

**Global Bridges Japan Full Proposal English Translation**

**Request ID: 35682941 (LOI#16)**

**Organization name: National Cancer Center Japan**

**Project Title: Development and Practice of training programs for nursing staff offering and/or supporting smoking cessation therapy**

Cover

Title (Grant ID)

Development and Practice of Training Programs for Nursing Staff Offering and/or Supporting Smoking Cessation Therapy

(Applying Organization · Researchers

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○ Excerpt

In order to improve the skills of the nursing professionals who will conduct smoking cessation treatment, develop and provide a training program that can be expected to be effective for successful smoking cessation. Put together a plan so that the training program will disseminate and deploy on its own during the two years of the project based on the evaluation results.

10 years have passed since smoking cessation treatment covered by health insurance has begun, however roles and treatment content to be provided by nursing staff for smoking cessation remains unclear. According to last year's research, only 10 facilities (4.8%) responded that they were adequately learning the skills for smoking cessation treatment, while 87 facilities (4.8%) said they barely learned, and 3 facilities (1.4%) said they learned nothing. As for tools that the nurses think are beneficial for learning about smoking cessation treatment, 80% of the facilities said lectures and study groups would be effective. This project is aimed at providing just that.

After the project period is finished, by horizontally deploying and disseminating the content to various regional nursing associations, including putting together environments suited for workshops, the aim is to increase the skills of nurses in charge of smoking cessation treatment by hosting continuous workshops.

○ Keywords

Smoking cessation treatment, behavioral modification, nursing professionals, hands-on training programs for participants, plan, remote, face-to-face

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Proposal Body

1. Overall Goals and Objectives

As seen in the Basic Plan for Promoting Cancer Management motto, the ultimate goal of this project is to achieve “Don’t get cancer, don’t lose to cancer, and strive for a society that can live with cancer.” Also, although ideas of the acceleration plan for cancer countermeasures such as “considering necessary countermeasures with the World Health Organization Framework Convention on Tobacco Control (FCTC) and overseas tobacco conditions in mind,” were given, the FCTC has already adopted guidelines regarding smoking cessation treatment and human resource training during the parliament of signatory nations, clearly indicating the international direction in which matters of headed. Thus, the specific objectives of this proposal are to contribute to the promotion of cancer countermeasures in Japan as well as to contribute to international cancer countermeasure efforts, especially smoking cessation treatment. This means that through domestic human resource training for Tobacco Dependence Treatment, we are aiming to create the basis for future progression.

Specifically, based on the knowledge of previous proposes have compiled on smoking cessation treatment promotion, through the analysis of status of smoking cessation treatment by nursing professionals as well as the verification of effectiveness and technical improvement of smoking cessation treatment using the motivational interview method, the aim is to develop a human resource training program that is effective (education/curriculum), evaluate, and finally continue execution in a planned manner that will lead to ongoing execution.

As such, the overall goals of this project will be set as follows.

- Aim for ongoing improvement through developing the skills of nursing professionals who will provide smoking cessation treatment.

Also, the following will be set as a subgoal in order to achieve the overall goals.

- Develop a training workshop program that can be expected to be effective for successful smoking cessation.
- Provide the developed training workshop program to all nursing associations nationwide.
- Based on the program evaluation results, create a plan for the training workshops to disseminate and spread throughout each association.

Also, in the LOI suggestion stage, this proposal was to be executed during “LEVEL 1” of the planning, execution and deployment of the model training workshops. However, with the proposal of this project, while the core is still to be actual face-to-face lectures, the application is to be for “LEVEL 2” along with organization of training environments so that the ease of access to information can be improved so more

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of the target population can easily, effectively, and surely access information. Specifically, by creating an environment where not only training materials but actual situations can be remotely accessed, we aim to increase the significance of the workshops while also strengthening the effect of in-person lectures and exercises.

## 2. Evaluation of Current Needs in the Target Areas

We will explain the situation of smoking cessation treatment in Japan. 10 years have passed since smoking cessation treatment using health insurance has begun, however many unclear points remain regarding the roles and instruction content of nurses regarding treatment. Many nurses from facilities that provide smoking cessation treatment are expected to strengthen their motivation and provide specific education on smoking cessation treatment and counseling based on basic behavioral science such as giving praise.

