**Tobacco Dependence Adviser Training Course: Inpatient Mental Health**

**Pre-training questionnaire**

**Initials**: **Date:**

To help us evaluate the effectiveness of this course we would be grateful if you could complete this short questionnaire. For each of the following statements, on the scale from 1 ‘not confident’ to 5 ‘highly confident’, please **select** **the number that corresponds with how confident you feel**. Your responses will be analysed anonymously, and individual responses will not be reported.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **How confident are you in doing each of the following?** | **Not confident** |  | **Moderately confident** |  | **Highly confident** |
| 1. Developing rapport and engaging patients in treatment | 1 | 2 | 3 | 4 | 5 |
| 1. Explaining the personal benefits of stopping smoking to patient’s recovery, physical and mental health | 1 | 2 | 3 | 4 | 5 |
| 1. Describing tobacco treatment support that is available to inpatients | 1 | 2 | 3 | 4 | 5 |
| 1. Enhancing patient’s motivation and confidence | 1 | 2 | 3 | 4 | 5 |
| 1. Undertaking assessments: assessing tobacco dependence, response to treatment | 1 | 2 | 3 | 4 | 5 |
| 1. Discussing patient’s smokefree goals | 1 | 2 | 3 | 4 | 5 |
| 1. Supporting patients not ready to quit with a smokefree admission | 1 | 2 | 3 | 4 | 5 |
| 1. Supporting patients ready to quit with developing a treatment plan | 1 | 2 | 3 | 4 | 5 |
| 1. Explaining to patients’ tobacco dependence, withdrawal symptoms and urges to smoke | 1 | 2 | 3 | 4 | 5 |
| 1. Advising patients on the use of Nicotine Replacement Therapy (NRT) | 1 | 2 | 3 | 4 | 5 |
| 1. Advising patients on the use of nicotine vapes (e-cigarettes) | 1 | 2 | 3 | 4 | 5 |
| 1. Advising patient in the use of nicotine analogues (varenicline and cytisine) | 1 | 2 | 3 | 4 | 5 |
| 1. Supporting SMI patients with developing a structured Cut Down to Stop plan for quitting | 1 | 2 | 3 | 4 | 5 |
| 1. Advising on the use of NRT or vapes for patients who are Cutting Down to Stop | 1 | 2 | 3 | 4 | 5 |
| 1. Advising patients on strategies for coping with urges to smoke | 1 | 2 | 3 | 4 | 5 |
| 1. Assessing patients’ experience with stop smoking medications including correct use and side effects | 1 | 2 | 3 | 4 | 5 |
| 1. Advising patients on adjusting medication or vape usage in the light of their experiences | 1 | 2 | 3 | 4 | 5 |
| 1. Helping patients to develop strategies to cope with barriers, cues to smoke and relapse triggers (e.g. boredom, socializing, coping with stress) | 1 | 2 | 3 | 4 | 5 |
| 1. Responding effectively to patient resistance to treatment | 1 | 2 | 3 | 4 | 5 |
| 1. Assessing medications that interact with smoking and communicating with prescriber about medication review | 1 | 2 | 3 | 4 | 5 |
| 1. Communicating effectively with clinicians and the patient’s care team about their treatment plan | 1 | 2 | 3 | 4 | 5 |
| 1. Using expired air carbon monoxide (CO) measurement as a motivational tool | 1 | 2 | 3 | 4 | 5 |
| 1. Dealing with lapses to minimise the likelihood that they will lead to full ‘relapse’ | 1 | 2 | 3 | 4 | 5 |
| 1. Re-engaging patients in treatment after set-backs and relapse | 1 | 2 | 3 | 4 | 5 |
| 1. Preparing for discharge including supply of medications and referral to follow-up support | 1 | 2 | 3 | 4 | 5 |

**Thank you for completing this questionnaire.**