

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

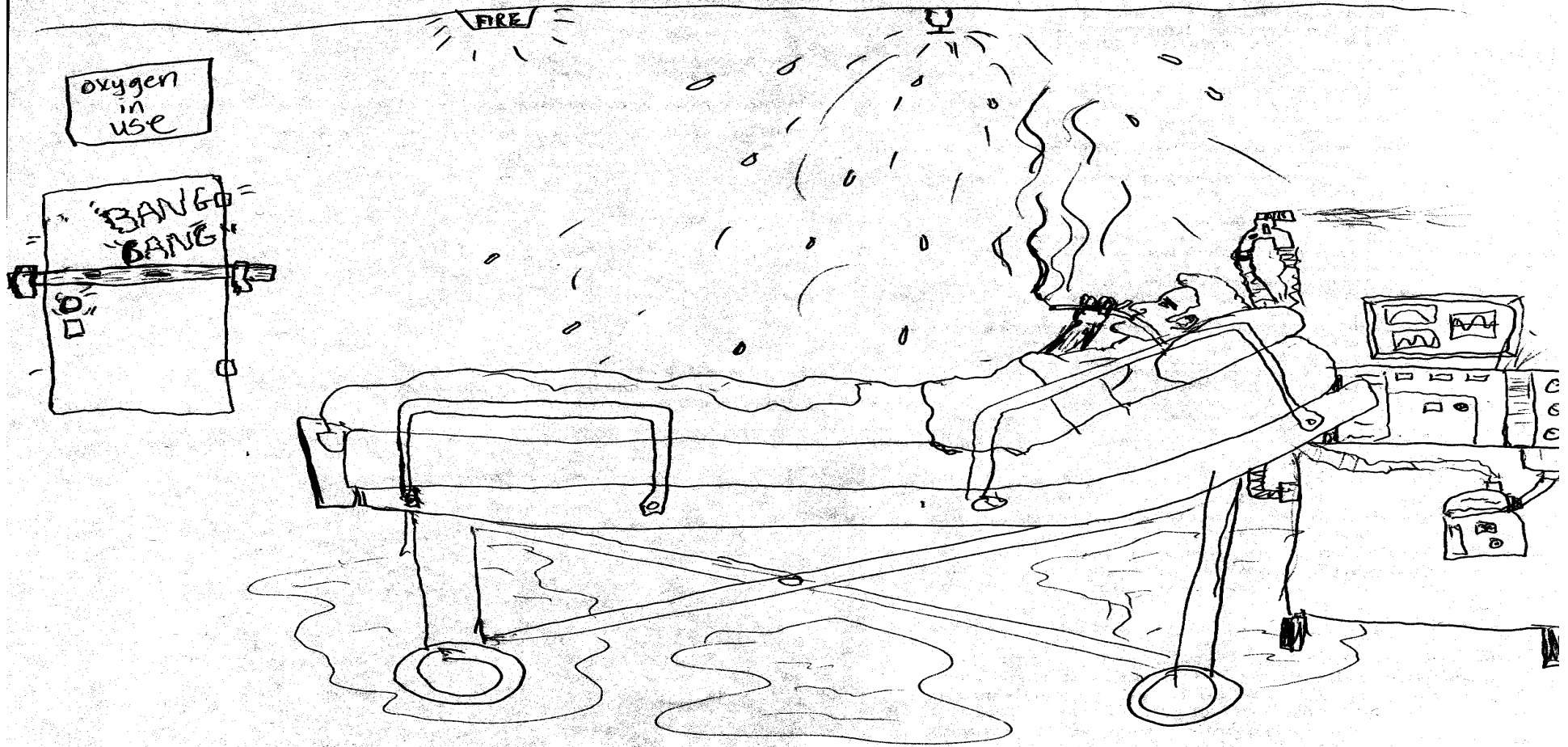
Who is a Tobacco Treatment Specialist?

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



R. Ruffin 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

How were the TTS Competency Standards Developed *cont.*

- 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

Eleven Provider Competencies

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

Overview of ATTUD Core Competencies

Eleven Provider Competencies *cont.*

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

Eleven Provider Competencies *cont.*

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

Overview of ATTUD Core Competencies

Eleven Provider Competencies *cont.*

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

Overview of ATTUD Core Competencies

Eleven Provider Competencies *cont.*

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

Eleven Provider Competencies *cont.*

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

Eleven Provider Competencies *cont.*

11. Professional Development

- ◆ Assume responsibility for continued professional development and contributing to the development of others

Counseling Intensity and Intervention Mode

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

Summary

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