

Tobacco Dependence Adviser Training
Course: Inpatient Mental Health

Trainer's guide
Module 19: Follow-up
scenarios

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Follow-up scenarios

Purpose:

- To review the skills associated with the follow-up sessions.
- To consider the support required for patients going on leave from the inpatient setting.

Duration: 45 minutes

Process:

- Presentation
- Group discussion

Resources:

- PowerPoint presentation
- Film clips [embedded in slides]
- Scenarios [detailed on slides]
- Trainer demonstration script [Appendix 1]
- Module 19 Handout 1: Inpatient STP checklists
- Module 19 Handout 2: Patient profiles

1**Activity: What is covered during follow-up contacts?****Activity No: 1****Resources:**

Virtual delivery: Jamboard (or chat)

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

Duration: 3–5 minutes

Method for virtual course:

- Ask the group to use the Jamboard to respond to the question: What would we cover as part of follow-up contacts during the patient's admission to hospital?
- 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:

- Ask the group to use the sticky notes or flip chart or to respond to the question: What would we cover as part of follow-up contacts during the patient's admission to hospital?
- Distribute sticky notes (3–5 to each participant)
- 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

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Activity 2: Follow-up contact skills practice

Activity No: 2

Resources: Breakout rooms
Module 19 Handout 1: Clinical checklist
Module 19 Handout 2: Patient profiles

Breakout room numbers and duration: Pairs, 10 minutes

Duration: 15 minutes

Method:

- Explain that you will be dividing participants into pairs and that each person will be the patient or practitioner. The aim of this skills practice is to practice preparing for leave from hospital.
- **Practitioner:** the practitioner's role involves conducting a discharge planning session. Participants should use the follow-up checklist (Handout 1) and practice communication skills.
- **Patient:** play a typical patient preparing for leave using the **Kerri patient profile** (Handout 2). **Kerri is three weeks into her inpatient stay and has been granted 24-hour leave.** Give information only when asked, keep in character and supplement information, but don't make the consultation too difficult

During this skills practice we encourage you to consider the following:

- What will you want to learn about?
- What advice and planning will you provide in preparation for leave?
- What advice about use of aids will you provide?
- What are their high-risk situations for smoking?
- Have the patient identify 1–3 potentially high-risk situations and develop plans to deal with them
- Participants will have **10 minutes** before coming back to the main room.
- **Advise participants that trainers will pop into breakout rooms to see how they are getting on.**

On return:

- For those of you in the TDA role, what did you discuss?
- What went well?
- For those of you in the role of the patient, how did the conversation go?

Points to be made:

- Having the patient commit to remaining smokefree during leave, reviewing benefits of doing so.
- Having the patient think ahead and practice with you how they will manage challenging situations.
- Having an agreed plan that reflects the realities for the patient.
- Having an exit plan that includes medication for when the patient finds themselves in a position where they will find it difficult to not smoke.

The script below is intended to guide the skills demonstration looking at TDA/staff interactions with patient. The scenario specifically addresses how we might respond to a patient who bring cigarettes back to the ward following leave.

TDA: X Can we meet to talk about your leave, when's a good time for you?

Patient: I am free now, so we can meet straight away if you like
(Go to the private interview room)

TDA: You must be delighted to have your leave back X...

Patient: Yes, it's great to be able to get out in the fresh air

TDA: So how did it go?

Patient: It was fine. I had no problems and I got back on time.

TDA: I'm really pleased to hear that you had no problems X, and well done for getting back on time, you are doing great and on track for overnight home leave, which is super. I noticed that you are struggling with the smoke free policy since you got back to the ward, and I wonder if that is something I can help you with?

Patient: I didn't intend to smoke but I found myself walking into the village with the others and they were all buying cigarettes and I just thought I can't be the odd one out and what difference will one packet make?

TDA: So, you joined some other patients and bought cigarettes with them in the village shop. How do you feel about that now?

Patient: To be honest I have mixed feelings, part of me thinks it doesn't matter but another part of me thinks it was stupid because I had been doing so well and feeling so much better and now, I'm annoyed with myself and I'm not sure if my medication will be affected.

TDA: I understand, your mixed feelings. You noticed many benefits since you stopped smoking but when you were in that moment with the group it was very difficult to stick to your plan.

