



Smoking Cessation Facilitators Course

This 2 day program uses an evidence based model and is based best practice guidelines and designated Smoking Cessation Clinics run in Victoria .

It is a must for health professionals working with people who are addicted to cigarette smoking.

ABOUT THE COURSE

This **2 day** course aims to give participants the skills to:

- ⇒ Treat & manage nicotine dependency
- ⇒ Use a very successful program to help people to quit smoking
- ⇒ Conduct effective smoking cessation clinics

PROGRAM OUTLINE

- ♦ Smoking in Australia – facts and figures
- ♦ Impact of smoking on health
- ♦ Effect of nicotine on body & brain
- ♦ Nicotine replacement therapy
- ♦ Nicotine withdrawal syndrome
- ♦ Measuring nicotine dependence
- ♦ Cue conditioning
- ♦ Treating symptom withdrawal
- ♦ Special groups – people with psychiatric disorders, diabetes, pregnancy, teenagers
- ♦ Behaviour modification/Cue Conditioning
- ♦ What works and what doesn't
- ♦ Setting up a smoking cessation clinic
- ♦ Case studies
- ♦ Evaluating the intervention

And much more



SPEAKERS

Anna Berkelmans, Respiratory Nurse Consultant,
Adrienne James Coordinator Lung Health Promotion Centre.
Julie Evans Community Health Nurse

WHO SHOULD ATTEND

Health professionals with an interest in smoking cessation, nicotine addiction and evidence based smoking cessation techniques.

PROGRAM DETAILS

Dates: Thurs 17 – Fri 18 April 2008
Thurs 24 – Fri 25 July 2008
Thurs 30 – Fri 31 October 2008

Time: 9.00am - 4.30pm

Venue: Ashley Ricketson Centre
Caulfield General Medical Centre
260 Kooyong Road, Caulfield

Cost: \$425.*inc GST*

REGISTRATION

Please register early as places on the course are limited. To register please contact the Lung Health Promotion Centre at The Alfred on (03) 9076 2382 or via email at lunghealth@alfred.org.au.



The Smoking Cessation Facilitators Course is endorsed by the Royal College of Nursing, Australia. Attendance at this program earns you **14** CNE Points as part of the Royal College of Nursing, Australia's Life Long Learning Program

Refunds & Cancellations

No refund will be given for cancellations made within 5 working days of course starting date.
Otherwise a \$25 administrative fee will be retained from each refund.

Please note: Course places are limited and are confirmed upon full payment of course fees, 2 weeks prior to the date of the course.

NB: All courses are tax deductible.

2008 Course Registration Form

I would like to register for the following program(s):

** All course fees are GST inclusive

** Highlighted courses attract a 50% GPV Subsidy – if you are interested in other courses please contact the Lung Health promotion Centre directly.

Introductory Course in Asthma Education \$575

- ☐ Wed 5 – Fri 7 March ☐ Wed 28 May – Fri 30 May
☐ Wed 27 – Fri 29 August ☐ Wed 12 – Fri 14 Nov

Presenting & Educating With Confidence \$180

- ☐ Saturday 8 March ☐ Saturday 31 May
☐ Saturday 30 August ☐ Saturday 15 November

Smoking Cessation Facilitators Course \$425

- ☐ Thursday 17 – Friday 18 April
☐ Thursday 24 – Friday 25 July
☐ Thursday 30 – Friday 31 October

Asthma Management Update \$180

- ☐ Wednesday 23 April ☐ Wednesday 6 August

Paediatric Respiratory Update \$180

- ☐ Friday 9 May ☐ Friday 19 September

Positive Strategies For Life & Work \$180

- ☐ Thursday 6 November

Introductory Course in Acute Non Invasive Ventilation \$180

- ☐ Friday 2 May ☐ Friday 5 September

Respiratory Nurse Course \$795

- ☐ Wed 9 – Fri 11 April / Wed 7 – Thurs 8 May
☐ Wed 20 – Fri 22 Aug / Wed 17 – Thurs 18 Sept

Managing COPD - There is something you can do! \$425

- ☐ Wednesday 30 April – Thursday 1 May
☐ Wednesday 10 – Thursday 11 September

Principles & Practice of Spirometry

General \$632.50 ; Public Hosp's/Universities \$489.50

- ☐ Monday 18 - Tuesday 19 February
☐ Thursday 29 – Friday 30 May
☐ Thursday 14 – Friday 15 August
☐ Thursday 6 – Friday 7 November

Please complete the details below they will be submitted to Lung Health by GPV on your behalf.

This registration form, your subsidy application form and payment MUST be sent to GPV details below.

Name:.....

Address:

..... P/C:

Is this address ☐ business? ☐ home?

Work phone:

Home phone:

Fax:

E-mail:

Gender: M / F

Occupation/Profession:

Organisation:

The Lung Health Promotion Centre complies with the Victorian Information Privacy Act 2001.. Personal information about current & potential participants will be used only for the purposes collected & in accordance with the Centre's policies & procedures.

Please mark box if you do not wish your details to be:

- ☐ included in the Centre's mailing list
☐ included in the Centre's email listing
☐ included on a course participant list
☐ given out to the Centre's partners

For subsidy information contact
General Practice Victoria
Nursing in General Practice Program
Nicole Toon Tel: (03) 9341 5243
Email:n.toon@gpv.org.au

Contact course provider for course information

Lung Health Promotion Centre
The Alfred, PO Box 315, Prahran, Vic, 3181
Tel: (03) 9076 2382 Fax: (03) 9076 3434
Email: lunghealth@alfred.org.au
Website: www.lunghealth.org

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