

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

# **Trainer's guide**

## **Module 10: Nicotine replacement therapy: Getting to know the products**

## Nicotine replacement therapy: Getting to know the products

### Purpose:

- To communicate the skills needed to explain stop smoking medications and support effective medication use.

**Duration:** 1 hour

### Process:

- Presentation
- Group discussion
- Product demonstration

### Resources:

- PowerPoint presentation
- Handout 1: Tobacco dependence aids quick reference
- Handout 2: Medications and aids worksheet
- Breakout rooms

### Trainer guidance on medications

Prior to delivering the course, it will be worth viewing the medication pages in the NCSCT *Practitioner Training and Assessment Programme* and the NCSCT online *stop smoking medications* module. It would also be beneficial to review the NCSCT online *Vaping: a guide for healthcare professionals* module.

Please also read relevant briefings on the NCSCT website and the following information regarding medications requiring monitoring following smoking cessation, available here:

[www.sps.nhs.uk/articles/what-are-the-clinically-significant-drug-interactionswith-tobacco-smoking/](http://www.sps.nhs.uk/articles/what-are-the-clinically-significant-drug-interactionswith-tobacco-smoking/)

# 1

## Activity: Presenting NRT products and addressing barriers to use

### Activity No: 1

**Resources:** Breakout rooms [share slide titled *Tobacco dependence aids: groups and questions* to breakout rooms]  
Module 10, Handout 1: Tobacco dependence aids quick reference  
Module 10, Handout 2: Medications and aids worksheet

**Breakout room numbers and duration:** 5 participants per group; 10 minutes

**Duration:** 60 minutes

#### Method:

- Advise participants that they will soon split into **groups of 5**
- Each group has **10 minutes** to complete answer the following questions about their allocated NRT product:
  - How would you present this product to a patient with SMI?
  - What barriers might there be for a person with SMI to using this product?

#### Instructions to participants:

- Show the slide that lists participant names and the NRT they have been allocated. The NCSCT training coordinator will share this slide to the breakout rooms.
- Advise participants they can use **Handout 3: Tobacco dependence aids quick reference**, which has information about all tobacco dependence aids, should they need any further guidance.
- Groups have **10 minutes** to answer the questions on the slide in relation to the NRT product they have been allocated.
- **Emphasise that it is the skills in giving key information about medication that you want them to focus on.**
- Ask participants to discuss, note down their answers and **nominate one person from their group to give feedback.**

#### On return

- Ask each group in turn to give feedback on their stop smoking medication.
- Use the slides on each NRT as a background to feedback and add anything groups have missed.

**Trainers should provide an overview of the NRT products that were not allocated as part of this activity.**