

# A guide to the NCSCT Training and Assessment Programme for Ireland

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## About the NCSCT

The National Centre for Smoking Cessation and Training (NCSCT) delivers comprehensive training and assessment programmes, develops resources and carries out research in order to help stop smoking services establish and implement best practice.

The Health Services Executive secured a licence from the NCSCT for unlimited access to a dedicated online training and assessment programme.

## Basis for the training

The training and assessment programme developed by the NCSCT is based on research into what competences (skills and knowledge) are required by stop smoking practitioners<sup>1</sup>. This research identified the set of behaviour change techniques (BCTs) that are used when providing behavioural support and has established which of these has the strongest evidence. This has been supplemented by a systematic analysis of guidance documents on competences required for the role of stop smoking practitioners.

These competences were used to develop the NCSCT Stop Smoking Practitioner Assessment and the learning outcomes for the NCSCT Training Standard (available from [www.ncsct.co.uk](http://www.ncsct.co.uk)).

## Benefits of the training

Completing the NCSCT Training and Assessment Programme:

- Ensures that the interventions practitioners deliver are evidence-based
- Identifies and addresses any training needs that practitioners might have
- Fosters professional identity and achievement

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<sup>1</sup> The findings of this research are reported in: Michie S, Churchill S, West R (2011) Identifying evidence-based competences required to deliver behavioral support for smoking cessation. *Annals of Behavioral Medicine*, 41(1):59-71

## Step 1 - Registration

- The programme can be accessed via [www.ncsct.co.uk/ireland](http://www.ncsct.co.uk/ireland)
- Insert the passcode code **IRL2014** into the relevant field on the registration page
- On the first visit practitioners will need to register an account with the NCSCT and fill in personal information. This will take approximately 10 minutes to complete (the information is used to send out certificates, provide reports to the HSE and for the purposes of evaluating the training. All information provided is held in line with the Data Protection Act and treated in a confidential manner)
- The email address provided will become the username and practitioners will be asked to create a password as part of the registration process

Once registered, practitioners will have access to the full training course and assessment.

## Step 2 – Reviewing the training content

The training course covers the following areas:

1. Smoking in the population
2. Smoking and health
3. Special populations
4. Nicotine
5. Behavioural support
6. Medications
7. Other treatments
8. Practice – pre-quit
9. Practice – quit date
10. Practice – post-quit
11. Practice – groups

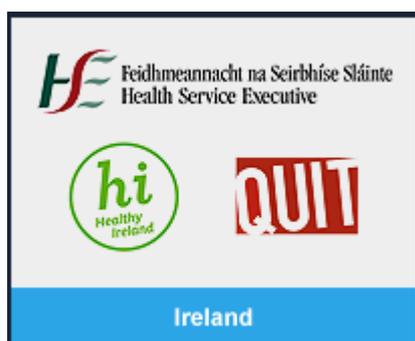
There is approximately six to eight hours of study materials which can be accessed in as many sittings as required.

Practitioners can choose their own path through the course and review materials as needed depending on prior knowledge and experience. There are video clips explaining and demonstrating important components of behavioural support as well as additional information and links to other resources throughout. Practice questions are also included to check understanding on some the topics.

Research shows that completing the course results in a significant improvement in practitioner knowledge and a reduction in the gap in knowledge between practitioners on the basis of experience and previous training.

There is no log out button for the course. To leave the training simply close your browser.

**Please note:** The ‘Online Training Home’ button at the top of a page, will take practitioners to the full NCSCT training homepage and, in order to ensure the correct course is accessed, practitioners will need to select the Ireland course which looks like this:



### Step 3 - Assessment

When practitioners feel confident with the material in the training course, they can sit the NCSCT Stop Smoking Practitioner assessment.

- The assessment is made up of 25 multiple choice questions and assesses the core knowledge and practical skills required to deliver effective stop smoking interventions
- The test should take between 30 – 60 minutes to complete but practitioners have up to 90 minutes if longer is needed
- Each multiple choice question is randomly drawn from a bank of questions and involves selecting one correct answer from four possibilities
- The pass mark is 70% and upon passing practitioners will receive full NCSCT certification
- If practitioners do not pass the assessment they can retake it, but on each occasion they will have to wait a minimum of three days to allow time to access the online training course and revise the relevant content
- There is no limit to the number of times practitioners can take the assessment

## Contact details

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Further information and resources:

Website: [www.ncsct.co.uk](http://www.ncsct.co.uk)