

Tobacco Cessation

A brief guide for learners



MENU

Importance

Diseases

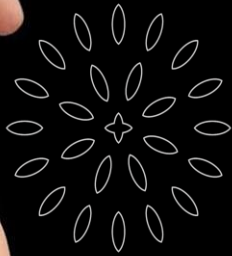
Perception

Hard to quit

Benefits of quitting

How can I help?

Medications



Why is it important to ask?



What are the top three diseases smoker's die from?



Do people know it is bad?

- When seeing a patient who smokes should you tell them smoking is bad for them?
- Myth or Fact
 - Most people who smoke do not want to quit?
- What percentage of smoker's want to quit each year?



Why is it so hard to quit?

- What makes quitting smoking hard?
- What withdrawal symptoms can people expect?



Benefits

- What are the health benefits of quitting?
- How long does it take to start seeing health benefits after quitting?



Help

- How can I help someone quit?
- What are the 5 As?
- If someone is serious when should they set their quit date?
- Are there medications that can help?
- When should we schedule follow up if someone is ready?



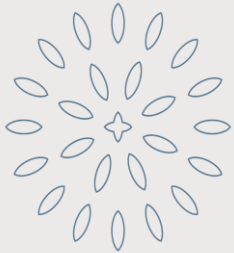
Medications

- What is the goal of prescribing medications?
- What classes of medications are used?
- What are the doses and do they change?
- When do people quit after starting medications?



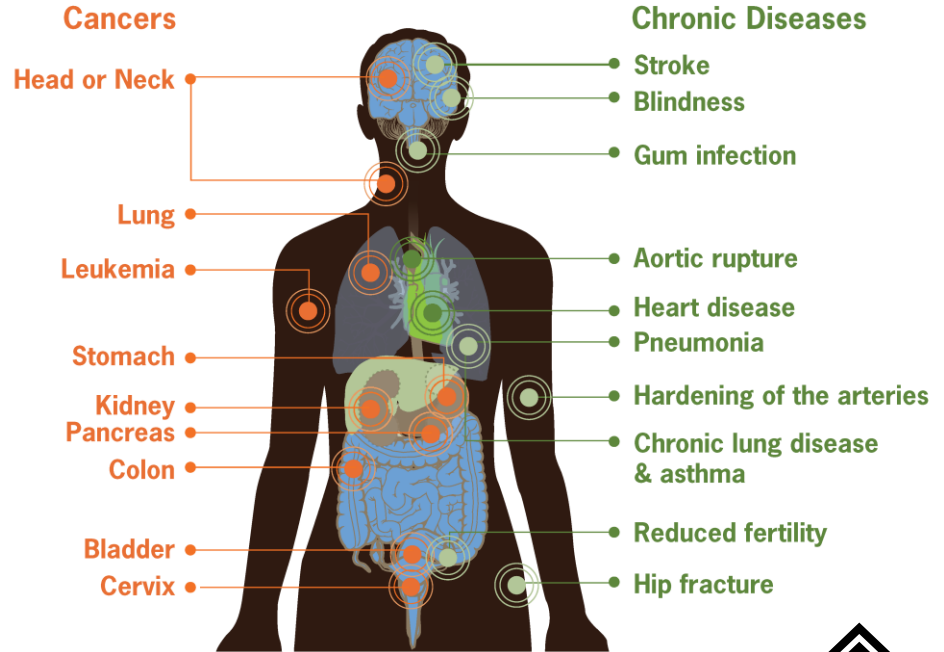
Diseases

- Increases cancer deaths/year
 - Mostly lung cancer
- High Cardiovascular/metabolic deaths/year
 - Mostly heart attacks
- High Respiratory deaths/year
 - Mostly COPD

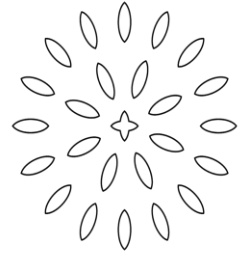


Risks from Smoking


Smoking can damage every part of the body



Why is it important to ask?



