

Tobacco Dependence Adviser Training
Course: Acute inpatient

Trainer's guide

Module 8: Individualised dosing of nicotine containing products

Individualised dosing of nicotine containing products

Purpose:

- To practice key aspects of the assessment process.

Duration: 30 minutes

Process:

- Presentation
- Skills practice
- Group discussion

Resources:

- PowerPoint presentation
- Module 8 Handout 1: Individualised dosing
- Module 8 Handout 2: Tobacco dependence aids quick reference

Instruction:

- See notes in presentation slides

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Activity: Individualised dosing of nicotine-containing products

Activity No: 1

Resources:

Option 1: breakout rooms, Module 8 Handout 1: Individualised dosing
Option 2: Trainer-facilitated group discussion

Breakout room numbers and duration: pairs or groups of three; 7 minutes

Duration: 15 minutes

Method:

- Advise participants that they will now, in pairs, have an opportunity to practice discussing stop smoking aids with case studies **Melina and John**.
- One participant will play the TDA and the other the patient.
- Participants should practice the following elements:
 - Explain role of NRT and combination NRT, address any concerns
 - Select treatment plan (product and dose)
 - Heaviness of Smoking Index (HSI)
 - History of stopping, history of medication use
 - Provide instructions for use
- Advise participants they will have **7 minutes** for this session.
- Advise participants that trainers will pop into breakout rooms to observe and support skills practice.

Debrief:

- Use the assessing nicotine dependence and individualised dosing for Melina and John to support the debrief
- Ask for general feedback, comments or questions participants have regarding discussing NRT with patients.
 - **Were there any areas that you found challenging?**
 - **Summarise** what you have observed.
 - **Highlight examples** of good skill implementation that you have seen.
 - **Mention any weaknesses** that were common.