

<b>Title</b>	<b>Describe tobacco use and dependence and smoking cessation treatments</b>		
<b>Level</b>	<b>3</b>	<b>Credits</b>	<b>5</b>

<b>Purpose</b>	People credited with this unit standard are able to describe: background factors that influence tobacco use and dependence, tobacco use and dependence, and evidence-based smoking cessation treatments available in New Zealand.
----------------	---

<b>Classification</b>	Health, Disability, and Aged Support > Whānau Ora and Community Support
-----------------------	---

<b>Available grade</b>	Achieved
------------------------	----------

---

### Explanatory notes

- 1 Legislation relevant to this unit standard includes:

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 Standards – Health and disability services (general) Standard*;  
NZS 8134.1:2008 *Health and disability services Standards – Health and disability services (core) Standards*.

All New Zealand Standards are available at: <https://www.standards.govt.nz/>

- 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). *The New Zealand guidelines for helping people to stop smoking*. Wellington: Ministry of Health. URL:

<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. URL: <https://www.health.govt.nz/system/files/documents/publications/implementing-abc-approach-smoking-cessation-feb09.pdf>

The Ministry of Health publications are available at: <https://www.health.govt.nz/publication/new-zealand-guidelines-helping-people-stop-smoking>

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 Tobacco dependence resource:

Mayo Clinic Staff. (n.d.). *Smoking – Anatomy of nicotine addiction* [Motion picture].

USA: Mayo Clinic Staff. URL:

<https://www.mayoclinic.org/diseases-conditions/nicotine-dependence/symptoms-causes/syc-20351584>

6 Definitions:

The three-step *ABC approach* refers to the model described in the Ministry of Health publications (2007, 2009).

*Evidence-based smoking cessation treatments* refers to the smoking cessation treatments described in the New Zealand smoking cessation guidelines (Ministry of Health 2007).

*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).

---

## Outcomes and performance criteria

### Outcome 1

Describe background factors that influence tobacco use and dependence.

#### Performance criteria

1.1 Background factors that influence tobacco use and dependence are described in accordance with the smoking cessation references.

Range background factors may include but are not limited to – cultural, historical, political, social, economic, risk and resiliency factors; evidence is required for three background factors.

### Outcome 2

Describe tobacco use and dependence.

Range all descriptions must be in accordance with the smoking cessation references.

#### Performance criteria

2.1 Tobacco use is described in terms of the characteristics of smoking addiction and withdrawal.

Range characteristics include but are not limited to – cues that trigger urges to smoke, causes of relapse, symptoms of nicotine withdrawal, tobacco smoking compensation behaviour.

2.2 Tobacco use is described in terms of the effects of smoking on the metabolism of medications and the changes that occur when tobacco use ceases.

Range medications include but are not limited to – medications for mental health disorders.

2.3 The harmful effects of tobacco use and dependence, and the benefits of stopping smoking, are described in relation to people affected by tobacco dependence.

Range harmful effects of tobacco use and dependence include but are not limited to – economic, health, social; benefits of stopping smoking include but are not limited to – economic, health, social; people affected by tobacco dependence include – smokers and others affected by secondary smoking (individuals, pregnant women and their babies, families/whānau, the wider community).

2.4 Tobacco dependence is described in terms of a chronic relapsing condition.

2.5 Tobacco dependence is described in terms of changes to human anatomy and physiology related to tobacco use and smoking cessation.

Range anatomy and physiology related to tobacco use and smoking cessation include – areas of the brain involved in reward and dependence, lungs, cardiovascular system.

**Outcome 3**

Describe evidence-based smoking cessation treatments available in New Zealand.

Range all descriptions must be in accordance with the smoking cessation references.

**Performance criteria**

3.1 Smoking cessation treatments are described in terms of the three-step ABC approach and the role and function of smoking cessation workers within that model.

3.2 Evidence-based smoking cessation treatments available in New Zealand are described in terms of their characteristics.

Range characteristics may include but are not limited to – types, costs, sources, doses, actions, effectiveness, side-effects; evidence is required for the characteristics of three treatments.

<b>Planned review date</b>	31 December 2024
----------------------------	------------------

**Status information and last date for assessment for superseded versions**

Process	Version	Date	Last Date for Assessment
Registration	1	21 July 2011	31 November 2021
Review	2	MM 2019	N/A

<b>Consent and Moderation Requirements (CMR) reference</b>	0024
--	------

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