not limited to:
 - Health and Disability Commissioner (Code of Health and Disability Services Consumers' Rights) Regulations 1996;
 - Human Rights Act 1993;
 - Privacy Act 1993.
- 2 New Zealand Standards relevant to this unit standard include:
 - NZS 8134.0:2008 *Health and disability services (general) Standard*;
 - NZS 8134.1:2008 *Health and disability services (core) Standards*.
Available at: <https://www.standards.govt.nz/sponsored-standards/health-care-services-standards/>.
- 3 Smoking cessation references include, but are not limited to:
 - McEwen, A., Hajek, P., McRobbie, H., & West, R. (2006). *Manual of smoking cessation: A guide for counsellors and practitioners*. Oxford, U.K.; Malden, MA: Blackwell Pub;
 - Ministry of Health. (2014). *New Zealand guidelines for helping people to stop smoking*. Wellington: Ministry of Health. Available at: <https://www.health.govt.nz/publication/new-zealand-guidelines-helping-people-stop-smoking>;
 - Ministry of Health. (2009). *Implementing the ABC approach for smoking cessation: Framework and work programme*. Wellington: Ministry of Health. Available at: <https://www.health.govt.nz/system/files/documents/publications/implementing-abc-approach-smoking-cessation-feb09.pdf>.
- 4 Smoking cessation resources include, but are not limited to:
 - Best Practice Advocacy Centre (bpac^{nz}): <https://bpac.org.nz/Audits/encouraging-smoking-cessation-2019.aspx> (note that there are many tobacco dependence and smoking cessation resources available on the bpac^{nz} website);

- Smokefree health education resources links: <https://www.healthed.govt.nz/>;
 - Tobacco control and smoking links: <https://www.health.govt.nz/our-work/preventative-health-wellness/tobacco-control>.
- 5 Tobacco dependence resource:
Mayo Clinic Staff. (n.d.). *Smoking – Anatomy of nicotine addiction* [Motion picture]. USA: Mayo Clinic Staff. Available at:
<https://www.mayoclinic.org/diseases-conditions/nicotine-dependence/symptoms-causes/syc-20351584>.
- 6 All activities and evidence must be in accordance with legislation, references, the Code, and organisational policies and procedures.
- 7 This unit standard cannot be assessed against in a simulated environment. For assessment, candidates must demonstrate competence in the workplace through paid or unpaid employment, or in placements in a service provider workplace negotiated by an education provider.
- 8 For assessment, the candidate's practice must reflect appropriate values, processes, and protocols in relation to working with Māori and Pacific peoples and/or people from other cultures.
- 9 Definitions
Organisational policies and procedures are the policies and procedures of the employing organisation of the learner and include ethical codes, standards, and other organisational requirements.
Support should aim to maintain, improve, or restore a tobacco consumer's independence and/or interdependence; utilise their existing strengths; and, where possible, utilise the resources of the local community.

Outcomes and performance criteria

Outcome 1

Receive referrals and assess a person for tobacco dependence.

Performance criteria

- 1.1 Referrals are accepted, processed, and recorded.
- 1.2 Assessment identifies the person's characteristics, goals, needs, strengths, resources, and level of tobacco dependence.
- Range characteristics of the person include – age, culture, gender.
- 1.3 Assessment processes are matched to the characteristics of the person.

Outcome 2

Support a person to develop a stop-smoking plan.

Range characteristics, goals, needs, strengths, resources, and level of tobacco dependence.

Performance criteria

- 2.1 The person is supported through provision of information and advice on effective smoking cessation support options.
- 2.2 The person is supported to develop a stop-smoking plan.
- 2.3 The person is supported to develop a stop-smoking plan that includes a quit date, smoking cessation strategies, and provision for multi-session support, in accordance with his/her level of tobacco dependence.
- 2.4 The person is supported to identify personal relapse risk factors and develop strategies in the stop-smoking plan to reduce relapse risk, including accessing ongoing support when required.
- 2.5 The person is supported by referral to other interventions and services, as required, in the stop-smoking plan.
- 2.6 All administrative processes required to support the person are completed.

Range administrative processes include but are not limited to – completion and filing of the stop-smoking plan, issuing of vouchers for nicotine replacement therapy, recording notes of meetings with the person, any follow-up actions.

Planned review date	31 December 2024
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Status information and last date for assessment for superseded versions

Process	Version	Date	Last Date for Assessment
Registration	1	21 July 2011	31 December 2021
Review	2	23 April 2020	N/A

Consent and Moderation Requirements (CMR) reference	0024
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This CMR can be accessed at <https://www.nzqa.govt.nz/framework/search/index.do>.

Comments on this unit standard

Please contact Careerforce info@careerforce.org.nz if you wish to suggest changes to the content of this unit standard.