



## Competence Areas – TIER I

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>T1 Knowledge</b>	<b>1</b>	<b>2</b>	<b>3</b>
1 Describe the effects of smoking and/or passive smoking on aetiology, disease progression and symptoms of COPD, asthma and other respiratory conditions			
2 Describe how to assess an individual's readiness to stop smoking			
3 Identify the range of interventions and services available to individuals who would like to stop smoking			
4 Outline the immediate and long term benefits of stopping smoking			
5 Describe sources of support for individuals wishing to stop smoking			
6 Identify the hazards of smoking relevant to the individual and the environment			
7 Describe the organisational policies and procedures relating to smoking prevention and cessation			
<b>T1 Skills</b>	<b>1</b>	<b>2</b>	<b>3</b>
1 Record smoking status, including recreational drugs, and readiness to stop smoking devices			
2 Offer brief advice to all who smoke, in accordance with local policies and procedures			
3 Routinely review smoking status of people on caseload who smoke			
4 Provide information to individuals or groups on smoking prevention/cessation in accordance with local policies and procedures			
5 Provide information to individuals or groups regarding local services and organisations for smoking cessation			
6 Refer individuals who express interest in stopping to relevant support service			
<b>T1 Attitudes</b>	<b>1</b>	<b>2</b>	<b>3</b>
1 Value a person-centred approach to health care			
2 Show motivation to establish rapport with the patient/carer to provide healthy living information to enable health promoting behaviours			

## 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>T1 Knowledge</b>		<b>1</b>	<b>2</b>	<b>3</b>
1	Describe the benefits of exercise in individuals or groups			
2	Describe the relevant BTS Guidelines, organisational policies and procedures relating to exercise and pulmonary rehabilitation			
3	Identify and signpost patients to the available services, voluntary and charitable organisations which assist individuals to maintain a healthy lifestyle or exercise regime			
4	Describe the indications for pulmonary rehabilitation or an alternative exercise programme based on a holistic assessment of patient			
5	Describe the benefits of pulmonary rehabilitation and exercise for patient/carer			
6	Describe referral criteria and pathways for senior and/or specialist practitioner assessment for pulmonary rehabilitation or an exercise programme			
7	Describe the relevant quality assurance and risk management policies for promoting exercise in individuals and groups			
<b>T1 Skills</b>		<b>1</b>	<b>2</b>	<b>3</b>
1	Provide information to individuals or groups on ways to incorporate exercise into lifestyle			
2	Inform Patients and Carers regarding the benefits of pulmonary rehabilitation			
3	Provide information to individuals or groups regarding local services and organisations facilitating exercise			
4	Identify potential patients for pulmonary rehabilitation or an alternative exercise programme			
5	Refer potential patients to specialist in a timely manner for assessment			
6	Record smoking status, including recreational drugs and readiness to stop smoking devices			
<b>T1 Attitudes</b>		<b>1</b>	<b>2</b>	<b>3</b>
1	Value a person-centred approach to health care			
2	Value seamless healthcare across sectors			
3	Show motivation to establish rapport with the patient/carer to provide healthy living information to enable health promoting behaviours			