

## Alberta Quits Learning Series Syllabus

The AlbertaQuits Learning Series provides health professionals with the awareness, knowledge and skill set needed to assess and implement tobacco intervention effectively in a variety of health care settings. Research shows that receiving support and advice from a health professional specially trained in tobacco cessation can double a tobacco user's chances of successfully quitting. According to the national [CAN-ADAPTT Guidelines](#) health professionals are advised to identify and provide at least minimal support to every client or patient who uses tobacco products.

The AlbertaQuits Learning Series includes online/e-learning and classroom/Telehealth trainings. It delivers comprehensive, competency-based, and best-practice learning units to a broad health professional audience. The following chart shows all learning units divided into learning levels. Whether you are taking training to enhance your tobacco reduction knowledge for client care or to become a national [Certified Tobacco Educator \(CTE\)](#), you can take [individual units on specific topic areas to suit your needs](#) and link them together to advance your skills for working with people who use or are exposed to tobacco or tobacco-like products.

The AlbertaQuits Learning Series prepares health care professionals for the opportunity to write the national Certified Tobacco Educator exam through the Canadian Network for Respiratory Care (CNRC). Five units below with double asterisks “\*\*” are required pre-requisites for the Certified Tobacco Educator (CTE) Exam.

**All courses below can be taken independently. Tobacco Cessation Pharmacology is strongly recommended prior to taking Intensive Tobacco Intervention.**

Level 1 - Foundation		
Unit Name	Description	Format
<p><b>Tobacco Basics**</b></p> <p><i>Registration:</i> AHS Staff Non-AHS Staff</p>	<p>Participants will be provided a broad and general understanding of tobacco use, exposure, and its impact on our society. Topics include tobacco use epidemic, tobacco industry tactics, tobacco use prevention and health promotion strategies, tobacco products and impacts, and tobacco reduction resources. This unit is recommended as foundational knowledge for anyone involved in tobacco prevention, protection and cessation.</p>	<p>E-Learning</p> <p>Average time 1 1/2 Hours</p>
<p><b>Foundational Health Educator Workshop**</b></p> <p><i>Registration:</i> <a href="#">Click here</a></p>	<p>A two-day workshop that provides a strong foundation in core health education competencies including health promotion, communication (including motivational interviewing), practical application of health education theories, behavioural self-management counselling and facilitation skills, educational interventions, resource management, professional practice and program evaluation. The workshop is designed to have a maximum of 20% didactic presentation with the remainder a blend of different participatory learning activities. Participants are required to buy a <a href="#">FHE Workbook</a> from CNRC for this learning unit which is the basis of your pre-reading and workshop activities.</p>	<p>Classroom-offered biannually</p> <p>14 Hours</p> <p>Extensive Pre-Reading</p>

## Level 2 - Cessation

Unit Name	Description	Format
<p><b>Brief Tobacco Intervention</b></p> <p><i>Registration:</i> AHS Staff Non-AHS Staff</p>	<p><i>If you have a few minutes with your clients to offer tobacco intervention and referral to other supports, we would suggest taking Brief Tobacco Intervention.</i></p> <p>Participants will learn a well renowned best-practice, evidence-based approach for offering tobacco intervention to clients who use, are exposed to, and who are trying to abstain from tobacco and tobacco-like product use. A wide variety of health-related settings and special population clients are reviewed. Case scenarios are given to help build intervention skills. Following this unit, the Applied Tobacco Intervention unit is recommended for further skill set development.</p>	<p>E-Learning</p> <p>Average Time 2 Hours</p>
<p><b>Intensive Tobacco Intervention**</b></p> <p><i>Registration:</i> AHS Staff Non-AHS Staff</p>	<p><i>If you can offer deeper discussion to assess and assist your clients with their tobacco use and are able to offer follow up appointments, we would suggest taking Intensive Tobacco Intervention.</i></p> <p>This learning unit provides best practice, evidence-based guidance for offering intensive tobacco intervention. Participants will learn how to support clients who use, are exposed to, and who are trying to abstain from tobacco and tobacco-like product use. It addresses how to follow the 5A's steps in a way that is adapted to an intensive tobacco intervention setting. Counselling skill development, assessment tools and techniques, and resources such as in the AlbertaQuits Cessation Toolkit are discussed. A wide variety of health-related settings and special population clients are briefly reviewed as well. The Tobacco Cessation Pharmacology unit, or equivalent learning, is needed prior to taking the Intensive Tobacco Intervention unit. Following this unit, the Applied Tobacco Intervention unit is recommended for further skill set development.</p>	<p>E-Learning</p> <p>Average Time 10 Hours</p>
<p><b>Tobacco Cessation Pharmacology**</b></p> <p><i>Registration:</i> AHS Staff Non-AHS Staff</p>	<p>Participants will gain an understanding of the impact of tobacco dependence and addiction on stopping tobacco product use. They will learn pharmacology best-practice and approaches for offering support effectively. Topics include: tobacco cessation pharmacology, drug toxicity and medication interactions, specific medications metabolized differently when a person stops smoking, how to assess the level of nicotine dependence as well as the impact of nicotine withdrawal and how to manage symptoms. An overview of pharmacotherapy needs of clients in specific sites or populations is highlighted in the e-learning unit.</p>	<p>E-Learning</p> <p>Average Time 2<sup>1/2</sup> Hours</p>
<p><b>Tobacco Cessation Pharmacology for the Mental Health Population</b></p> <p><i>Registration:</i></p>	<p>Participants will gain an understanding of the impact tobacco product use on the mental health population. Topics discussed include: tobacco cessation pharmacology, drug toxicity and medication interactions, specific medications metabolized differently when a person stops smoking, how to assess the level of nicotine dependence as well as the impact of nicotine withdrawal and how to manage symptoms. This workshop is intended for physicians and pharmacists, however other health professionals working with this population would also benefit.</p>	<p>Classroom/ Telehealth</p> <p>2 Hours</p>

