



VBA+ training for health and social care professionals

Virtual learning course

Overview

The National Centre for Smoking Cessation (NCSCT) online and face-to-face courses are evidence-based and proven to increase clinical skills.

Very Brief Advice on smoking (VBA+) is an evidence-based intervention designed to prompt quit attempts, it can be delivered by anyone in almost any interaction with someone who smokes.

This half day course is designed for frontline health and social care professionals who, as part of their role, come into contact with people who smoke. The course is for up to 20 delegates and will provide participants with the competences (knowledge and skills) to deliver VBA+.

Course content

The course is built upon **evidence-based behaviour change techniques** and informed by best practices for the delivery of VBA+. The course will provide participants with an understanding of the importance of systematic delivery of VBA+ interventions, how delivery of VBA+ can reduce inequalities, how stopping smoking can improve physical and mental health and how to effectively deliver each component of VBA+ , including how to address common myths and respond to questions and challenges that arise.

People who smoke can quickly experience the physical and mental health benefits of stopping smoking. Participants attending this course will learn how they can confidently and effectively deliver VBA+ interventions to bring this about.

The course uses presentations, patient scenarios, group work and experiential-based learning techniques. **Attendees will gain confidence in, and have the opportunity to practice skills for, delivering VBA+ interventions.**

Aims and learning objectives

Aim

The aim of this course is to increase participants' knowledge, skills, and confidence in promoting quit attempts and linking people who smoke to evidence-based stop smoking support.

Learning Objectives

At the end of the course, attendees will:

1. Understand the inequalities that exist in smoking prevalence.
2. Be knowledgeable about how smoking disadvantages people in terms of disposable income, preventable ill health, and early death.
3. Understand the positive experiences and benefits that can be gained by stopping smoking and why these improvements happen.
4. Recognise the valuable role frontline staff have in delivering life changing VBA+ interventions.
5. Feel able to deliver VBA+ interventions including:
 - Raising the issue of smoking; asking and recording smoking status
 - Advising on the most effective way of quitting smoking
 - Referring or signposting to stop smoking support
 - Responding to common myths and misconceptions regarding smoking and quitting smoking

Pre-course support

Participants will have a dedicated NCSCT contact for any technical support required to access the course. Administrative support will also be available throughout the virtual training session.

Course Length

Half day: 09:00 arrival for a 09:15 start. Please ensure that you access the training link by 09:00 at the latest to allow time to resolve any technical difficulties. The course finishes at 13:00. Attendance in full is required to receive the course attendance certificate.

Training delivery method

This training is delivered remotely via the online virtual platform Microsoft Teams. Access instructions and a link to the training course will be sent to participants after they have registered and technical support will be available from 08:45 on the day of the training.

The use of webcams is required for course participants. Participants should ensure that they have access to a webcam prior to the training and use it throughout the course.

Timetable

Time	Agenda	Activity
09:00	Enter virtual course and registration	Pre-training questionnaire
09:15	Welcome, aims and objectives and expectations	Presentation Small group work
10:00	Smoking and stopping: changing lives	Presentation Quiz Large group discussion
10:30	What is Very Brief Advice?	Presentation Large group discussion
10:40	Ask: Starting the conversation - engaging people who smoke	Presentation Small group work
11:00	Comfort break	
11:15	Advise: Explaining the best way to quit and what to expect from stop smoking support	Presentation Large group discussion
11:45	Stop smoking medications: NRT and vaping	Presentation
12:00	Act: Referring to stop smoking support	Presentation Demonstration Small group work
12:30	Responding to scenarios: building confidence, addressing challenges and breaking down myths	FAQs
12:50	Review of the day	Post-training questionnaire and course evaluation
13:00	Depart virtual course	