



Competence Areas – TIER 2

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

T2 Knowledge	1	2	3
1 Describe the types of individuals/groups at risk of starting smoking			
2 Describe the benefits of brief advice, individual or group counselling for people who smoke			
3 Describe the physical and psychosocial aspects of nicotine addiction and ways to minimise withdrawal symptoms			
4 Describe the strategies individuals who smoke can employ to help them stop smoking			
5 Describe the benefits and limitations of pharmacotherapies available to assist smoking cessation			
6 Describe public health policy regarding smoking prevention and cessation			
T2 Skills	1	2	3
1 Negotiate a stop date with individuals who wish to stop smoking and provide strategies to assist them in the cessation process			
2 Generate referral to specialist services for assessment of lung function of individuals who smoke, or who are exposed to passive smoking and have persistent or recurrent respiratory symptoms or chest infections			
3 Calculate and record smoking pack years			
T2 Attitudes	1	2	3
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

T2 Knowledge	1	2	3
1 Describe the symptoms patients may experience during exercise and how they can be prevented or managed			
2 Describe the relevant clinical guidelines and how they apply to practice			
3 Outline patient selection criteria and contraindications for a pulmonary rehabilitation programme or alternative exercise programme			
4 Describe the aims, benefits and content of pulmonary rehabilitation programmes			
T2 Skills	1	2	3
1 Discuss and review with patient/carer ways to include exercise in lifestyle and how to maintain the benefits of a structured exercise programme			
2 Provide patient/carer with approaches to symptom prevention and management during exercise			
3 Liaise with the patient healthcare team regarding patient suitability (and safety) for pulmonary rehabilitation or an exercise programme, and initiate referral			
4 Actively take part in and seek opportunities for service development of exercise programmes and pulmonary rehabilitation			
T2 Attitudes	1	2	3
1 Value the skills of multiprofessional team and other agencies, and their contribution to health promotion			
2 Show willingness to provide clinical and professional leadership for health promoting behaviours in respiratory care			