



## Competence Areas – TIER 3

1	Smoking Prevention/Cessation	3
2	Exercise and Pulmonary Rehabilitation	4

# 1. Smoking Prevention/Cessation

## Competence statement:

This competence refers to the knowledge, skills and attitudes required to promote smoking prevention and cessation in acute and long term management of asthma, COPD and other respiratory conditions

**Rating Scale: 1 Needs a lot of development**

**2 Needs some development**

**3 Is well developed**

<b>T3 Knowledge</b>	<b>1</b>	<b>2</b>	<b>3</b>
1 Describe the indications and contraindications of pharmacotherapies available to assist smoking cessation			
2 Describe models of change and behaviour which may assist the smoking prevention/cessation process			
3 Evaluate the cost-effectiveness of brief advice, individualised and group support for people who smoke			
4 Evaluate ways of setting up smoking prevention/cessation services that incorporate policy and best practice			
<b>T3 Skills</b>	<b>1</b>	<b>2</b>	<b>3</b>
1 Incorporate models of change/behaviour into smoking cessation counselling for individuals or groups			
2 Assist in mentoring and clinical supervision to assist nurses and other health professionals integrate and consolidate their knowledge and skills			
3 Collaborate with relevant stakeholders to develop and evaluate effectiveness of organisational systems to promote smoking prevention and cessation in individuals/groups			
4 Negotiate with relevant stakeholders to develop and audit strategic policies to target 'at risk' individuals/groups for smoking prevention/cessation advice			
<b>T3 Attitudes</b>	<b>1</b>	<b>2</b>	<b>3</b>
1 Show willingness to provide clinical and professional leadership for health promoting behaviours in respiratory care			

## 2. Exercise and Pulmonary Rehabilitation

### Competence statement:

This competence refers to the knowledge, skills and attitudes required to promote exercise and provide pulmonary rehabilitation in the long term management of asthma, COPD and other respiratory conditions

**Rating Scale: 1 Needs a lot of development**

**2 Needs some development**

**3 Is well developed**

<b>T3 Knowledge</b>	<b>1</b>	<b>2</b>	<b>3</b>
1 Critically evaluate the evidence base for pulmonary rehabilitation and effective exercise			
2 Discuss how to integrate government policy, clinical guidelines and research into practice			
3 Outline the assessment process for determining patient suitability for pulmonary rehabilitation or an exercise programme			
4 a) Critically evaluate the structure, organisation and training of instructors for pulmonary rehabilitation and exercise programmes, necessary for patient safety			
4 b) Critically evaluate the structure, organisation and training of instructors for pulmonary rehabilitation and exercise programmes, necessary to produce patient improvements			
5 Critically evaluate the relevant outcome measures to determine the effectiveness of pulmonary rehabilitation or an exercise programme			
6 Evaluate impact of exercise and pulmonary rehabilitation programmes using research approaches			
<b>T3 Skills</b>	<b>1</b>	<b>2</b>	<b>3</b>
1 Work in partnership with multiprofessionals and other agencies to provide and evaluate pulmonary rehabilitation and/or exercise programmes for suitable patients			
2 Co-ordinate and encourage follow-on exercise to ensure promotion of healthy lifestyle for patient/carer			
3 Conduct training needs analysis for multiprofessional team to arrange and/or deliver education			
4 Engage in mentoring and clinical supervision to assist nurses and other health professionals integrate and consolidate their knowledge and skills <sup>2</sup>			
5 Collaborate with relevant stakeholders to develop and evaluate strategic policy and procedures for provision of pulmonary rehabilitation or appropriate exercise programmes <sup>2</sup>			
6 Audit effectiveness of exercise and/or pulmonary rehabilitation programmes, through continuous quality improvement approach			
7 Lead and develop research activity into impact and role of exercise and pulmonary rehabilitation programmes			
<b>T3 Attitudes</b>	<b>1</b>	<b>2</b>	<b>3</b>
1 Foster an approach of co-production and design in the development and delivery of health promotion behaviours in respiratory services			