

<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.
----------------	---

<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). *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.

*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).

*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.

*Non-prescription stop-smoking medications* include but are not limited to: NRT patches, lozenges, and gum.

*Prescription-only stop-smoking medications* include but are not limited to: nortriptyline, bupropion, and varenicline.

## Outcomes and performance criteria

### Outcome 1

Support a person to implement a stop-smoking plan.

Range	support must be in accordance with the smoking cessation references and the organisation's policies and procedures; evidence is required for support for two people, one of whom must be a person with complex needs.
-------	---

### Performance criteria

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

### Outcome 2

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

Range	support must be in accordance with the smoking cessation references and the organisation's policies and procedures; evidence is required for support for two people, one of whom must be a person with complex needs.
-------	---

### Performance criteria

- 2.1 Ongoing support assists the person to monitor progress and adjust his/her stop-smoking strategies in accordance with the person's stop-smoking plan.
- 2.2 Collaboration with other professionals and services to support a person to stop smoking is in accordance with the person's 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 Ongoing support assists the person to monitor progress and adjust his/her medication levels as the person's pattern of smoking changes.

<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.