

Smoking Cessation

- Counseling should be personalized
- Health consequences:
 - 3x increased risk of dying from heart disease
 - Men: ↑ risk of death from lung cancer > 22 x; women: ↑ risk of death from lung cancer 12 x

Smoking Cessation

- Health benefits:
 - Within 1 year the risk smoking related heart disease ↓ 50%
 - After 14 yr, heart disease risk = nonsmoker
 - Reduced cost of \$1000/yr to not smoke a pack per day

The 5 A's

- Assess (Ask)
- Advise (Inform/problem solve)
- Agree (Negotiate)
- Assist (Specific, action plan)
- Arrange for follow-up

Smoking Cessation: **Assess**

- “Do you smoke? OR Have you used tobacco in the past _ months?”
- Are you interested in trying to quit?
- Have you tried to quit before?
- What kept you from being able to quit the last time you tried?

Smoking Cessation: **Assess**

- Ask about:
 - Number of cigarettes per day
 - Predictors of nicotine dependence:
 - Smoking within 30 minutes of awakening
 - Smoking more than one pack per day
 - Smoking when ill
 - Barriers to quitting

Smoking Cessation: **Advise**

- Reasons to quit
 - Feel better
 - Saves money
 - Improved function and survival
 - Reduce risk of heart/ lung disease, cancer, impotence

Smoking Cessation: **Agree**

- Agree on a quit action plan/step
 - Should be SMART: **s**pecific, **m**easurable, **a**chievable, **r**ealistic and **t**ime-driven
 - E.g. I will remove ashtrays and get rid of cigarettes on Monday. I will stop smoking next Tuesday morning.
 - Incremental approach

Smoking Cessation: **Agree**

- Assess patient confidence in accomplishing action step
 - “How confident are you in your ability to quit smoking?”

Smoking Cessation: **Assist**

Nicotine Gum

- Available in 2 and 4 mg doses
- No more than 24 pieces/d
- Mouth soreness, jaw ache
- Chew → “peppery taste” → “park”
- Acidic beverages interfere with absorption

Smoking Cessation: **Assist**

Nicotine patch

- 8 weeks or less as effective as longer treatment periods
- Use step down approach
- 50% have local skin reaction
- Nicoderm and habitrol 24hr; nicotrol 16hr
- New patch at the start of each day

Smoking Cessation: **Assist**

- Bupropion/Zyban
- Begin rx 1-2 weeks prior to cessation
- 300mg/d for 7-12 weeks
- Adverse Effects: xerostomia, insomnia
- Don't use if hx seizures, anorexia, heavy etoh use or head trauma; safe in cardiac pts

Smoking Cessation: **Arrange**

Arrange follow-up –

- Regular sustained follow-up is crucial to self-management
- Make sure intended follow-up happens
- Can be done via email, phone, by other providers, staff, patients (buddy system)