

Tobacco Dependence Adviser Training Course: Acute inpatient

Trainer's guide

Module 3: Understanding tobacco dependence in the inpatient setting

Understanding tobacco dependence in the inpatient setting

Purpose:

- To outline what tobacco dependence is and how it develops.
- To describe tobacco withdrawal symptoms and urges to smoke, including expected severity and duration.
- To highlight unhelpful stigma, attitudes and culture and invite participant self-reflection
- To establish an understanding of how tobacco dependence is often viewed as a 'lifestyle' choice versus a chronic relapsing addiction.

Duration: 20 minutes

Process:

- Presentation

Resources:

- PowerPoint presentation
- Film clip (embedded in presentation)

Instruction:

- See notes in presentation slides