

Community mental health tobacco treatment training

Training guide: Module 4

Tobacco dependence, why it can be so difficult to quit

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Tobacco dependence, why it can be so difficult to quit

Importance:

- A working understanding of tobacco dependence, including the tobacco withdrawal syndrome, is fundamental to an appreciation of what smokers trying to quit are going through.
- Review challenges specific to SMI populations including symptom management.
- Smokers often underestimate their level of addiction. Accurate assessment of dependence is also important to ensure correct medication is given and adhered to.
- Practitioners need to be able to explain to people with SMI the symptoms, duration, and prevalence of tobacco withdrawal that they may experience when they quit, and how to help them identify coping strategies which can be used to alleviate them.

Purpose:

- Explain what is meant by tobacco dependence and how these develop.
- Identify how smoking can assist with SMI symptom management.
- Identify known nicotine withdrawal symptoms and their natural time course and how frequently they occur.
- Be familiar with how to provide reassurance to people with SMI experiencing tobacco withdrawal.
- Know how to assess tobacco dependence and how this can be used to tailor stop smoking support.

Brief description of training module:

A short slide set explaining nicotine addiction and tobacco dependence. Information is presented on the importance of accurately assessing nicotine dependence (using the FTCD and HSI) to understand the size of the challenge facing clients with SMI who smoke, and to help with selection of medication is presented.

Process:

Presentation

Resources:

PowerPoint presentation

Presenter's notes

Presenter's notes are found in the notes view of the PowerPoint slides. The presenter's notes provide a suggested method for presenting training content and identify where course activities occur. The sources for information and data presented are also included in the presenter's notes.