



Smoking Cessation Webinars for Health and Community Professionals

This video series is ideal for health and community professionals who want to increase their knowledge, skills and confidence in smoking cessation. Even brief intervention in as little as 3 – 5 minutes can encourage and support smokers to quit.

The series was originally developed for the dental setting, however the content is relevant to all health and community settings as the principles of smoking cessation apply to all clients who smoke.

Do you want to...

- Effectively motivate, encourage and support your smoking clients to quit/cut down or learn how to manage their smoking when required or desired?
- Provide your smoking clients with the latest, evidence-based and practical information available?
- Increase your smoking cessation confidence, knowledge and skills?

If you work in an organisation where you are pressed for time and are not able to offer extended support, but would like information on brief intervention, then our webinar series is ideal for you.

Training Summary/Outline

As part of this series, there are 3 modules that complete the training package. The content in each module builds on the previous module, with all three modules complementing each other.

The webinar series will provide you with information on:

- understanding addiction and identifying the client's smoking behaviour
- the health effects of smoking and the benefits of quitting
- the 5As, an international evidence-based model (providing brief intervention in as little as 3 – 5 minutes as part of routine care)
- how to provide clients with valuable quitting tips and strategies
- the use of pharmacotherapy (quitting medications) and recommendations for their proper usage
- services available to refer clients for additional information and support

Copyright ©2016 by Health & Wellbeing Training Consultants Pty Ltd. No part of this document may be reproduced (in any form or by any means) without permission from Health & Wellbeing Training Consultants. If you would like permission, please contact us on (03) 8502 0006, or by email at contact@thinkhealthwellbeing.com.au.

The content presented in each module is as follows:

Module 1: 1 hour 26 mins

- setting the scene and the important role you play
- the impacts of smoking and the benefits of quitting
- understanding smoking behaviour and the stages of behaviour change

Module 2: 1 hour 27 mins

- engaging in the smoking cessation conversation
- the 5As, an international evidence-based model (providing brief intervention in as little as 3 – 5 minutes)
- supporting smokers to quit with practical tips and strategies

Module 3: 1 hour 18 mins

- quitting methods
- quitting medications and how to use them correctly
- support services available

Interested and would like to participate in the video series?

If yes, please visit <https://www.thinkhealthwellbeing.com.au/product/webinar-series-complete-course/> .