Standardizing Tobacco Dependence Treatment: The Certification Process for Treatment Specialists

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Why Train Specialists in Tobacco Dependence Treatment?

• The single leading cause of preventable death and disease is tobacco use
• There are evidence-based strategies which can help people quit tobacco
• These treatments have been consistently underutilized
What is a Tobacco Treatment Specialist (TTS)?

“A Tobacco Treatment Specialist (TTS) is a professional who possesses the skills, knowledge and training to provide effective, evidence-based interventions for tobacco dependence across a range of intensities.”

(ATTUD.org)
What Does a TTS Do?

“The TTS may engage not only in providing treatment but also in educating others (health care professionals, administrators, scientists, smokers, nonsmokers) about tobacco dependence treatments.”

(ATTUD.org)
The Evidence for Specialized Training

Intensive counseling (20-60 min) provided by TTS results in higher quit rates than brief advice or minimal advice with the largest effect for > 8 visits. Intensive treatment is highly cost-effective. (Siu, 2015)

Treatment specialists reported higher quit rates attributable to more extensive training than community practitioners (McDermott, 2012)
Evidence of cost-effectiveness

Tobacco cessation interventions are ranked as the most cost-effective preventive service for adults (Maciosek, 2017)

Smoking cessation specialist have 2x higher quit rates compared with physician preventive care visits (Kotz, 2014)

Clients treated by cessation specialists have increased quit rates and lower one year relapse (Song, 2016)
Building Capacity & Expertise: the Role of the Tobacco Treatment Specialist (TTS)

Training and certification is a rigorous process:
- Accredited programs provide a minimum of 24 hours of specialized training
- A minimum of 240 clinical hours are required post-training

TTS’s encompass providers from many professions and clinical settings (physicians, nurses, master’s level counselors, psychologists, social work, respiratory care, pharmacists, etc.)

TTS’s are clinical and content experts within their organizations

(Siu, 2015)
11 Current TTS Core Competencies include skill sets and proficiency levels

- Tobacco Dependence Knowledge and Education
- Counseling Skills
- Assessment Interview
- Treatment Planning
- Pharmacotherapy
- Relapse Prevention
- Diversity and Specific Health Issues
- Documentation and Evaluation
- Professional Resources
- Law and Ethics
- Professional Development

www.attud.org/pdf/Standards.pdf
TTS Core Competencies are the foundation for training program accreditation by CTTTP

- The Council for Tobacco Treatment Specialist Training Programs (CTTTP) accredits TTS training programs
- “The vision of TTS Training Program accreditation is to provide leadership and to promote excellence in the professional preparation of Tobacco Treatment Specialists through the accreditation of Tobacco Treatment Specialist training. As an accrediting body, we are committed to the development and proliferation of standards and procedures that meet the needs of a dynamic, diverse, and complex population of tobacco users, including:”
  - preparing tobacco treatment specialists to provide evidence-based treatments for tobacco dependence in a variety of contexts, and
  - encouraging and promoting the continuing development and improvement of TTS training and educational programs.

http://ctttp.org/
22 Accredited programs:
20 US states, 1 in Jordan, 1 in Saudi Arabia

• Alaska Native Tribal Health Consortium
• Rocky Mountain TTS Program
• National Jewish Health
• Tobacco Free Florida’s TTS Course at Florida State University AHEC
• BREATHE Online TTS Training
• UMass Medical School TTS Training Program
• Maine Tobacco Treatment Education & Training Program
• Mayo Clinic Nicotine Dependence Center
• The University of Mississippi Medical Center/ ACT Center
• Duke-UNC TTS Certification Program
• Arizona TTS Course
• Roswell Park TT Program
• Rutgers-Tobacco Dependence Program
• The Breathing Association
• University of Pennsylvania Comprehensive Smoking Treatment Program
• Duquesne University School of Pharmacy
• Healthways, Inc
• The University of Texas MD Anderson Cancer Center Tobacco Treatment Training Program
• The Quit for Life Program
• West Virginia University School of Dentistry Tobacco Treatment Training Program
• King Hussein Cancer Center Tobacco Dependence Treatment Training
• TTS Training and Certification Program at College of Medicine, Taibah University
Phase 1a: Transition to a National Certificate

Available to TTS’s already trained (approx. 1300 applied)

- Provides a pathway to NCTTP
  - Meet educational / experiential eligibility criteria
  - Achieve post-training hours (within competency standards)
  - Apply for National Certificate in Tobacco Treatment Practice (NCTTP)
  - Phase completed May 2018
  - Non-renewable
  - Pathway to Certification, when available
Phase 1b: Transition to a National Certificate

Newly trained TTS’s, prior to release of Certification

• Apply upon completion of training from accredited program
• Pass Certificate test
  ◦ Face-valid
  ◦ Items developed by CTTTP-accredited TTS training program staff and other professionals
  ◦ Subject to extensive review (and re-review)
• Complete 240 clinical hours post-training
• Phase 1 expected to be completed later in the Fall 2019
• Pathway to Certification, when available
Phase 2: National Certification

Available once certification validation process complete (job analysis, psychometric evaluation of exam)

NCTTP holders will receive initial certification without testing

Newly trained TTS’s from accredited programs eligible to apply

• Pass Certification Examination
  Fully psychometrically validated
• Complete 240 clinical hours post-training
• Anticipated 2-year renewable period
  CE requirements yet to be determined
Value

• Professional recognition

• Enhanced employability, consultant role, career advancement

• Efforts underway to recognize TTS’s who obtain certification to be recognized by CMS as qualified providers who can bill for services at specialist level
Questions?

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