NHS Tobacco Dependence Adviser Training Course: Acute inpatient
OVERVIEW OF MODULAR TRAINING RESOURCES

Module	Learning objectives	Description of module	Admission Team	TDAs	Clinical Staff
Module 1: **Introduction**	- To set the tone for the training course and to explain the timetable to participants. - To gauge course participants' experience. - To explain the course aims and objectives.	**Process:** ■ Presentation ■ Group discussion **Resources:** ■ PowerPoint presentation		●	
Module 2: **Treating tobacco dependence in the inpatient setting and overview of care bundles**	- To introduce the NHS Standard Treatment Plan for patients in hospital who smoke. - To outline the tobacco dependence treatment care bundles. - To describe the benefits of stopping smoking.	**Process:** ■ Presentation **Resources:** ■ PowerPoint presentation ■ Film clip (embedded in presentation)	●	●	●
Module 3: **Understanding tobacco dependence in the inpatient setting**	- To outline what tobacco dependence is and how it develops. - To describe tobacco withdrawal symptoms and urges to smoke, including expected severity and duration. - To highlight unhelpful stigma, attitudes and culture and invite participant self-reflection - To establish an understanding of how tobacco dependence is often viewed as a 'lifestyle' choice versus a chronic relapsing addiction.	**Process:** ■ Presentation **Resources:** ■ PowerPoint presentation	●	●	●

Module 4: **Behaviour change techniques and core communication skills**	▪ To outline the behaviour change techniques (BCTs) that are of particular importance for working in an inpatient setting. ▪ To teach participants how to maximise the good listening and communication skills they already have and apply the skills of non-biased listening. ▪ To gain confidence in techniques that elicit the patient's views and questions on smoking and smoking cessation, providing reassurance, and dispelling myths in a non-judgmental, clear, and accurate manner.	**Process:** ▪ Presentation ▪ Group discussion ▪ Small group discussion ▪ Skills practice **Resources:** ▪ PowerPoint presentation ▪ Small group breakouts ▪ Handout: Patient statements	●	●	
Module 5: **Effective use of tobacco dependence aids**	▪ To increase knowledge regarding the effective use of first line tobacco dependence aids (NRT, nicotine vapes, nicotine analogues) in the inpatient setting and considerations for their use in the inpatient setting.	**Process:** ▪ PowerPoint presentation ▪ Small group work ▪ Group discussion **Resources:** ▪ Handout: Tobacco dependence aids quick reference	●	●	●
Module 6: **Nicotine replacement therapy: getting to know the products**	▪ Describe the range of NRTs available to aid smoking cessation including their safety, usage, contraindications, and efficacy. ▪ Be aware of considerations for use.	**Process:** ▪ Presentation ▪ Group discussion ▪ Small group work ▪ Product demonstration **Resources:** ▪ PowerPoint presentation	●	●	●

Module	Objective	Process / Resources			
		▪ Trainer: NRT samples for demonstration ▪ Handout: Medications and aids worksheet ▪ Handout: Tobacco dependence aids quick reference			
Module 7: **Nicotine vapes**	▪ To provide an understanding of vaping and to communicate the key principles of discussing vaping with patients.	**Process:** ▪ Presentation **Resources:** ▪ PowerPoint presentation ▪ Handout: Tobacco dependence aids quick reference	●	●	●
Module 8: **Individualised dosing**	▪ To review appropriate dosing of nicotine replacement based on assessment of tobacco dependence.	**Process:** ▪ Presentation **Resources:** ▪ PowerPoint presentation ▪ Handout: Individualised dosing ▪ Handout: Tobacco dependence aids quick reference	●	●	
Module 9: **Discussing tobacco dependence aids with patients**	▪ To communicate the skills needed to explain stop smoking medications and support effective medication use.	**Process:** ▪ Presentation ▪ Group discussion **Resources:** ▪ PowerPoint presentation ▪ Handout 1: Inpatient STP checklists ▪ Handout 2: Patient profiles	●	●	

