

Smoking Cessation Counselling Programme

PROGRAMME DESCRIPTION

The Smoking Cessation Counselling Programme serves as a foundational training in smoking cessation counselling. At the end of the programme, participants will be equipped with the necessary skills and knowledge to provide basic counselling in smoking cessation.



DURATION: 1 DAY

PROGRAMME CONTENT

This programme comprises the following learning topics:

- Introduction to Tobacco
- Smoking Cessation
- Counselling Concepts for Smoking Cessation
- Management & Treatment



TARGET AUDIENCE

Healthcare workers and counsellors who are involved in providing smoking cessation counselling services

LEARNING OUTCOMES

At the end of the programme, participants will be able to:

- Describe the extent of tobacco use and smoking, both globally and locally;
- Understand the what and how of smoking cessation;
- Understand the different stages of behavioural change;
- Apply the quitting process and basic counselling skills to bring a smoker through brief and intensive counselling
- Apply different tools and counselling techniques used in smoking cessation counselling

METHODOLOGY

This programme is designed to be an interactive learning experience for participants. Methodologies used will include:



Facilitated small group learning



Interactive exercises



Role Play



Case scenarios

TRAINING CAPACITY

24 participants per run

ABOUT THE ORGANISER

Officially established on 19 July 2002, the NHG College plays an instrumental role in facilitating the continuous learning and development of our workforce, as well as, promoting systems improvement and driving leadership development in NHG Health. NHG College collaborates with renowned institutions and industry partners to build the pipeline and collective capacities of our leaders, educators, healthcare professionals and staff to support NHG Health in serving and managing the health of our patients and the population.

For enquiries on Continuing of Clinical Education courses, please visit our website by scanning the QR code below or email us at: nhggroup.college@nhghealth.com.sg

