

Roswell Park Tobacco Treatment Specialist Training Program

The goal of this program is to train professionals to become Tobacco Treatment Specialists with the competencies and skills to understand tobacco use in multiple contexts, perform comprehensive assessments of tobacco users, and provide evidence-based treatment of varying intensities in multiple modalities.

Training Modules and Learning Objectives

Module 1: Tobacco Treatment Specialists: Roles, Responsibilities, Professional Development, and Credentialing

1. Explain the role of Tobacco Treatment Specialists in multiple contexts.
2. Define the professional development responsibilities.
3. Describe the advantages of obtaining a national credential.
4. Describe the purpose of the Tobacco Treatment Specialist Core Competencies.
5. Identify formal and informal resources to remain current in tobacco dependence treatment.
6. Identify modalities for obtaining appropriate professional supervision.

Module 2: Comprehensive Approaches to Tobacco Control

1. Describe the components of a comprehensive approach to tobacco control.
2. Describe the role of varying levels of intensity of treatment in a comprehensive approach to tobacco control.
3. Discuss the importance of utilizing health care delivery systems.
4. Identify important elements of a health care delivery system that consistently and systematically offers evidence-based treatment for tobacco dependence.
5. Analyze the strengths and weaknesses of a health care delivery systems approach to treating tobacco use and dependence.

Module 3: Tobacco Products: Marketing, Design, Prevalence of Use, and Health Consequences

1. Demonstrate understanding of the various types of tobacco products.
2. Review the historical and current prevalence rates of various tobacco products, including electronic nicotine delivery systems.
3. Describe how tobacco products, including electronic nicotine delivery systems, are promoted and marketed.
4. Describe how tobacco products, including electronic nicotine delivery systems are designed.
5. Describe how tobacco product design impacts addiction liability in terms of nicotine delivery.
6. Describe the health effects of tobacco use.
7. List the benefits of achieving short and long-term abstinence from tobacco.
8. Identify specific diseases caused by tobacco use and their incidence
9. Demonstrate understanding of the various types of tobacco-related disparities
10. Describe tobacco product prevalence rates among multiple vulnerable and marginalized populations.
11. Identify multiple tobacco-related disparities (e.g., prevalence, health consequences, treatment outcomes, impact of multiple elements of comprehensive tobacco control approaches).
12. Describe how multiple social determinants impact the use of tobacco and the exceptional difficulty with which some groups experience achieving abstinence from tobacco.

Module 4: A Biopsychosocial Approach to Understanding and Treating Tobacco Use

1. Identify specific biological, psychological, behavioral, and social factors that influence tobacco dependence, the process of achieving abstinence, and addiction liability

Module 5: Comprehensive Clinical Assessment of the Tobacco User

1. Identify the essential characteristics of a comprehensive clinical assessment of a tobacco user
2. Identify other important factors to consider in the clinical assessment of a tobacco user
3. Identify important assessment instruments to be incorporated in the assessment of a tobacco user
4. Demonstrate the ability to score and interpret results of important assessment instruments in the assessment of a tobacco user
5. Integrate the findings of a comprehensive assessment into a case conceptualization
6. Apply the findings of a comprehensive clinical assessment to the development of a treatment plan

Module 6: Principles of Evidence-based, Patient-Centered, Behavior Change Treatment Strategies

1. Identify the fundamentals of motivational interviewing
2. Identify the fundamentals of cognitive-behavioral treatment of tobacco dependence
3. Apply motivational interviewing fundamentals in a clinical interaction
4. Apply a cognitive behavioral approach in a clinical interaction
5. Compare and contrast the similarities and differences among physiological, behavioral, and emotional cues.
6. Discuss how cognitive and behavioral strategies interfere with the cue-urge-response cycle
7. Explain how slip, relapse, and relapse prevention affect the process of health risk behavior change.

Module 7: Pharmacotherapy for Tobacco Use

1. Identify the FDA-approved medications used in the treatment of tobacco dependence
2. Describe how each medication is used individually and in combination
3. Describe how medications can be used as a pre-quit strategy to support reduction of tobacco use and increase motivation
4. Identify the second-line medications and how and when they are used to treat tobacco dependence
5. Apply the findings of a comprehensive clinical assessment to the development of a pharmacotherapy treatment plan
6. Demonstrate understanding of the implications of medical conditions on medication use

Module 8: Treatment Processes

1. Identify the formative stages of treatment
2. Compare and contrast the strengths and weaknesses of various treatment modalities
3. Describe the importance of goal setting in treatment
4. Demonstrate the use of goal setting to facilitate individually tailored treatment planning
5. Demonstrate effective goal setting facilitation skills during multiple stages during the treatment process
6. Compare effective treatment strategies for special populations
7. Demonstrate competence following a manual-driven treatment
8. Demonstrate competence leading group treatment sessions

Module 9: Documentation, Coding, Billing, Health Insurance, and Program Evaluation

1. Describe the importance of routine documentation of patient interaction data
2. Identify elements that may or may not need to be included in a patient's Electronic Medical Record
3. Explain the purpose of a Current Procedural Terminology (CPT) code
4. Describe the guidance provided by the Departments of Health, and Human Services, Labor, and Treasury on coverage of tobacco cessation treatment under the Affordable Care Act
5. Identify five CPT codes used to bill for tobacco use assessment and treatment (e.g., various levels and modalities of counseling, carbon monoxide, second-hand smoke exposure)
6. Compare and contrast several methods for calculating tobacco use abstinence rates
7. Describe two models for assessing program evaluation

Module 10: Law and Ethics

1. Identify three ethical principles that guide Tobacco Treatment Specialists.
2. Identify the difference between a legal and an ethical issue.
3. Compare and contrast the concepts of confidentiality and privileged communication.
4. Describe the limits of confidentiality.
5. Describe how the Health Insurance Portability and Accountability Act of 1996 impacts the practice of tobacco treatment.