The Standards of Practice for a Tobacco Treatment Specialist (TTS)

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Points to Cover

- Definition of a Tobacco Treatment Specialist
- Why TTS core competencies are needed
- Association for the Treatment of Tobacco Use and Dependence (ATTUD)
- How the TTS core competencies were developed
- Overview of the TTS competencies
Who is a Tobacco Treatment Specialist?

ATTUD defines the Tobacco Treatment Specialist as “a professional who possesses the skills, knowledge and training to provide effective, evidence-based interventions for tobacco dependence across a range of intensities.”
Why are Competencies for TTS Needed?

- Provide best-practice standards
- Provide guidance for training objectives
- Assure evidence-based treatment
A TRUE ADDICT

oxygen in use

"BANG! BANG!"

fire

R. H. 12/4/00
The Association for the Treatment of Tobacco Use and Dependence (ATTUD)

ATTUD is an organization of providers dedicated to the promotion of and increased access to evidence-based tobacco treatment for the tobacco user.

www.attud.org
How were the TTS Competency Standards Developed

- January 2004 to September 2004
  - ATTUD task force and committee identified 11 competencies skill sets focusing on:
    - Knowledge
    - Skills
    - Proficiency

- ATTUD invited multiple TTS and tobacco control experts to review and comment
50 professionals provided input through an on-line survey
- 20 different states in the U.S.
- 3 other countries
- Respondents included:
  - quitlines, hospitals, academic institutions, outpatient health care sites, community health and education programs and governmental settings
- Work roles included:
  - Researchers, policy makers, educators, clinicians, and managers/administrators for tobacco control
How were the TTS Competency Standards Developed cont.

- Generally strong agreement with all of the competencies and skill sets:
  - Competency is an important and necessary standard: between 80 – 95% strongly agreed
  - Skill set accurately describes the competency: between 72% -90% strongly agreed
- Final version approved by ATTUD board April 2005
- Competencies released May 2005 at the National Conference on Tobacco or Health
Overview of ATTUD Core Competencies

Three levels of provider proficiency

1. Aware: Basic level of mastery of the competency
2. Knowledgeable: Intermediate level of mastery of the competency
3. Proficient: Advanced level of mastery of the competency
1. Tobacco Dependence Knowledge and Education

- Provide clear and accurate information about tobacco use, strategies for quitting, the scope of the health impact on the population, the causes and consequences of tobacco use
2. Counseling Skills

- Demonstrate effective application of counseling theories and strategies to establish a collaborative relationship, and to facilitate client involvement in treatment and commitment to change
3. Assessment Interview
   - Conduct an assessment interview to obtain comprehensive and accurate data needed for treatment planning

4. Treatment Planning
   - Demonstrate the ability to develop an individualized treatment plan using evidence-based treatment strategies
5. Pharmacotherapy
   - Provide clear and accurate information about pharmacotherapy options available and their therapeutic use

6. Relapse Prevention
   - Offer methods to reduce relapse and provide ongoing support for tobacco-dependent persons
Eleven Provider Competencies

7. Diversity and Specific Health Issues
   - Demonstrate competence in working with population subgroups and those who have specific health issues

8. Documentation and Evaluation
   - Describe and use methods for tracking individual progress, record keeping, program documentation, outcome measurement and reporting

Overview of ATTUD Core Competencies
9. Professional Resources
   - Utilize resources available for client support and for professional education or consultation

10. Law and Ethics
   - Consistently use a code of ethics and adhere to government regulations specific to the health care or work site setting

Overview of ATTUD Core Competencies
11. Professional Development

- Assume responsibility for continued professional development and contributing to the development of others
1. Healthcare/Community Interventions: Minimal to Moderate
   Proficiency Level: A → K

2. Telephone Counseling Interventions: Moderate to Mid-Intensive
   Proficiency Level: K → P

3. On-site Individual and Group Counseling Interventions: Moderate to fully Intensive
   Proficiency Level: Proficient in all areas
Overview of ATTUD Core Competencies cont.

- **Core Competencies**
What Organizations claim the use of the Core Competencies?

- Mayo Clinic College of Medicine
- The ACT Center at the University of Mississippi
- University of Massachusetts Medical Center for Tobacco Prevention and Control
- University of Medicine & Dentistry of New Jersey (UMDNJ)
- Grants requiring use of competencies
To the Future

- National Certification
1. Core competencies should be used to assist in the training and certification of the TTS
2. Competency requirements are different for each stage of intervention
3. National certification needed