

Smoking Cessation Training

For anybody looking to undertake a more thorough course in Smoking Cessation, there is an online course hosted by Public Health Scotland. You will need to register in order to complete the 10 hour course. Here is the link - [Course: Stop smoking suite - landing page \(publichealthscotland.scot\)](https://publichealthscotland.scot/courses/stop-smoking-suite-landing-page)

The course contains some very informative, short, YouTube Videos which we have catalogued below. You may find them useful as stand-alone learning videos. It's worth noting the videos around Vaping which give current advice for clients who are keen to use this method.

CONTENT OF VIDEO	LENGTH OF VIDEO (minutes)	WHERE IT IS WITHIN THE TRAINING COURSE Virtual Learning Environment (publichealthscotland.scot) Once registered, go to Health and Wellbeing – Stop Smoking Landing Page.	URL, QUICK LINK TO VIDEO (copy and paste into search bar)
An introduction to Champix (Varenicline)	2.40	SSSM, Stop Smoking Medications and E-Cigarettes, slide 6	https://youtu.be/JqNyA_kOB4
Champix Side Effects	3.37	SSSM, Stop Smoking Medications and E-Cigarettes, Slide 8	https://youtu.be/BGtHZS7Opw4
Champix: Quit Day	0.42	SSSM, Stop Smoking Medications and E-Cigarettes, slide 10	https://youtu.be/wTxgnodJOGY
Champix: Post Quit	0.49	SSSM, Stop Smoking Medications and E-Cigarettes, slide 11	https://youtu.be/MHa-6spmuPc
Dealing with Objections to Taking Pills	0.38	SSSM, Stop Smoking Medications and E-Cigarettes, slide 12	https://youtu.be/tsl08WwsAAQ
Explaining why Clients don't need NRT with Champix	0.31	SSSM, Stop Smoking Medications and E-Cigarettes, slide 13	https://youtu.be/CC1nh3kMZ9A
Nicotine Patches: Pre Quit	3.36	SSSM, Stop Smoking Medications and E-Cigarettes, slide 20	https://youtu.be/NSLHVkxWtlis
Nicotine Gum: Pre Quit	3.08	SSSM, Stop Smoking Medications and E-Cigarettes, slide 23	https://youtu.be/zFIHVl6chTs
Lozenges: Pre Quit	0.43	SSSM, Stop Smoking Medications and E-Cigarettes, slide 25	https://youtu.be/yzxSZHt9A8k
Mini Lozenges	0.49	SSSM, Stop Smoking Medications and E-Cigarettes, slide 26	https://youtu.be/WhTPTIxAVdA
Nicotine Lozenges, Quit date	2.48	SSSM, Stop Smoking Medications and E-Cigarettes, slide 28	https://youtu.be/L9NPZx5SrBs
Nicotine Inhalator, Quit date	3.00	SSSM, Stop Smoking Medications and E-Cigarettes, slide 32	https://youtu.be/7RZ47Mh0dno
Nicotine Moth Spray, Pre quit	3.26	SSSM, Stop Smoking Medications and E-Cigarettes, slide 34	https://youtu.be/4nyoakBk3iA
Nicotine Nasal Spray, Quit date	3.41	SSSM, Stop Smoking Medications and E-Cigarettes, slide 37	https://youtu.be/r9e8-IEYAXQ
Nicotine Microtab, Quit date	2.27	SSSM, Stop Smoking Medications and E-Cigarettes, slide 40	https://youtu.be/KNG4g4abtZl
The Importance of Adequate Dose of NRT	1.49	SSSM, Stop Smoking Medications and E-Cigarettes, slide 43	https://youtu.be/m2g8dYWyG_I
Helping Clients who Lapse	1.50	SSSM, Stop Smoking Medications and E-Cigarettes, slide 44	https://youtu.be/THMUWxlGgI
E-cigarettes, evidence of Efficacy	0.23	SSSM, Stop Smoking Medications and E-Cigarettes, slide 52	https://youtu.be/6VDy580skto
Using E-cigarettes with NRT	02.46	SSSM, Stop Smoking Medications and E-Cigarettes, slide 53	https://youtu.be/Z_xfgekRqU
Won't I get addicted to NRT?	1.06	SSSM, Stop Smoking Medications and E-Cigarettes, slide 62	https://youtu.be/nlbQMCUuNyO
How much does NRT improve my chances of success?	1.10	SSSM, Stop Smoking Medications and E-Cigarettes, slide 63	https://youtu.be/6zYlJF_eMRE
Can I use E-cigarettes to stop me smoking?	0.37	SSSM, Stop Smoking Medications and E-Cigarettes, slide 64	https://youtu.be/pVPCTqqrUGE
Does NRT have more nicotine than cigarettes	0.39	SSSM, Stop Smoking Medications and E-Cigarettes, slide 65	https://youtu.be/i5PfsFc3gdI
Stop Smoking video. National Centre for Smoking Cessation and Training (NCSCT) All about medications and E-cigarette use to assist cessation	25.00 (E-cig info at 19 minutes)	SSSM, Stop Smoking Video Stop smoking Medications including E-cigarettes	https://youtu.be/qfX7AQ1esL4
Helping People stop Smoking - Core Competencies	3.11	SSSP, Pre Quit session, slide 4	https://youtu.be/FGapUqNmYFc
Competence 1 – Build Rapport	4.10	SSSP, Pre Quit session, slide 11	https://youtu.be/y-WD8PwegwQ
Competence 5 – Elicit Client Views	1.27	SSSP, Pre Quit session, slide 12	https://youtu.be/bNMzB1Ho8Ow
Competence 2 - Assess current readiness and ability to quit	1.10	SSSP, Pre Quit session, slide 18	https://youtu.be/BsbGQaILzrQ

