

Tobacco Dependence Adviser Training Course: Inpatient Mental Health

Trainer's guide

Module 17: Initial assessment and treatment plan

Contents

	Initial assessment and treatment plan	3
1.	Activity 1: Initial assessment skills practice	4
2.	Activity 2: What might affect a patient's decision to stop smoking?	5

Initial assessment and treatment plan

Purpose:

- To practice the behaviour change techniques associated with the initial assessment

Duration: 30 minutes

Process:

- Presentation
- Group discussion
- Skills practice

Resources:

- Breakout rooms
- Module 17 Handout 1: Clinical Checklist
- Module 17 Handout 2: Patient profiles

Instruction:

- See notes in presentation slides

1

Activity: Initial assessment skills practice

Activity No: 1

Resources: Breakout rooms
Module 17 Handout 1: Clinical checklist
Module 17 Handout 2: Patient profiles

Breakout room numbers and duration: Pairs; 15 minutes

Duration: 15 minutes

Method:

Initial assessment skills practice:

- Explain that you will be dividing participants into pairs and that each person will get a turn to be the patient or practitioner.
- **Practitioner** - The 'practitioners' role involves conducting an initial assessment. Participants should use the clinical checklist within Handout 1 and practise communication skills.
- **Patient** - play a typical patient at initial session using **Kerri's patient profile** in Handout 2. Give information only when asked, keep in character and supplement information, but don't make the consultation too difficult
- Explain that participants will have **15 minutes (10 to carry out the skills practice and 5 to feedback to each other and debrief)** before coming back to the main room, ask participants to be prepared with at least one thing that went well and at least one thing that was more challenging or that they feel more practice is required.
- **Advise participants that trainers will pop into breakout rooms to see how they are getting on.**

On return:

- Ask for general feedback, comments or questions participants have regarding the initial assessment session.
- Were there any areas that you found challenging?
- Summarise what you have observed.
- Highlight the examples of good skill implementation that you have seen.
- Mention any weaknesses that were common.

2

Activity: What might affect a patient's decision to stop smoking?

Activity No: 2

Resources:

Virtual delivery: Jamboard (or chat)

In-person delivery: Sticky notes (or flip chart)

Duration: 3–5 minutes

Method for virtual course:

- Ask participants to think about what might affect a hospitalised patient's decision to stop smoking long-term
- Ask participants to add to the Jamboard their thoughts on what might affect a patient's decision to stop smoking
- Trainer can read aloud a few of the responses as they are posted
- After a few minutes offer some summary comments and move to next slide

Method for in-person course:

- Invite participants to think about what might affect a hospitalised patient's decision to stop smoking long-term
- Distribute sticky notes (3–5 to each participant)
- Ask participants to write their thoughts down on a sticky note
- Invite participants to stick their note on a location defined by trainer
- Trainer can read aloud a few of the responses as they are posted.
- After a few minutes offer some summary comments and move to next slide.

Optional: This exercise can also be done as a large group discussion with trainer writing down on flip chart or white board responses as they are called out from group.