

NICOTINE

ADDICTION, SMOKING AND VAPING

3 Day Live Interactive Online Training Course with Professor Renee Bittoun



Gain in-depth knowledge and skills in nicotine addiction, smoking and vaping cessation to apply in primary and allied healthcare.

Course topics

Training includes causes, consequences, treatment and research in tobacco smoking, vaping and nicotine addiction. We address appropriate evidence based smoking and vaping cessation techniques in practical application. Our aim is to resource you with the knowledge and tools to optimise client interventions.

Attendees receive a course certificate on completion of the 3 day program. This course contributes to an APSAD (Australasian Professional Society for Alcohol and Other Drugs) credential to apply for Tobacco Treatment Specialist status.

Overview of course content

Basics

- Prevalence of tobacco smoking and vaping
- Addiction & the brain
- Nicotine- What drives smokers and vapers? - Its role in the brain and body: liver function, metabolism, caffeine, alcohol and drug interactions.

Neuropsychopharmacology

- Nicotine withdrawals and relapse
- Assessing a smoker and/or vaper
- Tests: Expired Carbon Monoxide (CO), other biomarkers

Managing Smokers and Vapers

- Brief interventions, intensive interventions
- Behavioral aspects
- Pharmacotherapies
- NRT
- Varenicline (Champix)
- Bupropion (Zyban)
- What makes a good smoking cessation counsellor?
- Behavioural aspects

Troubleshooting

- Interactive discussions
- Complex case studies
- Addressing pregnancy, mental health, and drug and alcohol contexts
- Q&A sessions

**** EARLY BIRD DISCOUNT AVAILABLE! - SEE CONTACT DETAILS BELOW ****

3 DAY COURSE - AUG 22, 29 & SEPT 5, 2024 LIVE ONLINE @ AVONDALE UNIVERSITY

Hosted and taught by Professor Renee Bittoun, along with other experts in the field of nicotine addiction, vaping and smoking cessation. Our teaching faculty has many years of experience in clinical practice and professional training regarding smoking cessation. For more information, please contact lifestylemedicine@avondale.edu.au



To enrol, or find out more about the course, scan the barcode or go to <https://www.avondale.edu.au/study/apply/professional-development/nicotine-online-course/>