

NHS Tobacco Dependence Adviser Training Course: Inpatient mental health

OVERVIEW OF MODULAR TRAINING RESOURCES

Module	Learning objectives	Description of module	Admission Team	TDAs	Clinical Staff
<i>Module 1: Introduction</i>	<ul style="list-style-type: none"> 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. 	<p>Process:</p> <ul style="list-style-type: none"> Presentation Group discussion <p>Resources:</p> <ul style="list-style-type: none"> PowerPoint presentation 		●	
Module 2: Mental health, smoking and stopping: changing lives	<ul style="list-style-type: none"> To describe the harmful effects of smoking on health. To outline the rationale for providing tobacco treatment in a mental health inpatient setting. To outline the contribution of smoking cessation to reducing health inequalities. 	<p>Process:</p> <ul style="list-style-type: none"> Presentation Patient story videos [embedded in slides] Quiz questions [on slides] Group discussion <p>Resources:</p> <ul style="list-style-type: none"> PowerPoint presentation 	●	●	●
Module 3: Understanding tobacco dependence in people with SMI	<ul style="list-style-type: none"> To outline what tobacco dependence is and how it develops. To describe tobacco withdrawal symptoms and urges to smoke and their presentation in people with SMI. 	<p>Process:</p> <ul style="list-style-type: none"> Presentation Group discussion <p>Resources:</p> <ul style="list-style-type: none"> PowerPoint presentation 	●	●	●

Module 4: Behaviour change techniques and core communication skills	<ul style="list-style-type: none"> ▪ To outline the behaviour change techniques (BCTs) that are of particular importance for working in an inpatient mental health 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: <ul style="list-style-type: none"> ▪ Presentation ▪ Group discussion ▪ Skills practice Resources: <ul style="list-style-type: none"> ▪ PowerPoint presentation ▪ Breakout rooms ▪ Handout: Patient statements 	●	●	
Module 5: Tobacco dependence treatment: a new standard of care	<ul style="list-style-type: none"> ▪ To describe and increase participants knowledge about the NHS tobacco dependence treatment programme and Care Bundles. 	Process: <ul style="list-style-type: none"> ▪ Presentation Resources: <ul style="list-style-type: none"> ▪ PowerPoint presentation 	●	●	●
Module 6: Point of admission care: acute management of nicotine withdrawal	<ul style="list-style-type: none"> ▪ To describe the five components associated with addressing tobacco dependence at the time of admission. 	Process: <ul style="list-style-type: none"> ▪ Presentation Resources: <ul style="list-style-type: none"> ▪ PowerPoint presentation 	●	●	
Module 7: Engaging patients in treatment: specialist assessment and treatment plan	<ul style="list-style-type: none"> ▪ To describe considerations for delivering tobacco dependence treatment in the inpatient mental health settings including goals of treatment. 	Process: <ul style="list-style-type: none"> ▪ Presentation Resources: <ul style="list-style-type: none"> ▪ PowerPoint presentation ▪ Handout: Best practices for SMI 	●	●	●
Module 8: Effective use of tobacco dependence	<ul style="list-style-type: none"> ▪ To practice key skills related to the effective use of first line tobacco dependence aids 	Process: <ul style="list-style-type: none"> ▪ Presentation 	●	●	●

medications and aids	<p>(NRT, nicotine vapes, nicotine analogues) in the inpatient setting.</p> <ul style="list-style-type: none"> To review appropriate dosing of nicotine replacement based on assessment of tobacco dependence. 	<ul style="list-style-type: none"> Skills practice Group discussion <p>Resources:</p> <ul style="list-style-type: none"> PowerPoint presentation Breakout rooms Handout: Tobacco dependence aids quick reference Handout: Individualised dosing 			
Module 9: Nicotine vapes	<ul style="list-style-type: none"> To provide an understanding of vaping and to communicate the key principles of discussing vaping with patients with SMI. 	<p>Process:</p> <ul style="list-style-type: none"> Presentation Group discussion <p>Resources:</p> <ul style="list-style-type: none"> PowerPoint presentation Handout: Tobacco dependence aids quick reference 	●	●	●
Module 10: Nicotine replacement therapy: getting to know the products	<ul style="list-style-type: none"> Describe the range of NRTs available to aid smoking cessation including their safety, usage, contraindications, and efficacy. Be aware of considerations for use in people with SMI. 	<p>Process:</p> <ul style="list-style-type: none"> Presentation Group discussion Product demonstration <p>Resources:</p> <ul style="list-style-type: none"> PowerPoint presentation NRT samples for demonstration Handout: Tobacco dependence aids quick reference 	●	●	●
Module 11: Nicotine analogues and bupropion	<ul style="list-style-type: none"> To provide an overview of analogue medications (varenicline and cytisine) 	<p>Process:</p> <ul style="list-style-type: none"> Presentation 	●	●	●

