

<b>Title</b>	<b>Assess a person for tobacco dependence and support a person to develop a stop-smoking plan</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 receive referrals and assess a person for tobacco dependence, and support a person to develop a stop-smoking plan.
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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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### 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). *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 In the context of this unit standard, *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.

6 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.

7 For assessment, candidates' practice must reflect appropriate values, processes, and protocols in relation to working with Māori and Pacific peoples and/or people from other cultures.

#### 8 Definitions

*Candidate* refers to the person seeking credit for this unit standard.

*Organisation's policies and procedures* are the policies and procedures of the employing organisation of the candidate and include ethical codes, standards, and other organisational requirements.

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## 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 in accordance with the organisation's policies and procedures.

1.2 Assessment of the person includes identification of her/his 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 in accordance with the organisation's policies and procedures.

## Outcome 2

Support a person to develop a stop-smoking plan.

Range support must be in accordance with the smoking cessation references and the organisation's policies and procedures.

## Performance criteria

2.1 The person is supported through provision of information and advice on effective smoking cessation support options that match his/her characteristics, goals, needs, strengths, resources, and level of tobacco dependence.

2.2 The person is supported to develop a stop-smoking plan that is in accordance with the person's characteristics, goals, needs, strengths, resources, and level of tobacco dependence.

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 Support for the person includes referral to other interventions and services if/as required in the stop-smoking plan.

2.6 Support for the person includes discharge of all required administrative processes.

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.

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<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 November 2021
Review	2	MM 2019	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>.

**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.