Module	Objectives	Process / Resources			
		▪ Handout: Tobacco dependence aids quick reference			
Module 10: **Nicotine analogues (varenicline and cytisine) and bupropion**	▪ To provide an overview of analogue medications (varenicline and cytisine) including their safety, instructions for use, contraindications, side effects, and efficacy. ▪ To provide an overview of bupropion including their safety, instructions for use, contraindications, side effects, and efficacy.	**Process:** ▪ Presentation **Resources:** ▪ PowerPoint presentation ▪ Handout: Tobacco dependence aids quick reference	●	●	●
Module 11: **Addressing ambivalence and resistance**	▪ To outline the person-centred approach and behaviour change techniques required when working with patients who are ambivalent or resistant. ▪ To gain confidence in techniques that elicit the patient's views and questions on smoking and smoking cessation, providing reassurance, and dispelling myths in a non-judgmental, clear, and accurate manner.	**Process:** ▪ Presentation ▪ Whiteboard ▪ Small group work ▪ Group discussion **Resources:** ▪ PowerPoint presentation ▪ Breakout rooms ▪ Handout: Patient statements ▪ Appendix 1: Patient statements – trainer response guide		●	
Module 12: **Carbon monoxide monitoring as a motivational tool**	▪ To understand the role of carbon monoxide testing and how this is used as a motivational tool.	**Process:** ▪ Presentation ▪ Group discussion ▪ Carbon monoxide test demonstration **Resources:**	●	●	

		• PowerPoint presentation • Carbon monoxide monitor, mouthpiece and wipes			
Module 13: **Smoking and medications interactions**	• To understand the effect of stopping smoking on medications and review clinical management. • To be aware of cautions related to clozapine.	**Process:** • Presentation • Group discussion **Resources:** • PowerPoint presentation	●	●	●
Module 14: **Initial assessment and treatment plan**	• To review the inpatient care bundle. • To understand the specialist assessment and treatment plan. • To outline how to screen for tobacco dependence and assess withdrawal and urges to smoke. • To observe the behaviour change techniques associated with the initial assessment • To practice delivering the initial assessment.	**Process:** • Presentation • Group discussion • Trainer demonstration • Skills practice **Resources:** • PowerPoint presentation • Breakout groups • Handout: Inpatient STP checklists • Handout: Patient profiles		●	
Module 15: **Follow-up scenarios**	• To review the skills associated with the follow-up session. • To practice skills associated with effective follow-up support in various patient scenarios.	**Process:** • Presentation • Group discussion • Small group skills practice **Resources:** • PowerPoint presentation		●	

		▪ Scenarios (detailed on slides) ▪ Handout: Inpatient STP checklists ▪ Handout: Follow-up checklist and patient case study ▪ Appendix 1: Follow-up scenarios – trainer response guide			
Module 16: **Discharge planning**	▪ To review the skills associated with discharge planning. ▪ To practice techniques used to engage patient in developing a plan for coping with personal triggers.	**Process:** ▪ Presentation ▪ Group discussion **Resources:** ▪ PowerPoint Presentation ▪ Large group breakout ▪ Handout: Strategies ▪ Handout: Discharge planning checklist and patient case study		●	
Module 17: **Post-discharge follow-up**	▪ To review the skills associated with post discharge follow-up.	**Process:** ▪ Presentation ▪ Group discussion **Resources:** ▪ PowerPoint presentation ▪ Film clips [embedded in slides] ▪ Handout: Inpatient STP checklists		●	
Module 18: **Clinical considerations and special populations**	▪ To understand any cautions or contraindications to the use of stop smoking aids for specific populations and clinical	**Process:** ▪ Presentation	●	●	●

	diagnosis.	■ Group discussion **Resources:** ■ PowerPoint presentation			
Module 19: **Myths and facts**	■ To review key smoking myths and facts.	**Process:** ■ Presentation ■ Quiz **Resources:** ■ PowerPoint presentation ■ Quiz polling tool	●	●	●
Module 20: **Responding to patient and staff scenarios**	■ To gain confidence in techniques to elicit the patient's views and questions on smoking and smoking cessation, answering questions, providing reassurance, and dispelling myths in a non-judgmental, clear, and accurate manner	**Process:** ■ Responding to patient scenarios in two groups **Resources:** ■ Appendix: Patient statements – trainer response guide		●	
Module 21: **Wrap-up**	■ To recap the skills and learning outcomes covered in the course. ■ To provide information regarding NCSCT briefings, clinical tools and e-learning resources. ■ To allow feedback from participants and conduct course evaluation.	**Process:** ■ Group discussion ■ Completion of post-course questionnaire and evaluation **Resources:** ■ Post-course confidence assessment ■ Course evaluation		●	