

<b>Title</b>	<b>Support a person to implement a stop-smoking plan and provide ongoing support to assist a person to remain smoke free</b>		
<b>Level</b>	<b>3</b>	<b>Credits</b>	<b>6</b>

<b>Purpose</b>	People credited with this unit standard are able to support a person to implement a stop-smoking plan, and provide ongoing support to assist a person to remain smoke free.
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<b>Classification</b>	Health, Disability, and Aged Support > Whānau Ora and Community Support
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<b>Available grade</b>	Achieved
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### Guidance Information

- 1 Legislation and Code 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:
  - 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:
  - Best Practice Advocacy Centre (bpac<sup>nz</sup>): <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<sup>nz</sup> 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 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.
- 6 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.
- 7 All written descriptions in assessments must be in accordance with the smoking cessation references and organisational policies and procedures.
- 8 Evidence is required for the support of two people, one of whom must be a person with complex needs.
- 9 Definitions
- Non-prescription stop-smoking medications* include but are not limited to – NRT patches, lozenges, and gum.
- Ongoing support* refers to advice and support given to people who face challenges with stopping smoking.
- 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.
- Person with complex needs* refers to any of the following – a person with cardiovascular disease, a person with other co-existing medical conditions, a pregnant woman, or a person with co-existing mental health issues and/or other addiction(s).
- Prescription-only stop-smoking medications* include but are not limited to – nortriptyline, bupropion, and varenicline.
- Smoking cessation worker* means anyone who provides intensive, multi-session smoking cessation support. This support involves setting a quit date with clients and supporting them to cease smoking and not re-start following the quit date. It also typically involves providing nicotine replacement therapy (NRT), or a Quitcard (essentially a voucher for NRT).
- Stop-smoking medications* can be both non-prescription and prescription only in nature.
- Support* should aim to maintain, improve, or restore a consumer's independence and/or interdependence; utilise the consumer's existing strengths; and, where possible, utilise the resources of the local community.

## Outcomes and performance criteria

### Outcome 1

Support a person to implement a stop-smoking plan.

Range support includes the provision of information and advice on stop-smoking medications, and referral of the person to a medical practitioner for prescription-only medications if necessary.

### Performance criteria

1.1 Support is provided in accordance with the smoking cessation worker's role in the person's stop-smoking plan.

### Outcome 2

Provide ongoing support to assist a person to remain smoke free.

### Performance criteria

2.1 The person is assisted with monitoring progress and adjusting stop-smoking strategies in accordance with their stop-smoking plan.

2.2 The person is assisted in collaborating with other professionals and services to stop smoking in accordance with their stop-smoking plan.

Range other professionals and services may include but are not limited to – general practitioner, Māori or Pacific people's services, mental health services, Community Corrections, problem gambling services, alcohol and other drug services.

2.3 The person is assisted to monitor progress and adjust medication levels as their pattern of smoking changes.

<b>Planned review date</b>	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

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

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**Comments on this unit standard**

Please contact Careerforce [info@careerforce.org.nz](mailto:info@careerforce.org.nz) if you wish to suggest changes to the content of this unit standard.