

Community mental health tobacco treatment training

Training guide: Module 8

Stop smoking medications: the latest guidance

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Importance:

- It is important that advisors understand the role stop smoking medications play, alongside behavioural support, in helping smokers to quit and best practices.
- They also need be aware of considerations for use in people with SMI.
- Advisors needs to be confident in principles related to using combination NRT to enhance treatment efficacy and ensuring adequate dose and duration of treatment for in particular for heavy smokers.

Purpose:

- Describe the role of stop smoking medications in supporting quit attempt.
- Discuss the evidence and recommendations related to combination NRT.
- To communicate the clinical skills needed to explain stop smoking medications and support effective medication use.
- Considerations of NRT use in SMI clients; including possible side effects, including those that require monitoring

Process:

- PowerPoint presentation
- Small group work
- Group discussion

Resources:

- Handout: NCSCT Quick Reference – Stop Smoking Aids
- Handout: Individualised dosing of nicotine-containing

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.

Activity: Individualised dosing of nicotine-containing products

Resources: Breakout rooms and Handout 2: Individualised dosing of nicotine-containing products

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

Duration: 15 minutes

Method:

Slide 61:

- Advise participants that we are now going to review a case study and assess the person's stop smoking medication needs.
- John currently smokes 50 cigarettes per day. While cigarettes vary in their nicotine content, a rough estimate is that 1.0 to 1.5mg of nicotine is absorbed from each cigarette (*this is affected by brand and smoking technique; it is not an evidence-based statement but simply a 'rule of thumb' to establish an absolute minimum dose to ensure people aren't underdosing*).
- Explain that this means John is **currently getting approximately 50mg of nicotine per day from his cigarettes** and that we are now going to think about how a nicotine-containing product could support John's quit attempt.

Instructions to participants:

- Advise participants that they will soon split into **groups of 5**.
- The group has **10 minutes** to respond to the questions in Handout 2: Individualised dosing of nicotine-containing products.
- As well as information about John's current smoking, the handout includes information on his past NRT use. Participants are to review these details and discuss the four questions presented at the top of the handout and note answers.
- Advise the groups to nominate one person to feedback to the larger group.

On return

- Take responses to each question in the handout.
- To ensure each group gets a chance to feedback, take feedback on one question from each group, asking each time if other groups have anything to add.
- Use **slide 62** as a summary slide of the details in the handout and **slide 63** to support question 3 of the handout (What nicotine-containing product options and at what dosage would you recommend for John?).