

Tobacco Dependence Adviser Training Course: Inpatient Mental Health

Course overview

Course Aims

This two-day course is for NHS staff who will be delivering specialist tobacco dependence treatment to patients during admission to an inpatient mental health facility.

The course is designed to increase Tobacco Dependence Advisers (TDAs) knowledge, skills and confidence in the delivery of specialist tobacco dependence treatment in the inpatient mental health setting using the latest evidence best practices.

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

- the case for addressing tobacco use among persons with mental illness as a priority,
- conducting the initial assessment and treatment plan development,
- delivering follow-up support to patients while in hospital,
- supporting discharge planning and onward referral to community-based support, and
- managing challenges that may arise in delivering treatment in MH wards.

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 **'NHS Standard Treatment Plan for Inpatient Tobacco Dependence'** and its associated **Care Bundles**.

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, film clips, group work and experiential-based learning techniques.

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.

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. Be aware of the consequences of smoking on physical, mental health and social determinants and the benefits of treating tobacco use as a priority.
3. Understand nicotine addiction and the presentation of tobacco withdrawal in the inpatient mental health setting and how treatment is tailored for persons with severe mental illness.
4. 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.
5. 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
7. Be familiar with the impact of smoking on psychotropic and other medications, and medications requiring monitoring following smoking abstinence.
8. Be aware and demonstrate knowledge of clinical issues in the delivery of tobacco treatment to inpatients with various reasons for admission and clinical conditions.
9. Feel confident delivering tobacco treatment in MH wards including effective communication with the patient care team and managing challenges that may arise.

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. TDAs should also engage in continuing professional development activities.

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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
09:40	Mental illness, smoking and stopping: changing lives
10:20	Understanding tobacco dependence in people with SMI
10:45	Comfort break
11:00	Behaviour change techniques and core communication skills
12:10	Treating tobacco dependence: a new standard of care in inpatient MH
12:30	Lunch
13:00	Point of admission care: acute management of nicotine withdrawal
13:15	Engaging patients in treatment: best practices
13:30	Effective use of tobacco dependence medications and aids
14:30	Comfort break
14:45	Discussing tobacco dependence and treatment with patients
15:30	Nicotine analogues
15:50	Challenging conversations: responding to staff scenarios
16:25	Wrap-up
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
09:35	Initial assessment and treatment plan
10:00	Carbon monoxide (CO) monitoring: a motivational tool
10:25	Initial assessment demonstration
10:45	Comfort break
11:00	Cannabis and tobacco use and initial assessment skills practice
11:45	Harm reduction (Cut Down and Then Stop)
12:30	Lunch break
13:00	Smoking and psychotropic medications interactions
13:15	Follow-up scenarios (demonstration and skills practice)
14:30	Comfort break
14:45	Preparing for discharge
15:20	Post discharge follow-up support
15:40	FAQs: responding to patient and staff scenarios
16:10	Summary and close
16:30	Depart virtual course

