

# Take on Tobacco!

A Guide to the  
Certified Tobacco Educator  
Examination



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Canadian  
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for  
Respiratory  
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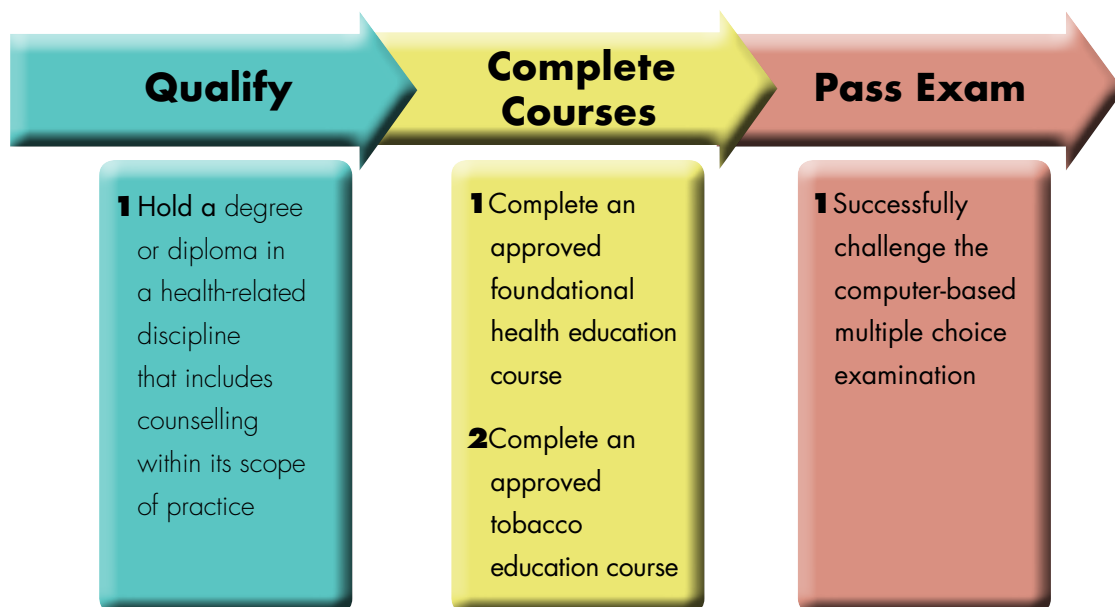
# Take on Tobacco!

## The Certified Tobacco Educator Designation

The Certified Tobacco Educator (CTE) credential recognizes healthcare professionals who provide tobacco prevention and cessation services to their clients. This new credential demonstrates to your clients, peers and supervisors that you have the competencies to provide comprehensive, evidence-informed care in tobacco. The CTE credential is based on two sets of competencies: the enhanced foundational education competencies and the tobacco education competencies.

## Certification Process

The process to certification will be similar to other CNRC credentials.



## CTE Examinations

The next examination is scheduled for Friday, June 9<sup>th</sup>, 2023.

# Requirements to Challenge the CTE Exam

## **If you already hold a current CNRC credential (i.e. CRE, CAE, CCE)**

You are **not required** to take a foundational health education course. However, the new foundational health education competencies are significantly different from the education content in the CRE, CAE and CCE learning objectives. You will still be evaluated on the foundational health education competencies on the CTE exam. As this content is so different, we would **still recommend** that you complete a new foundational health education course and purchase the CNRC foundational health education workbook.

## **You must complete one of the following tobacco education programs:**

### **Alberta Health Services**

*(For Alberta residents only)*

#### **Alberta Quits Learning Series**

(4 COURSES REQUIRED)

*Online*

- 1 Tobacco Basics,
- 2 Tobacco Cessation Pharmacology
- 3 Intensive Tobacco Interventions

**Register here:** <https://phc.myabsorb.ca/#/public-dashboard>

#### **Plus**

(WORKSHOP REQUIRED)

- 4 *Tobacco Intervention Workshop*

**Register here:** <https://app.booking.ca/albertaquitspub/courses/index.asp>

Phone: 780 361-1381

Email: [tru@albertahealthservices.ca](mailto:tru@albertahealthservices.ca)

### **The TEACH Project Core Course**

(Training Enhancement in Applied Cessation Counselling and Health)

#### **Centre for Addiction and Mental Health**

Phone: 416 535-8501 ext. 31600

Email: [teach@camh.ca](mailto:teach@camh.ca)

[www.teachproject.ca](http://www.teachproject.ca)

### **Southern Alberta Institute of Technology/Maple Respiratory Group Inc.**

#### **Tobacco Education Program**

(One-day workshop offered in combination with Alberta Health Services online programs)

