

Tobacco Dependence Adviser Training Course: Inpatient Mental Health

Trainer's guide

Module 16: Tobacco and cannabis use

Tobacco and cannabis use

Purpose:

- To outline considerations for patients who smoke cannabis with tobacco

Duration: 15 minutes

Process:

- Presentation
- Group discussion

Resources:

- PowerPoint presentation

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Activity: Cannabis withdrawal symptoms

Activity No: 1

Resources: Chat or trainer-facilitated discussion

Duration: 5-7 minutes

Method:

- Use the slide to review cannabis withdrawal symptoms. TDAs should observe for cannabis withdrawal symptoms (see full list below) which usually start between 1–3 days after cessation, peak at 2–6 days, and last for 14 days or more.
- Engage learners in an interactive discussion by asking which of the cannabis withdrawal symptoms are also symptoms of tobacco withdrawal. Alternatively, they can use the chat to write out the symptom in full or the number shown next to it on the slide.
- Allow a few minutes for responses. Then move to next slide for responses to appear. Spend a few moments reviewing those that are common and those that are different or specific to cannabis withdrawal.
- Then, ask participants which of the symptoms are also symptoms of mental illness, again inviting use of the chat to share their responses, either writing the symptom in full or its corresponding number
- Allow a few minutes for responses. Then move to next slide for responses to appear. Spend a few moments reviewing those that are common and those that are different or specific to cannabis withdrawal.
- Make any final comments before moving on.

Cannabis withdrawal symptoms include:

restlessness, irritability, feeling anxious or worried, feeling depressed, trouble sleeping, nightmares / vivid dreams, feeling tired during the day, lack of appetite and weight loss, headaches, sweating, digestion problems, cramps, and nausea, tremor, fever or chills