

## **RSPH Level 2 Award in Supporting Smoking Cessation**

**August 2020**

**Guided Learning Hours: 6 hours**  
**Total Qualification Time: 10 hours**

**Ofqual Qualification Number 600/9958/6**

### **Description:**

This qualification is for individuals interested in health and who are also interested in helping others develop a healthier lifestyle by stopping smoking. Its objective is to increase the learner's knowledge and understanding of why people smoke, the personal and social consequences of smoking and how individuals can be helped and supported to stop smoking.

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## Unit YHC 8 Supporting Smoking Cessation

Guided Learning: 6 hours

Total Unit Time: 10 hours

Unit Level: 2

Unit reference number: F/505/2134

### Summary of Learning Outcomes:

To achieve this qualification a candidate must:

1. **Understand factors that result in people smoking, by being able to meet the following assessment criteria:**
  - 1.1 Describe **THREE** social factors that could result in smoking.
  - 1.2 Outline **THREE** factors that are individual-specific which could lead to smoking.
  
2. **Understand the personal and social consequences of smoking, by being able to meet the following assessment criteria:**
  - 2.1 Outline **THREE** direct effects on health of smoking.
  - 2.2 Identify **THREE** possible indirect effects on the individual due to smoking.
  - 2.3 Identify **THREE** effects on family members, friends and wider society due to smoking by individuals.
  
3. **Know how to provide help and support to the individual with regard to smoking cessation, by being able to meet the following assessment criteria:**
  - 3.1 List **THREE** agencies / organisations which provide services for individuals wishing to stop smoking and outline the services provided.
  - 3.2 Describe **THREE** ways by which an individual could be encouraged to reduce their risk of harm from smoking.
  - 3.3 Identify **THREE** barriers to changing behaviour with regard to smoking and how these can be overcome.

## **Content:**

### **1 Understand factors that result in people smoking**

- 1.1 *Social factors that could result in smoking:* Factors such as socio-economic status, employment, education, culture, availability, media.
- 1.2 *Factors that are individual-specific which could lead to smoking:* Factors such as parents, friends and family, peer pressure, age.

### **2 Understand the personal and social consequences of smoking**

- 2.1 *Direct effects on health of smoking:* Cardiovascular problems, shortness of breath, increased risk of various cancers, bronchitis, emphysema, addiction, early death.
- 2.2 *Possible indirect effects on the individual due to smoking:* Poor nutrition, diet, lack of exercise, effect on asthma, erectile dysfunction, appearance of ageing, decreased immunity, poor eyesight, dental problems.
- 2.3 *Effects on family members, friends and wider society due to smoking by individuals:* Effect of secondary smoke, link with sudden infant death syndrome, cost to the NHS.

### **3 Know how to provide help and support to the individual with regard to smoking cessation**

- 3.1 *Agencies / organisations which provide services for individuals wishing to stop smoking:* Agencies such as smoking cessation clinics, NHS, GPS, ASH.
- 3.2 *Ways by which an individual could be encouraged to reduce their risk of harm from smoking:* Strategies such as nicotine replacement, cutting down on amount of smoking, support from peers and family, knowing facts about smoking, brief intervention, counselling and emotional support.
- 3.3 *Barriers to changing behaviour with regard to smoking and how these can be overcome:* Barriers such as denial, addiction/physical dependency, peer pressure, culture.

Methods for overcoming barriers such as aspirations, opportunities, education, effect on family, motivation, self-efficacy.

## **Assessment:**

Attainment of the Learning Outcomes for this qualification will be assessed by learners completing a workbook which covers each of the learning outcomes. The completed workbooks will be assessed by the centre and assessment decisions will be externally verified by RSPH.

Tutor and learner versions of the workbook are available from **Resources** in the Centre Area of the Qualifications section of the RSPH web-site ([www.rsph.org.uk](http://www.rsph.org.uk)).

The workbook is provided by RSPH but centres can apply to RSPH for permission to develop their own workbooks or to use an alternative assessment method such as written examinations or multiple-choice examinations. Alternative assessment methods or workbooks cannot be used without the written approval of RSPH.

## **Centre Guidance:**

### **Registration of Candidates:**

Candidates must be registered with RSPH and have a candidate number before any work can be submitted for external verification.

Candidate registration forms can be downloaded from the Centre Area of the Qualifications section of the RSPH web-site ([www.rsph.org.uk](http://www.rsph.org.uk)).

### **Submission of completed candidate workbooks:**

Centres should follow the RSPH procedures for submitting internally assessed work for external verification. These can be found under **Resources** in the Centre Area of the Qualifications section of the RSPH web-site ([www.rsph.org.uk](http://www.rsph.org.uk)). The workbooks (tutor and learner versions) can be obtained from **Resources**.

### **How to apply to offer this qualification:**

To become a centre approved to offer this qualification, please complete the 'Centre Application Form' which can be found on our website in the Qualifications and Training section. If you are already an approved centre, please complete the 'Add an additional qualification form' which can be downloaded from the Centre area on the website [www.rsph.org.uk](http://www.rsph.org.uk). Please ensure that you include details of your quality assurance procedures. You will need to attach a CV to this application. Please contact the Qualifications Department at [centreapproval@rsph.org.uk](mailto:centreapproval@rsph.org.uk) if you need any assistance.

### **National Occupational Standards:**

The qualification has been mapped to the following National Occupational Standards of Skills for Health:

CHD ED3 Encourage behaviour and activities that reduce the risk of Coronary Heart Disease (CHD)

CHS79 Support individuals who express a wish to stop smoking

HT3 Enable individuals to change their behaviour to improve their own health and wellbeing

Further details of these National Occupational Standards can be obtained from RSPH Qualifications.

## **Special Assessment Needs:**

Centres that have candidates with special assessment needs should consult The Society's Reasonable Adjustments and Special Consideration Policy; this is available from RSPH Qualifications and RSPH Qualification's web site ([www.rsph.org](http://www.rsph.org)).

## **Progression:**

Learners who achieve this qualification can progress to the following qualifications:

RSPH Level 2 Award in Understanding Alcohol Misuse  
RSPH Level 2 Award in Encouraging physical activity  
RSPH Level 2 Award in Encouraging a Healthy Weight and Healthy Eating  
RSPH Level 2 Award in Understanding Sexual Health  
RSPH Level 2 Award in Understanding the Misuse of Substances  
RSPH Level 2 Award in Understanding Emotional Wellbeing  
RSPH Level 2 Award in Understanding Health Improvement

## **Recommended Qualifications and Experience of Tutors:**

The Society would expect that tutors have teaching experience and a qualification in a relevant subject area, but recognises that experienced teachers can often compensate for a lack of initial subject knowledge, or experienced practitioners for a lack of teaching experience.

## **Other Information:**

All RSPH specifications are subject to review. Any changes to the assessment or learning outcomes will be notified to Centres in advance of their introduction. To check the currency of this version of the specification, please contact the Qualifications Department or consult the RSPH website.

Centres must be registered with RSPH.

Any enquiries about this qualification should be made to:

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