# TB and Tobacco very brief advice on tobacco training

## 1 hour Training Timetable

The first part of the TB and Tobacco training day you will have learnt global facts about tobacco use; how tobacco interacts with TB; why it difficult to quit tobacco use; how TB spreads; taking TB medication; getting help from family and friends; adopting a healthy lifestyle including tobacco cessation and the benefits of quitting tobacco. The evidence is that advice from a health worker can be one of the most important triggers for a tobacco-quit attempt. And tobacco users are 39% more likely to quit if they receive support from a health worker.

The big question is how to give tobacco cessation advice effectively. The aim of this session is to develop your skills as a health worker in triggering and supporting a tobacco quit attempt in patients you see who are diagnosed with TB, without taking up too much time or causing awkwardness.

## Learning outcomes

By the end of the 1 hour course, participants will:

1. Understand the basic principles of very brief advice on tobacco in relation to TB patients
2. Be developing confidence in delivering the components of VBA on tobacco (Ask, Advise and Act) in relation to TB and in dealing with common patient responses
3. Be developing confidence to deliver tobacco cessation behavioural support for patients with TB

**Timetable**

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| **Time** | **Session title** | **Training activity** | **Resources** | **Trainer** |
| 10:00 | Introduction to brief advice on tobacco use | Presentation | Generic Flipbook PowerPoint (slide 25):The Dangers of Tobacco and Benefits of Quitting (men and women)  Generic Health worker Guide (p4): Tobacco: Global Facts  Slides from Generic Training (slide 3): Tobacco Global Facts |  |
| 10:10 | ASK – establishing tobacco status | Presentation; Film Clip | Generic Flipbook PowerPoint (Slide 22): Ask patients if they use tobacco (men and women).  Film clip 1 of Video 2: ASK |  |
| 10:15 | ADVISE – advising on quitting tobacco use | Presentation; Film Clip | Generic Health Worker Guide (page 17): Benefits of quitting tobacco  Generic Training Slides (slides 11-12;46)  Film clip 2 of Video 2: ADVISE |  |
| 10:20 | ACT – acting on the patients response to your advice | Presentation; Film Clip | Generic Health Worker Guide (page 18): What will help you and what will not help you in quitting tobacco  Generic Training Slide (slide 49)  Film Clip 3 of Video 2: ACT |  |
| 10:25 | ASK, ADVISE and ACT sequence; Patient ambivalence; | Presentation; Film Clip Role Play | Generic Flipbook PowerPoint (slide 28): What Helps and What Doesn’t in Quitting Tobacco? (men and women)  Film Clip 4 of Video 2: ASK, ADVISE, ACT as a whole sequence.  Responding to patients questions: Generic Health Worker Guide (page 8): Reasons for not quitting. Slides from Generic Training (slides 9-10): things people say instead of quitting. Role play one pair at front of class whole sequence. Then role play in pairs. Feedback/Discussion. |  |
| 10:50 | Behavioural support for quit attempts  \*Desk top reminder for i) brief advice on tobacco use and ii) behavioural support | Presentation and group discussion. | Generic Flipbook PowerPoint (slide 31): Effects after quitting tobacco.  Generic Health Worker Guide (page 20): Some effects after quitting tobacco use  Generic Health Worker Guide (page 22): Further Support  Generic Training Slide ( slide 15): Behavioural Support. And (slide 52) Some effects after quitting tobacco.  Group Discussion; Introduction to Desk Top Reminder and how to use it |  |
| 11:00 | END |  |  |  |