**WSM Tobacco Cessation Worksheet**

**I know smoking is bad. Why do I need to care about this?**

**What should I ask patients then?**

Two popular screening options:

The 5 A’s:

1.
2.
3.
4.
5.

Screening, Brief Intervention, Referral to Treatment (SBIRT)

1.
2.
3.

**What treatment can I offer?**

1. Pharmacotherapy – offer to anyone who smokes > 10 cigarettes/ day
2. Counseling – improves outcomes compared to medication monotherapy. Easily available through Michigan Quitline
	* 1-800-QUIT-NOW (784-8669)
	* Staffed 24/7 all year at no cost to patient
	* Can also send NRT

**What are the nicotine replacement therapy options?**

|  |  |  |
| --- | --- | --- |
| Product | Dosing | Patient instructions |
|  | . |  |
|  |  |  |
|  |  |  |

Also, nicotine \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and nicotine \_\_\_\_\_\_\_\_\_\_\_\_\_ are available but less commonly used.

**What are other non-NRT options?**

|  |  |  |
| --- | --- | --- |
| Medication | Dosing regimen | Clinical pearls |
|  | Start medication one week prior to the quit date on titration schedule:- 150 mg once daily for 3 days, then- 150 mg BID for 4 days, then- Continue at 150 mg BID 12 weeks. | Associated with lowering seizure threshold (and traditionally not used in patients with hx of eating d/o)Screen for bipolar d/o hx before useIncreased suicide risk in patients < 24yoAvoid in patients with liver disease |
|  | Start medication one week prior to the quit date on titration schedule:- 0.5 mg once daily X 3 days, then- 0.5 mg twice daily X 4 days, then- Take 1.0 mg twice daily for 11 weeks. | Risk for causing vivid, disturbing dreamsNausea common - best to take with food |

**What would an ideal treatment plan look like?**

1.
2.

**Other tobacco knowledge that can be helpful:**

* How many cigarettes in a pack? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* How much nicotine does a cigarette contain? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
* Does vaping help? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**WSM Tobacco Cessation Worksheet Key**

**I know smoking is bad. Why do I need to care about this?**

* Roughly 60-80% of people experiencing homelessness smoke cigarettes
* Tobacco use is associated with a 14-year reduction in life expectancy!
* Tobacco use is expensive – for low-income people it accounts for a disproportionate percentage of people’s expenses
* People experiencing homelessness want to quit at the same rates as everyone else

**What should I ask patients then?**

Two popular screening options:

The 5 A’s:

1. Ask about use
2. Advise to stop
3. Assess willingness for quit attempt
4. Assist in attempt
5. Arrange for follow-up

Screening, Brief Intervention, Referral to Treatment (SBIRT)

1. Ask about use
2. Advise about quitting
3. Refer or initiate treatment

Use of motivational interviewing techniques is critical.

**What treatment can I offer?**

1. Pharmacotherapy – offer to anyone who smokes > 10 cigarettes/ day
2. Counseling – improves outcomes compared to medication monotherapy. Easily available through Michigan Quitline
	* 1-800-QUIT-NOW (784-8669)
	* Staffed 24/7 all year at no cost to patient
	* Can also send NRT

**What are the nicotine replacement therapy options?**

|  |  |  |
| --- | --- | --- |
| Product | Dosing | Patient instructions |
| Gum | >20 cpd: 4 mg gum<20 cpd: 2 mg gumInitial dosing is 1-2 pieces every 1-2 hours (10-12 pieces per day). Taper as tolerated. | * Chew gum until it tingles, then “park” between cheek & gum.
* When it stops tingling, chew again until it tingles, then “park.”
* Continue cycle for about 30 mins.
* Avoid eating or drinking 15 mins before chewing or while chewing.
* Good strategy to start with replacing your least favorite cigarette.
 |
| Lozenges | >20 cpd = 4 mg<20 cpd = 2 mgInitial dosing is 1-2 lozenges every 1-2 hours(minimum of 9 per day). Taper as tolerated. | * Place lozenge in your mouth and park between cheek & gum. Allow to dissolve.
* Do not chew or swallow whole lozenge.
* Avoid eating or drinking 15 mins before lozenge use.
* Good strategy to start with replacing your least favorite cigarette.
 |
| Patches | >40 cpd = 42 mg per day21-39 cpd = 28-35 mg per day10-20 cpd = 14-21 mg per day<10 cpd = 14 mg per dayAfter 4-6 weeks of smoking abstinence, taper every 2-4 weeks in 7-14 mg steps as tolerated. | * Place patch on dry, clean, hairless skin on upper arm or shoulder.
* Place new patch on opposite side of body every 24 hours.
* Do not place over chest.
* If you have vivid dreams, take patch off before bed and replace in morning.
* Can use with gum or lozenges.
 |

Also, nicotine inhaler and nicotine nasal spray are available but less commonly used.

**What are other non-NRT options?**

|  |  |  |
| --- | --- | --- |
| Medication | Dosing regimen | Clinical pearls |
| bupropion SR (Wellbutrin SR) | Start medication one week prior to the quit date on titration schedule:- 150 mg once daily for 3 days, then- 150 mg BID for 4 days, then- Continue at 150 mg BID 12 weeks. | Associated with lowering seizure threshold (and traditionally not used in patients with hx of eating d/o)Screen for bipolar d/o hx before useIncreased suicide risk in patients < 24yoAvoid in patients with liver disease |
| varenicline (Chantix) | Start medication one week prior to the quit date on titration schedule:- 0.5 mg once daily X 3 days, then- 0.5 mg twice daily X 4 days, then- Take 1.0 mg twice daily for 11 weeks. | Risk for causing vivid, disturbing dreamsNausea common - best to take with food |

**What would an ideal treatment plan look like?**

1. Long-acting NRT patch
2. Short-acting NRT gum/lozenge for breakthrough craving
3. Chantix
4. Counseling

**Other tobacco knowledge that can be helpful:**

* How many cigarettes in a pack?
* How much nicotine does a cigarette contain?
* Does vaping help?

20 cigarettes/ pack

8-20mg of nicotine

Verdict still out. Unlikely, though.

**References:** [Mayo Clinic NRT dosing guidelines](https://www.mayo.edu/research/documents/medication-handout-2015-02-pdf/doc-20140182) and [UpToDate](https://www.uptodate.com/contents/overview-of-smoking-cessation-management-in-adults?search=smoking%20cessation&source=search_result&selectedTitle=1~150&usage_type=default&display_rank=1#H783996427)