- **Contributes to preventable deaths**
- **Mortality rate is 3x higher than non-smokers**
- **Quitting before 40yo decreases risk of death by 90%**

 power thesaurus

Synonyms for Tough question

hard question difficult question difficult issue

complicated question complex question



People know its bad



Do no lecture about dangers

- Use motivational interviewing
- Has anyone told you smoking is bad for you?

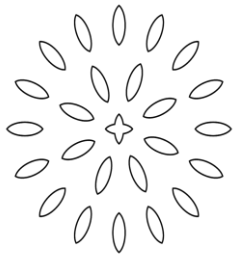
Myth: the majority of smokers want to quit

Many smokers try to quit/year

- Very few of those seek help



Barriers to quitting



Nicotine is addictive

- Physical dependence and tolerance

Environmental triggers

- Coffee, meals, EtOH, sporting events, etc.

Withdrawal syndrome

- Dysphoria/depression, insomnia, irritability/frustration/anger
- Anxiety, difficulty concentrating, restlessness
- Decreased heart rate
- Increased appetite or weight gain
 - Decreases after week 1, minimal at week 3



Quitting is good



- **In 20 minutes... Your heart rate and blood pressure decrease.**
- **In 12 hours.....Carbon monoxide levels return to healthy levels**
- **In 2 weeks – 12 weeks... Risk of heart attack begins to decrease, and lung function improves.**
- **In 1-9 months... Coughing and shortness of breath decrease.**
- **By 1 year... Your risk of heart attack is sharply reduced.**
- **By 5 years... Your risk of heart attack and stroke is cut in half.**
- **By 10 years... Your risk of lung cancer death is cut in half.**
- **By 15 years...Your risk of a heart attack is similar to a non-smoker**



Best practices



Assess readiness to quit ([5As](#))

- Ask, advice, assess, assist, arrange

Set date to quit within 4 weeks

- Slowly weaning does not lead to cessation

Refer to a quit resource

- [WHO](#)
- [CDC](#)

Rx based on preference

- NRT
- Varenicline
- Bupropion SR

F/U 3-7 days after quit date

- In-person
- Virtual
- Phone call
- Portal message



Pharmacotherapy



Goals

- **Relieve withdrawal symptoms**
- **Reduce reward/reinforcing aspect**

Categories

- **Nicotine replacement**
 - Patch plus
- **Bupropion**
- **Varenicline**
- *Can combine multiple categories with increased success*

Nicotine replacement therapy



Patch
patch plus

Gum
chew and park

Lozenge

Inhaler
not commonly
prescribed

Nasal spray
not commonly
prescribed

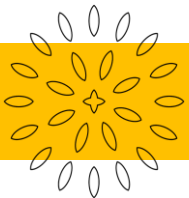
All equal in
efficacy

All superior to
placebo

May benefit
men>women

Nicotine Replacement Therapy Patch (plus)

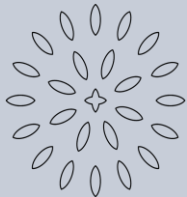
- **Pros**
 - Long acting, slow onset, 24-hour relief
 - High compliance
 - Doubles success compared to placebo patch
- **Cons**
 - Cannot adjust
 - Skin irritation



WHAT'S YOUR DOSAGE?