	<p>including their safety, instructions for use, contraindications, side effects, and efficacy.</p> <ul style="list-style-type: none"> To provide an overview of bupropion including their safety, instructions for use, contraindications, side effects, and efficacy. 	<p>Resources:</p> <ul style="list-style-type: none"> PowerPoint presentation Handout: Tobacco dependence aids quick reference 			
Module 12: Discussing tobacco dependence aids with patients	<ul style="list-style-type: none"> To communicate the skills needed to explain stop smoking medications and support effective medication use. 	<p>Process:</p> <ul style="list-style-type: none"> Presentation Group discussion <p>Resources:</p> <ul style="list-style-type: none"> PowerPoint presentation Handout: Tobacco dependence aids quick reference 	●	●	
Module 13: Challenging conversations: responding to staff scenarios	<ul style="list-style-type: none"> To review challenging staff statements and consider appropriate responses. 	<p>Process:</p> <ul style="list-style-type: none"> Presentation Group discussion Responding to staff scenarios in two groups <p>Resources:</p> <ul style="list-style-type: none"> Jamboard/whiteboard Breakout rooms Handout: Staff statements 		●	
Module 14: Carbon monoxide monitoring	<ul style="list-style-type: none"> To understand the role of carbon monoxide testing and how this is used as a motivational tool. Show understanding of the principles and methodology of carbon monoxide (CO) monitoring. 	<p>Process:</p> <ul style="list-style-type: none"> Group discussion CO Demonstration <p>Resources:</p>	●	●	

		<ul style="list-style-type: none"> PowerPoint presentation Carbon monoxide monitor, mouthpiece and wipes 			
Module 15: Smoking and psychotropic medications interactions	<ul style="list-style-type: none"> To understand the effect of stopping smoking on psychotropic medications and review clinical management. To be aware of cautions related to clozapine. 	Process: <ul style="list-style-type: none"> Presentation Group discussion Resources: <ul style="list-style-type: none"> PowerPoint presentation 	●	●	●
Module 16: Tobacco and cannabis use	<ul style="list-style-type: none"> To outline considerations for patients who smoke cannabis with tobacco. 	Process: <ul style="list-style-type: none"> Presentation Group discussion Resources: <ul style="list-style-type: none"> PowerPoint presentation 	●	●	
Module 17: Initial assessment and treatment plan	<ul style="list-style-type: none"> To outline the person-centred approach and behaviour change techniques required at the point of initial assessment. Be aware of techniques for addressing motivation to quit and ambivalence among smokers not ready to quit or with low confidence in their ability to quit. To observe the behaviour change techniques associated with the initial assessment To practice delivering the initial assessment. 	Process: <ul style="list-style-type: none"> Presentation Group discussion Trainer demonstration Skills practice Resources: <ul style="list-style-type: none"> PowerPoint presentation Breakout rooms Handout: Inpatient STP checklists Handout: Patient profiles 		●	
Module 18: Cut Down and Then Stop	<ul style="list-style-type: none"> To review best practices for working with SMI patients using a structured CDTS. To practice key aspects of CDTS support. 	Process: <ul style="list-style-type: none"> Presentation Film clip 		●	

		<ul style="list-style-type: none"> ▪ Skills practice <p>Resources:</p> <ul style="list-style-type: none"> ▪ PowerPoint presentation ▪ Breakout rooms ▪ Handout: Skills practice checklist for CDTS ▪ Handout: CDTS support pack 			
Module 19: Follow-up scenarios	<ul style="list-style-type: none"> ▪ To review the skills associated with follow-up sessions. ▪ To review skills associated with supporting the patient to manage setbacks. ▪ To consider the support required for patients going on leave from the inpatient setting. 	<p>Process:</p> <ul style="list-style-type: none"> ▪ Presentation ▪ Group discussion ▪ Skills practice <p>Resources:</p> <ul style="list-style-type: none"> ▪ PowerPoint presentation ▪ Film clips [embedded in slides] ▪ Scenarios [detailed on slides] ▪ Breakout rooms ▪ Appendix 1: Trainer demonstration script ▪ Handout: Inpatient STP checklists ▪ Handout: Patient profiles 		●	
Module 20: Discharge planning and post discharge support	<ul style="list-style-type: none"> ▪ To review the skills associated with discharge planning. ▪ To identify the skills required for post discharge follow-up. 	<p>Process:</p> <ul style="list-style-type: none"> ▪ Presentation ▪ Group discussion <p>Resources:</p>		●	

		<ul style="list-style-type: none"> PowerPoint presentation Breakout rooms Handout: Inpatient STP checklists Handout: Strategies worksheet 			
Module 21: Responding to patient and staff scenarios	<ul style="list-style-type: none"> To gain confidence in techniques elicit the client's views and questions on smoking and smoking cessation, answering questions, providing reassurance, and dispelling myths in a non-judgmental, clear, and accurate manner 	<p>Process:</p> <ul style="list-style-type: none"> Responding to patient scenarios in two groups <p>Resources:</p> <ul style="list-style-type: none"> Breakout rooms Appendix: Patient scenarios 		●	
Module 22: Myths and facts	<ul style="list-style-type: none"> To review key smoking myths and facts. 	<p>Process:</p> <ul style="list-style-type: none"> Presentation Quiz <p>Resources:</p> <ul style="list-style-type: none"> PowerPoint presentation Quiz polling tool 	●	●	●
Module 23: Course wrap-up	<ul style="list-style-type: none"> 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. 	<p>Process:</p> <ul style="list-style-type: none"> Presentation Group discussion Completion of post-course questionnaire and evaluation <p>Resources:</p> <ul style="list-style-type: none"> PowerPoint presentation Post-course questionnaire link Course evaluation link 		●	

