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# Inpatient Tobacco Dependence Adviser Training Course

# [Course location]

# [Dates]

# [In

# Course Aims

The aim of this course is to increase participants’ knowledge, skills and confidence in the

delivery of specialist tobacco dependence treatment in the inpatient hospital setting using the latest evidence best practices.

For participants new to the Tobacco Treatment Adviser role, this course will provide a foundation for developing knowledge and confidence in the competences required to deliver tobacco dependence treatment to people in the inpatient setting; for more experienced attendees, the aim is to build on existing knowledge and skills with a focus on the specifics of the new **‘Tobacco Dependence Care Bundles’** and the key learning surrounding these.

# Learning Objectives

At the end of the course, participants will:

1. Be knowledgeable about the case for tobacco dependence treatment and best practices for treating people admitted to hospital.
2. Understand nicotine addiction and the presentation of tobacco withdrawal in the inpatient setting.
3. Demonstrate knowledge and understanding on the core elements of the NHSE tobacco treatment care bundles (admission, specialist tobacco treatment, discharge planning and support) to support temporary forced abstinence and a smokefree admission in the inpatient setting.
4. Display confidence and competence in the delivery of tobacco dependence treatment tailored to the inpatient setting, including:
   * Engaging patients in treatment and addressing low motivation, ambivalence, or resistance to treatment.
   * Undertaking assessments: assessing tobacco dependence, response to treatment, and patient smokefree goals in the inpatient and outpatient setting.
   * Planning the patient tobacco dependence treatment plan: to support for both smokefree admission and a long term goal of smokefree abstinence,
   * Delivering follow-up support, adjusting the treatment plan, and supporting effective transition to community-based support.
   * Behavioural techniques for:
     + Effective communication techniques and delivering person-centred support;
     + Management of acute tobacco withdrawal and urges to smoke;
     + Effective use of stop smoking medication or aids, including nicotine replacement therapy, nicotine vapes and nicotine analogue medications;
     + Maximising patient confidence in their own ability to remain smokefree;
     + Preparing for discharge and relapse prevention
5. Be aware and demonstrate knowledge of clinical issues in the delivery of tobacco treatment to inpatients with various reasons for admission and clinical conditions.
6. Feel confident working in the acute inpatient setting including effective communication with clinicians and the patient care team.

List of trainers and attendees

Trainers

**[Add name and Brief description]**

List of attendees

**[Add names]**

**Course Timetable – Day 1**

|  |  |
| --- | --- |
| **Time** | **Agenda** |
| **09:00** | Enter virtual course and pre-course assessment |
| **09:15** | Welcome and introductions, aims and objectives, expectations from course |
| **09:35** | Treating tobacco dependence in the inpatient setting and overview of care bundles |
| **10:00** | Behaviour change techniques and communication skills (Core skills) |
| **11:00** | Comfort break |
| **11:15** | Understanding tobacco dependence |
| **11:35** | Initial assessment and treatment plan and demonstration |
| **12:30** | Lunch |
| **13:00** | Initial assessment and treatment plan skills practice |
| **13:25** | Effective use of tobacco dependence aids |
| **13:45** | Nicotine replacement therapy |
| **14:30** | Comfort break |
| **14:45** | Individualized dosing of NRT and skills practice |
| **15:45** | Nicotine vapes |
| **16:20** | Review of the day |
| **16:30** | Depart virtual course |

**Course Timetable – Day 2**

|  |  |
| --- | --- |
| **Time** | **Agenda** |
| **09:00** | Enter virtual course |
| **09:15** | Review of day 1 and introduction to day 2 |
| **09:45** | Addressing ambivalence and resistance (Core skills 2) |
| **10:45** | Comfort break |
| **11:00** | Carbon monoxide (CO) monitoring: as a motivational tool |
| **11:20** | Follow-up support and patient case studies |
| **12:30** | Lunch break |
| **13:00** | Nicotine analogue mediations (varenicline and cytisine) |
| **13:20** | Discharge care bundle |
| **14:00** | Clinical considerations and special populations |
| **14:45** | Comfort break |
| **15:00** | Smoking and medication interactions: the essentials |
| **15:20** | Post-discharge follow-up |
| **15:40** | FAQ: patient scenarios |
| **16:10** | Summary and close |
| **16:30** | Depart virtual course |

# Course evaluation

X practitioners attended the virtual course on the Add Date.

## Overall course evaluation

Participants rated the overall usefulness of the course using a scale ranging from 1 ‘strongly disagree’ (1) to ‘strongly agree’ (5). The table below shows that participants were in agreement that the NCSCT trainers were knowledgeable about both smoking cessation and mental health.

We received overall course evaluation responses from X practitioners attending this course.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Question** | **Number of responses** | **Mean Score (max = 5)** | **Standard deviation** | **Percent ‘agree’ or ‘strongly agree’** |
| Overall, the course was very useful |  |  |  |  |
| Overall, the course was very interesting |  |  |  |  |
| Overall, the course was very enjoyable |  |  |  |  |
| The course has improved my skills |  |  |  |  |
| I would recommend this course to others |  |  |  |  |

## Course content evaluation of the usefulness of each part of the course

Participants rated the usefulness of each individual section of the course using a three-point scale: ‘not useful’ (1), ‘quite useful’ (2) and ‘very useful’ (3). The table below shows high ratings of usefulness for all of the course content.

We received course evaluation responses from x practitioners attending this course.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Session** | **Number of responses** | **Mean Score**  **(max=3)** | **Standard deviation** | **Percent ‘quite useful’ or ‘very useful’** |
| **Day 1** | | | | |
| Welcome and introductions, aims and objectives, expectations from course |  |  |  |  |
| Welcome and introduction |  |  |  |  |
| Treating tobacco dependence in the inpatient setting and overview of care bundles |  |  |  |  |
| Communication skills and behaviour change techniques |  |  |  |  |
| Understanding tobacco dependency |  |  |  |  |
| Initial assessment and Treatment Plan |  |  |  |  |
| Effective use of stop smoking aids |  |  |  |  |
| Nicotine replacement therapy |  |  |  |  |
| Nicotine vapes |  |  |  |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Session** | **Number of responses** | **Mean Score**  **(max=3)** | **Standard deviation** | **Percent ‘quite useful’ or ‘very useful’** |
| **Day 2** | | | | |
| Day 1 recap and quiz |  |  |  |  |
| Addressing ambivalence and resistance |  |  |  |  |
| Carbon monoxide (CO) testing as a motivational tool |  |  |  |  |
| Follow-up support and patient case studies |  |  |  |  |
| Nicotine analogues mediations (varenicline, cytisine) |  |  |  |  |
| Special populations and clinical considerations |  |  |  |  |
| Smoking and medication interactions: the essentials |  |  |  |  |
| Discharge care bundle |  |  |  |  |
| FAQs: patient scenarios |  |  |  |  |
| Course wrap-up |  |  |  |  |

Course participants also had the opportunity to provide free text comments and suggestions:

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# **Confidence in competences**

Trainees rated how confident they were in possessing the competences that are required to deliver successful stop smoking interventions on a scale from ‘Not confident’ (1) to ‘Highly confident’ (5). These ratings were given immediately before and after the course. See Figure 1.

*CLICK ON FIGURE BELOW TO ADD DATA TO POPULATE*

*Figure 1: Confidence in competences of 20 BCTs for tobacco treatment delivery for people in an inpatient setting*

# Summary

[Add summary text]