

**Tobacco Dependence Adviser Training
Course: Acute inpatient**

Trainer's guide

Module 6: Nicotine replacement therapy: getting to know the products

Nicotine replacement therapy: getting to know the products

Purpose:

- To communicate the clinical skills needed to explain stop smoking medications and support effective medication use.

Duration: 1 hour

Process:

- Presentation
- Small group work
- Product demonstration

Resources:

- PowerPoint presentation
- Breakout rooms
- Module 6 Handout 1: Tobacco dependence aids quick reference
- Module 6 Handout 2: Medications and aids worksheet
- Trainer: NRT samples for demonstration

Instruction:

- See notes in presentation slides

Activity No: 1

Resources: Breakout rooms [share slide titled tobacco dependence aids: groups and questions to breakout rooms]
 Module 6 Handout 1: Tobacco dependence aids quick reference
 Module 6 Handout 2: Medications and aids worksheet

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

Duration: 25 minutes

Method:

- Advise participants that they will soon split into **groups of 5**
- Each group has **10 minutes** to complete answer the following questions about their allocated NRT product:
 - How would you present this product to a patient?
 - What considerations might there be for a patient using this product?

Instructions to participants:

- Show the slide that lists participant names and the NRT they have been allocated. The slide can also be shared to breakout rooms if necessary.
- Advise participants they can use Handout 1, which has information about all stop smoking medications, should they need any further guidance.
- Emphasise that it is the **skills** in giving key information about medications that you want them to focus on.
- Ask participants to discuss, note down their answers and **nominate one person from their group to give feedback.**

On return

- Ask each group in turn to give feedback on their stop smoking medication.
- Use the slides on each NRT as a background to feedback and add anything groups have missed.
- **Trainers should provide an overview of the NRT products that were not allocated as part of this activity.**