It might help if we look at the reasons why you wanted to stop smoking, shall I get this out and we can revisit the plan you have in place, I wonder if there is anything else the team here can do to help you manage challenging situations like the one you had today?

Patient: Sure, let's do that, although I now think it's probably best if I give up on stopping until such time as I'm discharged and start again when I'm out of this place and away from temptation.

TDA: It's your decision X, there is never an easy time to stop smoking, and on days like today when you have a lapse it's understandable that you doubt yourself. But please be reassured everyone here is determined to give you all the support possible and I do not doubt you can succeed. If you stop smoking your physical and mental health will improve – you have a lower dose of medication and you will have more money to spend on yourself and your family. Being positive about stopping

smoking and knowing that there will be hard times and periods when you feel like smoking, but that these will pass, can help. Your lapse today doesn't have to be a relapse. The support available from the staff here, together with the medication we provide gives you a great opportunity to succeed. So, let's see if we can strengthen your plan to get you back on track, eh?

Patient: I know there are so many benefits and I do want to enjoy those things you mention but I don't think I am able to do it right now, especially when I'm surrounded by other smokers.

TDA: Sounds like your motivation to quit is still high but your confidence has taken a bit of a knock, and you found it difficult not to join the smokers in the village. What do you think might help next time you go out to avoid this risky situation?

Patient: Well, I guess, I could go out at a different time than the smokers and I could bring just enough money for a coffee in the café which would mean I avoid the shop and the group and do my own thing.

TDA: This sounds like a good idea X, finding other things to do and other places to go will definitely make it easier for you. Can I check if you had enough NRT and vape when you were out?

Patient: Yes, I'm happy with my vape, but I'm thinking about having a second one as a backup.

TDA: That's a super idea X. I've seen other people do this and it works really well. Is there anything you need from me or the team?

Patient: I'm a little worried now about my medication level – do you think I've blown it and might have to increase my medication again?

TDA: We will only know the answer to this after doing a blood test. It depends on how many cigarettes you smoked and how you smoked them. I'll organise a blood test for you tomorrow morning and we can put your mind to rest on this really quickly. I also notice on your plan you are scheduled to have daily carbon monoxide tests; do you think it would help if we scheduled your CO test after you return from leave? In the past some people have found doing the check just after leave keeps them on track and it might help you to get through this initial phase as you start to go out and find new things to do other than smoking.

Patient: Mmmm, no place to hide!

TDA: X, it's your decision. We're here to help, if doing your CO test after you get back to the ward helps you then we will be delighted to give you that extra support. Why not give it a try? We can revisit your plan again at any time when you feel it's not helping you to reach your goal.

Patient: Ok then – I have come so far; I don't want to start going backwards.

TDA: Perfect – shall we summarise, you go first and say what your going to do and I'll type it up

Patient: I'm going to avoid going out on leave with the smokers

I'm going to avoid the village shop and go to the café instead.

I'm going to bring just enough money for coffee and I'm going to buy a spare e-cigarette

TDA: And I'm going to order a blood test for tomorrow and change the time of your daily CO test to be done after leave rather than first thing every morning. Would it be ok if we do your CO test now, it might help remind you about the impact of smoking on your health?

Patient: Sure, why not. Let's do it

TDA: Complete CO test and discuss result. Is there anything else, I can help you with today?

Patient: No, I think that's everything – thank you

TDA: Let's catch up again in a few days to see how this plan is working out. Before you go, Can I ask you to please hand in any remaining cigarettes/lighter you have please?

Reflection notes to use in debrief following the scenario:

- The patient is observed smoking in bedroom but staff do not rush in to take the lit cigarette from the patient. This would be potentially risky.
- Staff meets with the patient in private to discuss the policy breach and to offer support.
- Open ended question to begin
- Listening, paraphrasing, and responding
- Using the patient's own words and name
- Summarise the conversation
- Repeated offer of support
- Draw attention to benefits
- Draw attention to what can be lost
- Allow the patient space to work out their own solutions
- Provide additional ideas, but let the patient decide on the next steps
- Check medication
- Check CO
- Allow space for verbalising commitment
- Provide the plan in writing and confirm follow up/review
- Restate boundaries by retrieving any tobacco in patients' possession after support has been provided