Competence 10 – Assess attitudes to smoking (myth of stress)	3.43	SSSP, Pre Quit session, slide 21	https://youtu.be/TqIlixWoGtE
Competence 3 Describe the principles and effectiveness of specialist services involving behavioural support and medication	2.36	SSSP, Pre Quit session, slide 25	https://youtu.be/AMybfjgciIQ
Competence 6 Assess current and past smoking Behaviour	1.07	SSSP, Pre Quit session, slide 26	https://youtu.be/ZGNyEHFXNqI
Competence 8 – Assess Nicotine dependence	2.29	SSSP, Pre Quit session, slide 31	https://youtu.be/w0G9K2QGirc
Competence 13 – Explain the importance of carbon monoxide monitoring	1.43	SSSP, Pre Quit session, slide 34	https://youtu.be/thVFTJalsEE
Competence 16 – Explain the importance of abrupt cessation (“Not a Puff” rule)	1.32	SSSP, Pre Quit session, slide 36	https://youtu.be/661raa7gvmE
Competence 15 – Set a Quit Date	2.13	SSSP, Pre Quit session, slide 42	https://youtu.be/3Rfs80pTMBo
Competence 19 – Advise on changing routine	2.10	SSSP, Pre Quit session, slide 45	https://youtu.be/YOIV5k20N6s
Competence 21 – Advice on Restructuring of social life	2.08	SSSP, Quit date, Post quit and group session Practice, slide 17	https://youtu.be/NBs6eoxcNUc
Competence 14 – Measure carbon monoxide	1.57	SSSP, Quit date, Post quit and group session Practice, slide 19	https://youtu.be/ZwUXEdowSbw
Competence 17 – Prompt Commitment from client	1.01	SSSP, Quit date, Post quit and group session Practice, slide 21	https://youtu.be/LTa63jM_flO
Competence 22 – Summarise information	1.05	SSSP, Quit date, Post quit and group session Practice, slide 23	https://youtu.be/WiYIEhDchDU
Competence 23 – Progress since Quit date	0.34	SSSP, Quit date, Post quit and group session Practice, slide 26	https://youtu.be/aTQz5qX3sqY
Competence 26 – Provide feedback on performance	2.19	SSSP, Quit date, Post quit and group session Practice, slide 28	https://youtu.be/u36Uxjz0ni
Competence 29 - Provide Reward contingent on progress	5.03	SSSP, Quit date, Post quit and group session Practice, slide 29	https://youtu.be/SEv3KCCr4mQ
Competence 25 – Ask about experiences of using Stop Smoking Medication	3.56	SSSP, Quit date, Post quit and group session Practice, slide 34	https://youtu.be/6STemQ2rgg8
Competence 24 – Assess Withdrawal symptoms	1.48	SSSP, Quit date, Post quit and group session Practice, slide 35	https://youtu.be/aohmP4SwwjC
Summary of SSSP, Quit date, Post quit and group session Practice	1.57	SSSP, Quit date, Post quit and group session Practice, slide 51	https://youtu.be/b4w-pOAE7go