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Description automatically generated

# Tobacco Dependence Adviser Training Course for Inpatient Mental Health

# Add Course location

# Add Course date

# 2th

# Aims of course and timetable

This two-day course is for NHS staff who will be delivering specialist tobacco dependence treatment to patients during admission to an inpatient mental health facility.

The course is designed to increase Tobacco Dependence Advisers (TDAs) knowledge, skills and

confidence in the delivery of specialist tobacco dependence treatment in the inpatient mental health

setting using the latest evidence best practices.

The course will focus on effective behaviour change techniques and treatment approaches specific to the inpatient setting, including:

* the case for addressing tobacco use among persons with mental health illness as a priority
* conducting the initial assessment and treatment plan development,
* delivering follow-up support to patients while in hospital, and
* supporting discharge planning and onward referral to community-based support.

For participants new to the tobacco treatment advisor 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 ‘NHS Standard Treatment Plan

for Inpatient Tobacco Dependence’ and its associated Care Bundles.

## Learning Objectives

At the end of the course, participants will:

1. Be knowledgeable about the case for tobacco dependency treatment and best practices for

treating people admitted to hospital.

1. Be aware of the consequences of smoking on physical, mental health and social determinants and the benefits of treating tobacco use as a priority.
2. Understand nicotine addiction and the presentation of tobacco withdrawal in the inpatient mental health setting and how treatment is tailored for persons with severe mental illness.
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

1. Be familiar with the impact of smoking on psychotropic and other medications, and medications requiring monitoring following smoking abstinence.
2. Be aware and demonstrate knowledge of clinical issues in the delivery of tobacco treatment to inpatients with various reasons for admission and clinical conditions.
3. 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 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 participants overall assessment of the 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.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Session** | **Number of responses** | **Mean Score**  **(max=3)** | **Standard deviation** | **Percent ‘quite useful’ or ‘very useful’** |
| **Day 1** | | | | |
| Welcome and introductions, aims and expectations |  |  |  |  |
| Mental illness, smoking and stopping: changing lives |  |  |  |  |
| Understanding tobacco dependence in people with SMI |  |  |  |  |
| Behaviour change techniques and core communication skills |  |  |  |  |
| Treating tobacco dependence: a new standard of care in inpatient MH |  |  |  |  |
| Point of admission care: acute management of nicotine withdrawal |  |  |  |  |
| Engaging patients in treatment: best practices |  |  |  |  |
| Effective use of tobacco dependence medications and aids |  |  |  |  |
| Nicotine vapes |  |  |  |  |
| Nicotine replacement therapy |  |  |  |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Session** | **Number of responses** | **Mean Score**  **(max=3)** | **Standard deviation** | **Percent ‘quite useful’ or ‘very useful’** |
| **Day 2** | | | | |
| Review of day 1 and quiz |  |  |  |  |
| Initial assessment and treatment plan |  |  |  |  |
| Carbon monoxide (CO) monitoring: a motivational tool |  |  |  |  |
| Harm reduction (Cut Down and Then Stop) |  |  |  |  |
| Smoking and psychotropic medications interactions |  |  |  |  |
| Follow-up scenarios |  |  |  |  |
| Preparing for discharge |  |  |  |  |
| Post discharge follow-up support |  |  |  |  |
| FAQs: responding to patient and staff scenarios |  |  |  |  |
| Review of day 1 and quiz |  |  |  |  |

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

Add here

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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). See figure 1 for results of pre and post course assessment of competencies.

*CLICK ON FIGURE BELOW TO ADD DATA TO POPULATE*

***Figure 1: Confidence in competences of 25 BCTs for tobacco treatment delivery for people in a mental health inpatient setting***

# Summary

<Add summary>

# Contact details

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