



Yes to Life. No to Tobacco.

\_\_\_\_\_ An initiative of Narotam Sekhsaria Foundation \_\_\_\_\_  
in partnership with Prince Aly Khan Hospital, Mindtemple and Salaam Bombay Foundation

## Building Bridges, Breaking Tobacco Habits

LifeFirst is delighted to announce  
**Tobacco Cessation Training Programme**  
for healthcare professionals.

With the support of **Global Bridges Pfizer Independent Grants for Learning and Change.**

Join to get trained in scientific, evidence-based tobacco treatment techniques.

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### WHY LifeFirst TRAINING

- Specially created for India with a focus on smokeless tobacco.
- Designed to treat people from all social strata.
- The core team of doctors and psychologists has developed the module in collaboration with Dana Farber Cancer Centre, Harvard University, USA.
- Combines evidence-based practices with creative methods for quitting tobacco.
- Technical support and network facilitation provided by Global Bridges.

### WHO IT IS FOR

The training is available free-of-cost to doctors, dentists, public health professionals, nurses, physiotherapists, dieticians, psychologists, medical social workers and counsellors, DOT providers and staff of NGOs involved in community-based health activities.

Help your patients quit tobacco.

Register at [www.lifefirst.in](http://www.lifefirst.in) | Get in touch at [info@lifefirst.in](mailto:info@lifefirst.in) | +91 9820066661

## TRAININGS

The LifeFirst training programme is developed on the basis of evidence-based behaviour change techniques that provide an understanding of the factors involved in tobacco treatment and include practical interventions to help patients quit their tobacco habit.

Training is divided into two sets, based on the level of intervention.

### LEVEL 1: Brief Advice Training

#### Duration: 1 day

For helping healthcare professionals engage with patients during routine check-up. The training will enable the professionals to interview their patients about tobacco use and provide brief advice to overcome dependence. This includes 5As and 5Rs, which are evidence-based techniques followed by healthcare professionals.

### LEVEL 2: Tobacco Treatment Training

#### Duration: 3 days

An evidence-based training program for delivering intensive tobacco treatment services. The trainees will learn about all the aspects of nicotine dependence treatment including motivational interviewing, behaviour modification techniques and pharmacotherapy.

The curriculum is based on the core competencies for tobacco treatment specialists, defined by the Association for the Treatment of Tobacco Use and Dependence (ATTUD). The participants will be taught to maintain records to monitor progress.

Interested participants will also be provided with a LifeFirst electronic application for maintaining patient data.

### Continued Professional Development

#### Duration: 1 day

These refresher sessions will be conducted for Level 2 certified practitioners to update them on the latest practices and research in the field of tobacco treatment.

### Online Training

LifeFirst online training is a unique, free-of-cost resource for those who are unable to join the classroom trainings. It will allow healthcare professionals gain the core knowledge and skills to deliver effective brief intervention to patients. Registered trainees will have access to presentations and material to study and then take a certification test.

### LifeFirst Network

All trained Tobacco Treatment Practitioners will be registered as a part of a network and will receive member access to LifeFirst website. They will get regular updates on research and news in the field of tobacco control.

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