

Inpatient Tobacco Dependence Adviser Training Course: Acute Inpatient

Two-day virtual course overview

This two-day course is for NHS staff who will be delivering specialist tobacco dependence treatment to patients during admission to an acute medical hospital. The course is designed to provide both new and experienced Tobacco Dependence Advisers (TDAs) with the knowledge and skills to deliver effective tobacco dependence treatment to support a smokefree admission and smoking cessation following discharge from hospital.

The course will provide participants training in the delivery of the newly published '**NHS Standard Treatment Plan for Inpatient Tobacco Dependence**' and its associated care bundles.

The course will focus on effective behaviour change techniques and treatment approaches specific to the inpatient setting, including:

- conducting the initial assessment and treatment plan development,
- delivering follow-up support to patients while in hospital, and
- supporting discharge planning and onward referral to community-based support.

Course Length

Two days: 9:00am arrival for a 9:15am start. Please ensure that you access the training link by 08:50 at the latest to allow time to resolve any technical difficulties. The course finishes at 16:30 with regular comfort breaks and lunch between 12:30pm and 13:00pm.

Training delivery method

This training is delivered remotely via the online virtual platform Zoom. Access instructions and a link to the training course will be sent to participants after they have registered, and technical support will be available from 8:45am on the day of the training.

The course will use presentations, case studies, roleplay, film clips, group work and experiential-based learning techniques. The course will provide all attendees with the opportunity to observe and practice skills to gain confidence in the delivery of the Standard Treatment Plan.

The use of webcams is required for course participants. Participants should ensure that they have access to a webcam prior to the training and use it throughout the course.

Course Aims

The aim of this course is to increase participants' knowledge, skills and confidence in the delivery of specialist tobacco dependence treatment in the inpatient hospital setting using the latest evidence best practices.

For participants new to the Tobacco Treatment Adviser role, this course will provide a foundation for developing knowledge and confidence in the competences required to deliver tobacco dependence treatment to people in the inpatient setting; for more experienced attendees, the aim is to build on existing knowledge and skills with a focus on the specifics of the new '**Tobacco Dependence Care Bundles**' and the key learning surrounding these.

Learning Objectives

At the end of the course, participants will:

1. Be knowledgeable about the case for tobacco dependence treatment and best practices for treating people admitted to hospital.
2. Understand nicotine addiction and the presentation of tobacco withdrawal in the inpatient setting.
3. Demonstrate knowledge and understanding on the core elements of the NHSE tobacco treatment care bundles (admission, specialist tobacco treatment, discharge planning and support) to support temporary forced abstinence and a smokefree admission in the inpatient setting.
4. Display confidence and competence in the delivery of tobacco dependence treatment tailored to the inpatient setting, including:
 - Engaging patients in treatment and addressing low motivation, ambivalence, or resistance to treatment.
 - Undertaking assessments: assessing tobacco dependence, response to treatment, and patient smokefree goals in the inpatient and outpatient setting.
 - Planning the patient tobacco dependence treatment plan: to support for both smokefree admission and a long term goal of smokefree abstinence,
 - Delivering follow-up support, adjusting the treatment plan, and supporting effective transition to community-based support.
 - Behavioural techniques for:
 - Effective communication techniques and delivering person-centred support;
 - Management of acute tobacco withdrawal and urges to smoke;
 - Effective use of stop smoking medication or aids, including nicotine replacement therapy, nicotine vapes and nicotine analogue medications;
 - Maximising patient confidence in their own ability to remain smokefree;
 - Preparing for discharge and relapse prevention
5. Be aware and demonstrate knowledge of clinical issues in the delivery of tobacco treatment to inpatients with various reasons for admission and clinical conditions.
6. Feel confident working in the acute inpatient setting including effective communication with clinicians and the patient care team.

Pre-course study

Prior to the two-day course participants are asked to familiarise themselves with the **NHS Standard Treatment Plan for inpatient tobacco dependence**. Additionally, course participants should obtain a copy or be familiar with their local trust tobacco dependence treatment pathway and any related policies, including the Trust's Smokefree policy.

Course participants who are less familiar with the use of stop smoking medications are invited to complete the NCSCT online training module on stop smoking medications' prior to the course: https://elearning.ncsct.co.uk/stop_smoking_medications-launch

Pre-course support

Participants will have a dedicated NCSCT contact for any technical support required to access the course and any questions they may have prior to the training day. Administrative support will also be available throughout the virtual training.

Certification

All participants will be provided with a certificate of participation by email following the course. Additionally, attendees are also able to certify for two days of continuing professional development (CPD). Attendance in full is required to receive the course attendance certificate.

Supplementary training

This course should be supplemented by local training. It is highly recommended that health professionals observe an experienced practitioner before delivering specialist support to patients, be observed themselves delivering support to patients, and receive regular ongoing support and supervision. They should also engage in continuing professional development activities and ensure that a minimum number of patients are seen a year to maintain their knowledge and skills.

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Timetable Day 1

Time	Agenda
09:00	Enter virtual course and pre-course assessment
09:15	Welcome and introductions, aims and objectives, expectations from course
09:35	Treating tobacco dependence in the inpatient setting and overview of care bundles
10:00	Behaviour change techniques and communication skills (Core skills)
10:45	Comfort break
11:00	Communications skills: Applying skills to practice
11:25	Understanding tobacco dependence
11:45	Initial assessment and treatment plan and demonstration
12:30	Lunch
13:00	Initial assessment and treatment plan: applying skills to practice
13:25	Effective use of tobacco dependence aids
13:45	Nicotine replacement therapy
14:45	Comfort break
15:00	Individualized dosing of NRT and skills practice
15:45	Nicotine vapes
16:15	Review of the day
16:30	Depart virtual course

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Timetable Day 2

Time	Agenda
09:00	Enter virtual course
09:15	Review of day 1 and introduction to day 2
09:45	Addressing ambivalence and resistance (Core skills 2)
10:45	Comfort break
11:00	Carbon monoxide (CO) monitoring: as a motivational tool
11:20	Follow-up support and patient case studies
12:10	Nicotine analogue medications (varenicline and cytisine)
12:30	Lunch break
13:00	Discharge care bundle
14:00	Clinical considerations and special populations
14:45	Comfort break
15:00	Smoking and medication interactions
15:15	Post-discharge follow-up
15:40	FAQ: patient scenarios
16:10	Summary and close
16:30	Depart virtual course