<a href="#">Click here</a>		
Level 3 - Skill Development		
Unit Name	Description	Format
<b>Applied Tobacco Intervention **</b>  <b>Registration:</b> <a href="#">Click here</a>	<p>This learning unit is designed to help healthcare professionals provide evidence-based, effective tobacco interventions. It is delivered face to face and uses a cooperative learning approach to practice the skills required for brief and intensive tobacco interventions. Participants will receive a workbook that provides the materials and activities for the training as well as tools and reference materials for future use.</p> <p>Knowledge from the AlbertaQuits cessation e-learning units is required to be fully prepared for this experiential learning opportunity.</p> <p>Pre-requisites:</p> <ul style="list-style-type: none"> <li>• Tobacco specific training - Recommend one of the following: Brief Tobacco Intervention or Intensive Tobacco Intervention</li> <li>• Tobacco Cessation Pharmacology or Tobacco Cessation Pharmacology for the Mental Health Population</li> </ul>	Classroom-offered biannually  6 <sup>1/2</sup> Hours
Level 4 – Facilitator Training and Certification		
Unit Name	Description	Format
<b>QuitCore Facilitator Workshop</b>  <b>Registration:</b> <a href="#">Click here</a>	<p>Provides health professionals with skills and orientation on how to effectively deliver the QuitCore Group Cessation program.</p> <p>Pre-requisites:</p> <ul style="list-style-type: none"> <li>• Agreement form, and manager support, to facilitate the QuitCore Group Cessation program in your geographical area</li> <li>• Tobacco specific training – Complete all 5 learning unit pre-requisite trainings to be eligible to write the CTE Exam.</li> <li>• Individuals interested in becoming QuitCore trainers will be asked to achieve their CTE credential.</li> </ul>	Classroom 7 Hours
<b>Certified Tobacco Educator Exam and Case-Based Assignment</b>  CNRC Website: <a href="http://www.cnrchome.net">www.cnrchome.net</a> CNRC Email: <a href="mailto:info@cnrchome.net">info@cnrchome.net</a>	<p>The Canadian Network for Respiratory Care (CNRC) offers the national Certified Tobacco Educator (CTE) exam in Alberta biannually. The five learning units above noted by double asterisks “**” and a final case-based assignment are to be completed as pre-requisites for the CTE Exam. <b>This is necessary to be eligible to write the CTE exam.</b></p> <p>A case-based assignment must be submitted no later than 3 weeks prior to the exam. Details on how and when to submit the case-based assignment and how to access it are found on the main <a href="#">Learning Page</a>.</p> <p><b>All pre-requisites e-learning units should be completed at least one month prior to registering to take the exam.</b> It is the participants' responsibility to send all required certificates to CNRC when registering to take the exam. For more information contact CNRC directly.</p>	Assignment 1-3 Hours  CTE Exam-offered biannually 3 Hours

	<b><u>TRAC and PCCLS trainings are no longer accepted pre-requisite trainings.</u></b>	
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**Please Note:** When you click on a link taking you to one of our two e-learning platforms (MyLearning and Chronic Disease Management) you will need to create a log-in the first time you visit the platform. Once you have logged into the platform search in the course calendar using the word tobacco. This will bring up the list of available courses and you can select the one you wish to enroll in. Each time you log-out of the course you will need to log-in again. For answers to other Frequently Asked Questions, please refer the [AlbertaQuits Learning Series FAQ](#).

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