



## Cessation Practitioner Training

“Health care workers providing evidence based cessation support should seek appropriate training”.

**2007 Smoking Cessation Guidelines**

**Training is available FREE by Denise Barlow**

**Stage 1 – Wednesday, 28<sup>th</sup> October 2009**

**Stage 2 – Thursday, 29<sup>th</sup> October 2009**

Pre-course reading and pre-course questionnaire to be completed for stages 1 and 2.

Venue: Pirates Conference Centre, 15 Anzac Street, Gisborne  
9.30 am to 4.30 pm both days

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◆ **Cessation Practitioner Training – Stage 1** (1 day)  
*(pre-requisite for Stage 2)*

**Who should attend?** Health professionals who wish to gain a knowledge base in smoking cessation and gain the practical skills necessary to be able, in the context of effective brief intervention, to accurately assess a patient's readiness to change, to assist them accordingly or refer appropriately for more intensive cessation treatment

**What is included?** The Wider Picture; Prevalence in NZ; Nicotine Addiction; Measuring Nicotine Dependence; Benefits of Quitting; 2007 NZ Guidelines; Pharmacotherapy; Resources; Quit Cards Programme

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◆ **Cessation Practitioner Training – Stage 2** (1 day)  
*(pre-requisite for Stage 3)*

**Who should attend?** Health professionals who have completed Stage 1 and seek to gain the specialist skills to be able to effectively assist the patient who is ready to quit through the process of quitting

**What is included?** The Opportunities; Facilitating Change; NRT Assessment and Quit Card Provision; The Pre Quit Session; Documenting Cessation Services; Introduction to Relapse Prevention

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**All registrations or queries, please contact Jenny Ansley, Heart Foundation  
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