

## **Tobacco Dependence Adviser Training Course: Inpatient Mental Health**

# **Trainer's guide**

## **Module 8: Effective use of tobacco dependence aids**

## Effective use of tobacco dependence medications and aids

### Purpose:

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

**Duration:** 30 minutes

### Process:

- Presentation
- Group discussion
- Skills practice

### Resources:

- PowerPoint presentation
- Handout 1: Tobacco dependence aids quick reference
- Handout 2: Individualised dosing
- Breakout rooms

### Trainer guidance on medications

Prior to delivering the course, it will be worth viewing the medication pages in the NCSCT *Practitioner Training and Assessment Programme* and the NCSCT online *stop smoking medications* module. It would also be beneficial to review the NCSCT online *Vaping: a guide for healthcare professionals* module.

Please also read relevant briefings on the NCSCT website and the following information regarding medications requiring monitoring following smoking cessation, available here:

[www.sps.nhs.uk/articles/what-are-the-clinically-significant-drug-interactionswith-tobacco-smoking/](http://www.sps.nhs.uk/articles/what-are-the-clinically-significant-drug-interactionswith-tobacco-smoking/)

# 1

## Activity: Individualised dosing of NRT products skills practice

**Activity No:** 1

**Resources:** Module 8, Handout 2: Individualised dosing

**Breakout room numbers and duration (optional):** 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 **Gemma and Michael**.
- One participant will play the practitioner and the other the patient.

### Next slide:

- 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, past history of medication use
  - Provide instructions for use

### Next slide:

- 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.**

### Next slide:

- **Debrief the skills practice using slides the following slides to support debrief in terms of assessing nicotine dependence and individualised dosing for Gemma and Michael.**
- Ask for general feedback, comments or questions participants have regarding discussing vapes 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.