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://learning.publichealthscotland.scot/course/view.php?id=544)

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.

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| **CONTENT OF VIDEO** | **LENGTH OF VIDEO (minutes)** | **WHERE IT IS WITHIN THE TRAINING COURSE**  [Virtual Learning Environment (publichealthscotland.scot)](https://learning.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_k_OB4> |
| 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/NSLHVkxWtIs> |
| Nicotine Gum: Pre Quit | 3.08 | SSSM, Stop Smoking Medications and E-Cigarettes, slide 23 | <https://youtu.be/zFlHVl6chTs> |
| 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/L9NPZxS5rBs> |
| 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-lEYAXQ> |
| Nicotine Microtab, Quit date | 2.27 | SSSM, Stop Smoking Medications and E-Cigarettes, slide 40 | <https://youtu.be/KNG4g4abtZI> |
| 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/THMUwIXlgGI> |
| 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/nIbQMCUuNYo> |
| How much does NRT improve my chances of success? | 1.10 | SSSM, Stop Smoking Medications and E-Cigarettes, slide 63 | <https://youtu.be/6zYIjF_eMRE> |
| Can I use E-cigarettes to stop me smoking? | 0.37 | SSSM, Stop Smoking Medications and E-Cigarettes, slide 64 | <https://youtu.be/pVPCTGqrUGE> |
| 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/BsbGQalLZrQ> |
| Competence 10 – Assess attitudes to smoking (myth of stress) | 3.43 | SSSP, Pre Quit session, slide 21 | <https://youtu.be/TqlilxWoGtE> |
| 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/AMYbfjgciJQ> |
| 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_fL0> |
| Competence 22 – Summarise information | 1.05 | SSSP, Quit date, Post quit and group session Practice, slide 23 | <https://youtu.be/WjYIEhDchDU> |
| 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/u36UxzJz0nI> |
| 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/6STemQ2rgq8> |
| 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> |