Community mental health tobacco treatment training

Virtual learning course

Overview

NCSCT online and face-to-face courses are evidence-based and proven to increase clinical skills.

This two-day virtual training course for up to 20 delegates will provide health professionals with the competences (knowledge and skills) to deliver behavioural support for tobacco dependence for people with severe mental illness (SMI). This course is designed for health professionals who will be delivering specialist tobacco dependence treatment to SMI patients in community mental health settings.

The course is built upon evidence-based behaviour change techniques and informed by best practices for tailoring treatment to people with SMI. The course concentrates on those behaviour change techniques that add the most value to quit attempts, specifically: building rapport, boosting motivation and self-efficacy, carbon monoxide monitoring as a motivational tool, stop smoking medications and vaping, the 'not-a-puff' rule and eliciting patient commitment. The course also includes training on managing cravings, dealing with setbacks and relapse prevention.

The course uses presentations, case studies, role-play, film clips, group work and experiential-based learning techniques. Attendees will gain confidence in, and have the opportunity to practice skills for, tailoring stop smoking support for patients with SMI.

Aims and learning objectives

Aims:

The aims of this course are to increase participants' knowledge, skills and confidence in the delivery of individual tobacco dependency treatment for people with SMI using an evidence-based behavioural support programme.

For participants new to the tobacco treatment advisor role, this course will provide a foundation for developing confidence in the competences required to support people with SMI who want to stop smoking; for more experienced attendees, the aim is to refresh and build on existing knowledge and skills.

Learning Objectives:

At the end of the course, attendees will:

1. Be knowledgeable about the case for tobacco treatment in people with SMI, barriers for quitting, and best practices for treating tobacco dependence in patients with SMI.

2. Display confidence and competence in the delivery of tobacco dependence treatment tailored to SMI, including:

   - Undertaking assessments: assessing commitment, readiness and ability to quit, current smoking, past quit attempts and tobacco dependence.
   - Planning behavioural support: using relevant information from patients to tailor tobacco dependence treatment for both 'abrupt' quitting and 'Cut Down to Stop' approaches.
   - Delivering behavioural support:
     – Directly addressing motivation in relation to smoking and smoking cessation
     – Maximising patient confidence in their own ability to quit
     – Maximising capacity and skills for exercising self-control
     – Promoting effective use of stop smoking medication or aids, including nicotine replacement therapy and vapes
     – Addressing barriers and smoking cues and cravings
     – Effective communication and person-centred support
     – Eliciting patient commitment
   - Maximising patient opportunities to elicit support from others.
   - Maximising patient confidence in managing setbacks and relapse prevention.
   - Closing the behavioural support programme.

3. Be knowledgeable of clinical issues in the delivery of tobacco treatment to patients with SMI, including: interactions between smoking and psychotropic medication; adapting service delivery in consideration of patient SMI diagnosis, cognitive function and the presence of learning disabilities; preventing and managing weight gain; carbon monoxide (CO) monitoring; preventing and responding to relapse; planning for admissions or discharge from inpatient settings.

Supplementary training

This course should be supplemented by local training. It is highly recommended that health professionals observe an experienced practitioner before delivering specialist support to patients, be observed themselves delivering support to patients, and receive regular ongoing support and supervision. They should also engage in continuing professional development activities and ensure that a minimum number of patients are seen a year to maintain their knowledge and skills

Pre-course study

Prior to the two-day course participants are asked to complete the following online courses:

- NCSCT online *Stop smoking practitioner training and assessment programme.* The online course will take between 4–7 hours to complete. This course and assessment are available here: https://elearning.ncsct.co.uk/england

- NCSCT online specialty module on **Mental health and smoking cessation**. The course will take approximately 1 hour to complete. This course is available here: https://elearning.ncsct.co.uk/mental_health_specialty_module-launch

It is recommended that participants also review the NCSCT briefing:
Smoking cessation and smokefree policies: Good practice for mental health services
https://www.ncsct.co.uk/publication_mental_health_briefing.php

Additionally, it would be helpful to obtain a copy or be familiar with your local tobacco treatment referral pathway for the specialty SMI service and any related policies, including your Trust's Smokefree policy.

Pre-course support

Participants will have a dedicated NCSCT contact for any technical support required to access the course, completing the online training and assessment programme and any questions they may have prior to the training day. Administrative support will also be available throughout the virtual training days.

Course Length

Two days: 09:00 arrival for a 09:15 start. Please ensure that you access the training link by 09:00 at the latest to allow time to resolve any technical difficulties. The course finishes at 16:30 with regular comfort breaks and lunch between 12:45 and 13:30. Attendance in full is required to receive the course attendance certificate.

Training delivery method

This training is delivered remotely via the online virtual platform Zoom. Access instructions and a link to the training course will be sent to participants after they have registered and technical support will be available from 08:45 on the day of the training.

The use of webcams is required for course participants. Participants should ensure that they have access to a webcam prior to the training and use it throughout the course.

It is preferable for participants to access the course via the **Zoom app** on their PC/laptop as opposed to the internet browser as this ensures full access to functionality required to interact with the training. Instructions on how to download the zoom app and test will be circulated prior to the course.

Timetable Day 1

Time	Agenda	Activity
09:00	Enter virtual course and registration	Pre-training questionnaire
09:15	Welcome and introductions, aims and objectives, expectations from course	Group discussion Small group work
10:00	Mental health, smoking and stopping: changing lives	Presentation Large group discussion
11:00	Comfort break	
11:15	Initial assessment [Part 1] Engaging people with SMI who smoke and the initial assessment	Presentation Large / small group work Skills demonstration
12:45	Lunch	
13:30	Initial assessment [Part 2] Assessing quitting options abrupt vs CDTS, tailoring treatment	Presentation Skills practice (Abrupt quit) Skills demonstration (CDTS)
15:00	Comfort break	
15:15	Skills practice: Cut Down to Stop	Skills practice (CDTS)
15:45	Responding to patient scenarios	FAQs
16:15	Review of the day	
16:30	Depart virtual course	

Timetable Day 2

Time	Agenda	Activity
09:00	Enter virtual course	
09:15	Review of day 1 and Introduction to day 2	Presentation Group discussion
09:30	Tobacco dependence, stop smoking medications and vapes [Part 1]	Presentation Small group work Product demonstration
11:00	Comfort break	
11:15	Vaping [Part 2] and practice scenarios	Group discussion
12:00	Smoking and psychotropic medication interactions	Presentation
12:20	Quit date or reduction date session	Skills demonstration
12:45	Lunch	Optional: CO monitor demonstration
13:30	**Skills practice** - Quit Date	Skills demonstration Skills practice (Quit Date)
14:00	Follow-up sessions: staying on track and preventing relapse	Presentation Film clips
15:15	Comfort break	
15:15	Managing setbacks	Group discussion
15:45	Responding to scenarios	FAQs in two groups
16:15	Summary and close	Further training opportunities Post training questionnaire Course evaluation
16:30	Depart virtual course	