Phone: 877 674-4778

[www.maplerespiratory.tovuti.io/](http://www.maplerespiratory.tovuti.io/)

# Requirements to Challenge the CTE Exam

## If you do not hold a current CNRC credential

1. You **must** have a degree or diploma in a health-related discipline that includes counselling within its scope of practice.
2. You must complete **one** of the following **foundational health education** programs:

### **Alberta Health Services**

*(For Alberta residents only)*

#### **Foundational Health Educator Workshop**

Register here: <https://app.booking.ca/albertaquitpub/courses/index.asp>

Email: [tru@albertahealthservices.ca](mailto:tru@albertahealthservices.ca)

### **RespTrec®**

c/o Lung Saskatchewan

#### **Chronic Disease Management Educator Course**

Phone: 306 343-9511

Email: [info@resptrec.org](mailto:info@resptrec.org)

[www.resptrec.org](http://www.resptrec.org)

### **Southern Alberta Institute of Technology/Maple Respiratory Group Inc.**

#### **Professional Respiratory Educator Program - Foundational Health Education**

Phone: 877 674-4778

[www.maplerespiratory.tovuti.io/](http://www.maplerespiratory.tovuti.io/)

### **The TEACH Project Centre for Addiction and Mental Health (CAMH)**

#### **Foundational Health Education Workshop**

Phone: 416 535-8501 ext. 31600

Email: [teach@camh.ca](mailto:teach@camh.ca)

[www.nicotinedependenceclinic.com](http://www.nicotinedependenceclinic.com)

**If you do not hold a current CNRC credential** *(continued)*

3. You must complete **one** of the following **tobacco education** programs:

**Alberta Health Services**

*(For Alberta residents only)*

**Alberta Quits Learning Series**

(4 COURSES REQUIRED)

*Online*

- 1 Tobacco Basics,
- 2 Tobacco Cessation Pharmacology
- 3 Intensive Tobacco Interventions

Register here: <https://phc.myabsorb.ca/#/public-dashboard>

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**Core Course**

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Email: [teach@camh.ca](mailto:teach@camh.ca)

[www.nicotinedependenceclinic.com](http://www.nicotinedependenceclinic.com)

*New accredited CTE prep training programs will be added. Please check the CNRC website to see updates to the list of approved training providers.*

Register for the  
CTE Examination at:

**[www.cnrchome.net](http://www.cnrchome.net)**

# Distribution of Exam Questions

The Certified Tobacco Educator examination has 145-165 questions that are distributed among the following competency groups. Please refer to the CNRC Foundational Health Education and Tobacco Education competency documents for the details of each competency group.

<b>Foundational Health Education</b> (30-40% of the questions)	Distribution of Questions	<b>Tobacco Education</b> (60-70% of the questions)	Distribution of Questions
Health Promotion and Education	5-10%	The Tobacco Epidemic	2-5%
Communication	5-10%	Tobacco Use Disorder and Other Substance Use	5-10%
Educational Interventions	10-15%	Tobacco Control	2-5%
Resource Management	2-5%	Assessment	5-10%
Professional Practice	2-5%	Interventions	10-15%
Program Evaluation	2-5%	Pharmacological, Alternative and Complementary Treatment	5-10%
		Client-centred Approach	10-15%
		Tobacco Programs and Systems	2-5%

## Preparing for the Examination

- All candidates must review the competencies for Certified Tobacco Educators – the foundational health education competencies and the new tobacco cessation and prevention competencies.
  - Foundational Health Education Competencies:  
[http://www.cnrchome.net/PDFs/CNRC Foundational Health Education Compencies.pdf](http://www.cnrchome.net/PDFs/CNRC_Foundational_Health_Education_Compencies.pdf)
  - Core Competencies for Tobacco Educators  
[http://www.cnrchome.net/PDFs/CNRC Tobacco Education Compencies.pdf](http://www.cnrchome.net/PDFs/CNRC_Tobacco_Education_Compencies.pdf)
- All candidates must review and be familiar with the Canadian and US clinical guidelines for smoking cessation.
  - CAN-ADAPTT Canadian Smoking Cessation Clinical Practice Guideline:  
<https://www.nicotinedependencedclinic.com/English/CANADAPTT/Guideline/Introduction.aspx>
  - Treating Tobacco Use and Dependence: 2008 Update:  
<http://www.ncbi.nlm.nih.gov/books/NBK63952/>
- The CTE Foundational Health Education and Tobacco Education Workbooks/study guides are available for purchase on the CNRC website.

We wish you the best of luck on your examination and look forward to welcoming you as a Certified Tobacco Educator! Please do not hesitate to contact the CNRC office if you should have any additional questions.



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[www.cnrchome.net](http://www.cnrchome.net)