

Tobacco Dependence Adviser Training
Course: Inpatient Mental Health

Trainer's guide

Module 20: Discharge planning and post-discharge support

Discharge planning and post-discharge support

Purpose:

- To review the skills associated with discharge planning.
- To identify the skills required for post discharge follow-up.

Duration: 55 minutes

Process:

- Presentation
- Group discussion

Resources:

- PowerPoint presentation
- Breakout rooms

Instruction:

- See notes in presentation slides

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Activity: Risk identification and problem solving

Activity No: 1

Resources: Breakout rooms, Module 20 Handout 1: Strategies

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

Duration: 15-20 minutes

Method:

- Explain to participants that they are going to split into **groups of 5** and they will have **10 minutes** for this activity
- Ask participants to consider each of the below areas in relation to the post-quit sessions and note their responses on their handout (Handout 1).
 - **Lapse/relapse risk situations:** Ask participants to come up with as many lapse risk situations, feelings and thoughts they can think of
 - **Problem solving:** Ask participants to identify problem solving and solution seeking questions
 - **Providing a menu of options:** Highlight to participants that they may also have ideas to add to the patient's strategies. Ask participants, if as an adviser you were to provide a menu of options what would they be? Build a list of solutions in the third section of the handout
- Bring participants back after **10 minutes** and debrief the activity using the notes below where required.

Risk situations:

- Occasions – weddings, funerals, holidays
- Strong feelings – sad, happy, anxious, angry, bored, feeling under stress
- Thoughts – *I deserve a reward, I'll just have one, I want to test myself*
- Partner/family/friends who smoke
- Cue situations – with coffee, alcohol, after dinner, smelling smoke, needing a break, seeing smoking associated items like cigarettes, lighter, ash tray

Problem solving (eliciting patient views and boosting self-efficacy):

- What situations can you foresee that may be difficult in the coming week

- What things do you think would help to handle that situation or feeling without smoking? (This can act like a brainstorm for the patient coming up with as many different things they can think of and picking the top 2-3)
- When you have tried to stop in the past, what times were most difficult, led you back to smoking? What would you do differently this time?
- Hypothetical questions and If then plans e.g. so if this happened, what could you do?
- What strategies have helped when you have gone through difficult times before?

Menu of options:

- Use stop smoking medication (enough for long enough)
- Avoid (or minimise) tempting situations
- Avoid alcohol initially until feeling confident as a non-smoker
- Changing routines e.g. get up later, straight to shower
- Changing associations e.g. different hot drink in the morning
- Distraction e.g. Physical activity
- Practice declining cigarettes – ‘no thanks, I don’t smoke’
- Asking household members/friends not to offer cigarettes and keep them out of sight
- Consider how far they have come, Imagine telling people you have started again
- Remind yourself, write down, the reasons why you are stopping
- Stress management techniques (yogic breathing)
- Agree a three-step strategy (agree what works for the patient)
 1. Use your stop smoking medication,
 2. Speak to someone who is supportive of you stopping
 3. Call me or the smokefree helpline
- Look after yourself – try to avoid getting too tired, bored, hungry or angry