Nicotine replacement therapy Patch (plus)



Doses: 21mg, 14mg, 7mg

- 14mg if <45kg, <10cig/day
- 21mg if above or smoke w/in 30 minutes of waking

Tapered dosing

- 21mg QD 4weeks, 14mg QD 2weeks, 7mg QD 2 weeks

Applied to non-hairy body part

Rotate daily

Use at least 8 weeks

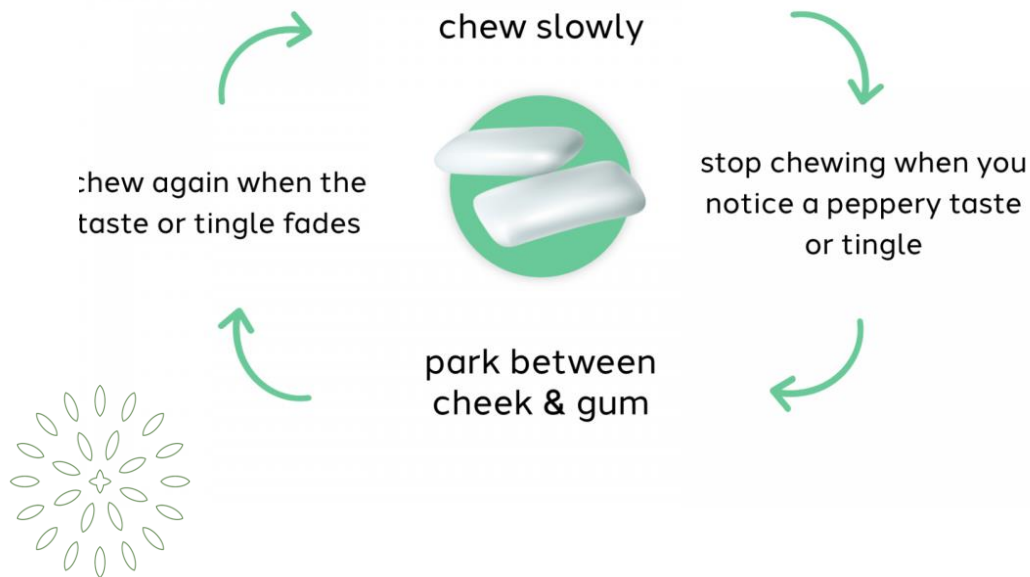
Always “Patch Plus”

Nicotine Replacement Therapy plus gum

- 2mg and 4mg
- Absorbed through oral mucosa
 - Chew and park
- Peak blood concentration 20 minutes
- 2mg only produces 40% blood levels and cannot produce addiction/overdose



Nicotine replacement therapy - plus gum



- **Chew & Park**
- **prn for cravings**
- **Chew to taste**
- **Park in cheek (repeat)**
- **Replace gum every 30 minutes as needed per craving**
- **>25cig/day use 4mg, if less use 2mg**

Nicotine replacement therapy - plus lozenge



- Similar to gum in pharmacokinetics
- 2mg, 4mg
- 4mg for CAGE “E” positive
- 1-2 lozenge/hour prn cravings for 6 weeks then taper

Bupropion SR

- a.k.a. Wellbutrin SR
- Enhances CNS noradrenergic and dopaminergic release
- A.E. insomnia, agitation, dry mouth, headache
- Contraindicated with seizure d/o or predisposition
- Good choice with co-morbid depression/anxiety



Bupropion SR



- Instructions....start 10 days prior to quit date
- Start Bupropion SR 150mg daily x3 days
- Increase to Bupropion SR 150mg bid
- Can be combined with NRT
 - (increases success)
- 12 week course (up to 6 months)
- Call or office f/u 1-2 weeks after starting



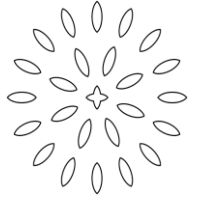
Varenicline (currently off market)

- a.k.a. chantix
- **Partial agonist: reduces withdrawal**
- **Blocks nicotine in smoke: reduces reward**
- **Can be combined with NRT**
 - **Increases success**
- **Banned by FAA for pilots and air traffic control**
- **Can be used safely with co-morbid mental illness**





Varenicline (currently off market)



- Start 1 week before quit date
- Take 0.5mg for 3 days
- Increase to 0.5mg bid for 4 days
- 1mg bid for remainder of 12 weeks
- Write for a Starter pack(53), maintenance pack(56)
- Follow up call/message 1-2 weeks after starting