However, according to our research last year, only 4.8% of facilities (10 facilities) said that they were adequately learning the skills required for smoking cessation treatment, while 51.9% (108 facilities), barely over half of the total, said that they were able to learn such things. Furthermore, 41.8% (87 facilities) said that they barely were able to learn, and 1.4% (3 facilities) said that they learned absolutely nothing. This means that despite expectations of counseling based on basic behavioral science to be provided by nurses in facilities providing smoking cessation treatment, nearly half have no opportunity to learn the skills for providing such services.

Also, as far as a tool that nurses “wished they had in order to learn how to provide smoking cessation treatment,” 80% of the facilities responded that they wanted lectures and study groups. This means that one-way provision of information from books and the Internet are insufficient, and more are expecting lectures where tactile experience and bi-directional interactions can be had. It can be thought that in order for nurses at facilities providing smoking cessation treatment to be able to learn counseling methods based on basic behavioral science, hands-on participant training workshop programs are what are needed. This project will respond to the needs of nearly half of all nurses in facilities providing smoking cessation treatment who have no opportunity to learn the skills of smoking cessation treatment. Furthermore, compared to facilities where the response said that skills were not learned, in the facilities where nurses responded that “they were able to learn smoking cessation skills” nearly 2.3 times (95% Confidence Interval: 1.15~4.67) smoking cessation success rates were found to be related (Taniguchi et al. 2017). The achievements of this project should be the basis of establishing the ability of human resources who can provide tobacco dependence treatment in Japan.

Furthermore, when inquiring to the 47 domestic nursing associations regarding interests in training workshops, 18 nursing associations said that they were interested in the demonstration and evaluation of

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the program, as well as information on how to conduct the program. This was with the premise of each institution continuing the program after the completion of the project. The project results will be spread to each nursing association in order to promote and disseminate the program, and skills of nursing professionals in charge of providing smoking cessation treatment will be raised by continuously holding workshops.

Also, along with the proposal of this project, while actual face-to-face lectures will be at the core of the training, it is important that access to information will be made more convenient so that access can be effectively and efficiently given to more targets with certainty. Thus, by creating an environment where not only training materials but also actual lectures can be accessed remotely at any given time, it is important to heighten the meaning of actual workshops while also improving the results of the actual in-person lectures and exercises.

### 3. Target Audience

As mentioned in the status analysis above, while over half of the facilities providing smoking cessation treatment are able to learn the required skills, the remaining half or so have no opportunity to do so. Also, limited situations can be assumed regarding the required training elements necessary for continuous learning and improvements of specific skills such as counseling based on basic behavioral science, and hands-on participant training workshop programs.

Thus, this project will set the primary target audience to be mainly nursing professionals in facilities providing smoking cessation treatment, while also nursing professionals involved in providing smoking cessation treatment in communities.

Furthermore, human resource training for nursing professionals nationwide will be conducted, and prefectural nursing associations who are in the position of ascertaining various conditions and challenges will be set as the second target audience.

Also, in proposing this project, while actual face-to-face lectures will be at the core of the training, it is important to secure the environment where access to information will become more convenient so that access can be effectively and efficiently given to more targets with certainty. Thus, by creating an environment where not only training materials but also actual lectures can be accessed remotely at any given time, we will aim to heighten the meaning of actual workshops while also improving the results of the actual in-person lectures and exercises.

### 4. Project Design and Methodology

This project will be established in 3 states that will be executed in order.

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① Curriculum Development

Aside from the need of smoking cessation treatment with the background of tobacco countermeasures and so on regarding nurses at facilities involved in smoking cessation treatment in various situations and locations, knowledge regarding basic behavioral science for smoking cessation treatment, strengthening of motivation, and advocating the readiness for smoking cessation will be done. Furthermore, a workshop package (materials and curricula, etc.) that utilizes the method of motivational interviewing which is considered to be an effective interview skill for addictions will be developed with overall goals being the acquisition of effective counseling and smooth execution through hands-on exercises and effective review.

In order for that, milestone 1 and its achievement goals will be set as follows:

- Milestone 1: March 2018
- Achievement goals of milestone 1: Creation of materials and curriculum packages by the applicant and partner organizations.

② Proof and Evaluation

In order to prove and evaluate the workshop package listed in ① (materials and curricula), workshops will be held in model prefectures (nursing associations). By evaluating the content of the workshops, post-workshop conditions of participants can be ascertained, thus evaluations with the outcome in mind will be added in addition.

In order for that, milestone 2 and its achievement goals will be set as follows:

- Milestone 2: June 2019
- Achievement goals of milestone 2: Execution of workshops utilizing materials and curricula of ① in 3 to 5 prefectures and grasping the effectiveness of such on smoking cessation treatment operations through follow-up investigations of the participants.

③ Improvement and Planning of teaching materials and curricula

The development of the workshop packages developed and proven in ① and ② above (teaching materials and curricula, etc.) are not meant to be end-goals, but something that should be continuously improved upon through the PDCA cycle of continuous proving and evaluation. As a result, while the training packages that were developed are being improved upon based on execution feedback, knowledge from development and improvement will be shared with each conducting organization (presumably each prefectural nursing associations), there is the need for the organizations to systematically promote the planning in so that workshops to train smoking cessation treatment skills and continuous improvement can be created and executed.

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In order for that, milestone 3 and its achievement goals will be set as follows:

- Milestone 3: End of 2019
- Achievement goals for milestone 3: While review and improvement of the teaching materials and curricula are made based on the proof and evaluation of ㊦, workshop plans are to be formulated as part of the post-2020 dissemination plan for prefectural nursing associations.

Also, general improvements will be made for the workshop while aiming to complete all items by 2019 in linkage with the above-mentioned milestones through establishment and trials.

Furthermore, the plan is to expand the execution system through free collaboration and cooperation of the tobacco countermeasure support group, as well as Wakao, Taniguchi and Sase who are listed as the core members applying for this project. Specifically, detailed discussions will be had with the Japan Nursing Association regarding the continuous implementation system of the workshops after the project is completed. Furthermore, we will receive specific cooperation from post-completion administration systems and project dissemination through collaboration with the Center for Cancer Control and Information Services Department of Cancer Information Provision who has ample experience in establishing remote training systems and effective combinations of remote and in-person training.

## 5. Evaluation Design

As mentioned above in the project design section, each stage of the project has established achievement goals. Indicators will be set as below in order to apply to such goals. Furthermore, aside from the quantitative indicators below, qualitative content from reflection will also be considered as needed. This also can be applied to the optimization and adjustments of the goals and indicators.

(Examples of quantitative indicators)

- Numbers of nursing professionals who participated in the workshops
  - ← Ascertain and tally when conducting each workshop.
- Subjective satisfaction regarding the workshops
  - ← Ascertain and tally when conducting each workshop.
- Achievement levels of workshop objectives (knowledge and skills)
  - ← Ascertain and tally when conducting each workshop.
- Change in patient count that lead to behavioral change, as well as the rate of change in smoking cessation success before and after participating in the workshops
  - ← Ascertain from the pre and post workshop surveys
- Motivation and self-efficacy regarding smoking cessation treatment by the nursing professionals who attended the workshops and the change in instruction methods.



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← Ascertain from the follow-up surveys of participants.

**6. Detailed Task Plans and Completion Schedule for Deliverables**

Continue discussions and adjustments according to the “Overall Schedule” timeline in documents C-6 with the above-mentioned milestones as rough ideas in order to conduct the project and complete the deliverables. As for the completion of deliverables, the plan is to have both the samples of the workshop package (teaching materials and curricula), conducted during the model run, by March of 2018 (milestone 1), and the revised workshop package and organization (prefectural nursing associations) plan along with the workshop dates by the end of 2019 (milestone 3) completed.

Furthermore, as for the environmental preparation for the workshop, steps will be taken in sequence with the above milestones to establish and test them, with the final completion goal to be the end of 2019.

As for the promotion of this project, Wakao, Sase, Taniguchi and the tobacco countermeasure support group will be at the core. However the clinic and information provision departments of the National Cancer Center, research departments, and staff of other departments will also be invaluable support for the overall improvement of the project including the development of workshop materials, revision, and provisional methods. Also, preparations are being made with organizations deeply connected with the content of the project such as the Japan Nursing Association with the continuation after the completion of the project in mind. They are not listed as partners at the time of application, however the plan is to receive necessary cooperation as needed after the project has begun.