

**“Tobacco Cessation Counseling in FMC”**

Presentation for Family Medical Center residents and  
faculty

Approximately 15 attendees

Advertisement: Email and word of mouth

# Tobacco Cessation Counseling In FMC

By: Hannah Branton, TTS, CHES, BS

## What We Will Cover

- **How I find patients**
- **What I do when I get in the patient room**
- **Materials/Products**
- **Follow up**
- **UAMS goals**

## How I Find Patients

1. Print screenshots of the schedule
  - a. Flag all smokers
  - b. Those who say they want to quit
2. Referrals from physicians

## What I Do When I Get In The Room

### ➤ Before I walk in

- Age?
- Other conditions
- Mental health
- Insurance?

## What I Do When I Get In The Room

### ➤ Questions I ask

- What are his/her goals?
- How old was the patient when he/she started using tobacco?
- Has he/she ever tried to quit? Did he/she use products?
- What is his/her smoking/dipping/chewing routine?
- Three 0-10 ratings: Motivation, Importance, Confidence

# What I Do When I Get In The Room

## ➤ Carbon Monoxide Test

- CO levels usually take about 12-48 hours to return to normal after a patient quits.

## CARBON MONOXIDE AND YOUR HEALTH

Tobacco smoke puts carbon monoxide (CO) into your body. CO harms your body. Your UAMS care team wants to help you quit smoking so CO will not harm your body anymore.

### How does CO hurt my body?

CO takes up space in the red blood cells that carry oxygen to all parts of your body. Your body does not get oxygen needed to live, repair itself, and stay healthy. CO also causes thicker blood and makes arteries narrower. They get coated with cholesterol (a thick fatty substance).

### CO can cause these problems:

- Your heart works harder. It beats faster to move oxygen to all parts of your body.
- Higher risk for heart damage. Your heart is not getting the oxygen it needs.
- Poor circulation (blood flow) and blood pressure that is too high.
- Higher risk for heart attack and stroke.
- Kidney disease and diabetes that are harder to manage.
- Healing after surgery that is harder. Wound scars are more common.
- Shortness of breath and tiredness when you are active. You don't have enough oxygen for the extra effort.
- Poor concentration. Not enough oxygen to the brain makes it harder to think.

### Are there other problems that come with smoking tobacco?

A higher cancer risk. Tobacco smoke has 7,000 toxins. 69 of them are known to cause cancer.

### What do I need to do to make a plan to quit smoking?

A Smokerlyser Breath Test is the first step. It can tell us:

- How much CO is in your exhaled air measured in parts/million (ppm).
- It reflects the % of hemoglobin (red blood cells) that is carrying CO.
- How much you are smoking, how much smoke you inhale, and the level of dependence or addiction will be associated with higher CO and %COHb values.
- Knowing this will help us make the best quit plan for you.


### Will my CO levels get better if I quit smoking?

The level of CO in your blood falls right away and will be the same as a non-smoker's in a couple of days.

Adult	
COppm	%COHb
40	10.23
38	9.47
36	8.71
34	7.95
32	7.19
30	6.43
28	5.67
26	4.91
24	4.15
22	3.39
20	2.63
18	1.87
16	1.11
14	0.35
12	-0.41
10	-1.17
8	-1.93
6	-2.69
4	-3.45
2	-4.21
0	-4.97
-2	-5.73
-4	-6.49
-6	-7.25
-8	-8.01
-10	-8.77
-12	-9.53
-14	-10.29
-16	-11.05
-18	-11.81
-20	-12.57
-22	-13.33
-24	-14.09
-26	-14.85
-28	-15.61
-30	-16.37
-32	-17.13
-34	-17.89
-36	-18.65
-38	-19.41
-40	-20.17
-42	-20.93
-44	-21.69
-46	-22.45
-48	-23.21
-50	-23.97
-52	-24.73
-54	-25.49
-56	-26.25
-58	-27.01
-60	-27.77
-62	-28.53
-64	-29.29
-66	-30.05
-68	-30.81
-70	-31.57
-72	-32.33
-74	-33.09
-76	-33.85
-78	-34.61
-80	-35.37
-82	-36.13
-84	-36.89
-86	-37.65
-88	-38.41
-90	-39.17
-92	-39.93
-94	-40.69
-96	-41.45
-98	-42.21
-100	-42.97
-102	-43.73
-104	-44.49
-106	-45.25
-108	-46.01
-110	-46.77
-112	-47.53
-114	-48.29
-116	-49.05
-118	-49.81
-120	-50.57
-122	-51.33
-124	-52.09
-126	-52.85
-128	-53.61
-130	-54.37
-132	-55.13
-134	-55.89
-136	-56.65
-138	-57.41
-140	-58.17
-142	-58.93
-144	-59.69
-146	-60.45
-148	-61.21
-150	-61.97
-152	-62.73
-154	-63.49
-156	-64.25
-158	-65.01
-160	-65.77
-162	-66.53
-164	-67.29
-166	-68.05
-168	-68.81
-170	-69.57
-172	-70.33
-174	-71.09
-176	-71.85
-178	-72.61
-180	-73.37
-182	-74.13
-184	-74.89
-186	-75.65
-188	-76.41
-190	-77.17
-192	-77.93
-194	-78.69
-196	-79.45
-198	-80.21
-200	-80.97
-202	-81.73
-204	-82.49
-206	-83.25
-208	-84.01
-210	-84.77
-212	-85.53
-214	-86.29
-216	-87.05
-218	-87.81
-220	-88.57
-222	-89.33
-224	-90.09
-226	-90.85
-228	-91.61
-230	-92.37
-232	-93.13
-234	-93.89
-236	-94.65
-238	-95.41
-240	-96.17
-242	-96.93
-244	-97.69
-246	-98.45
-248	-99.21
-250	-99.97
-252	-100.73
-254	-101.49
-256	-102.25
-258	-103.01
-260	-103.77
-262	-104.53
-264	-105.29
-266	-106.05
-268	-106.81
-270	-107.57
-272	-108.33
-274	-109.09
-276	-109.85
-278	-110.61
-280	-111.37
-282	-112.13
-284	-112.89
-286	-113.65
-288	-114.41
-290	-115.17
-292	-115.93
-294	-116.69
-296	-117.45
-298	-118.21
-300	-118.97
-302	-119.73
-304	-120.49
-306	-121.25
-308	-122.01
-310	-122.77
-312	-123.53
-314	-124.29
-316	-125.05
-318	-125.81
-320	-126.57
-322	-127.33
-324	-128.09
-326	-128.85
-328	-129.61
-330	-130.37
-332	-131.13
-334	-131.89
-336	-132.65
-338	-133.41
-340	-134.17
-342	-134.93
-344	-135.69
-346	-136.45
-348	-137.21
-350	-137.97
-352	-138.73
-354	-139.49
-356	-140.25
-358	-141.01
-360	-141.77
-362	-142.53
-364	-143.29
-366	-144.05
-368	-144.81
-370	-145.57
-372	-146.33
-374	-147.09
-376	-147.85
-378	-148.61
-380	-149.37
-382	-150.13
-384	-150.89
-386	-151.65
-388	-152.41
-390	-153.17
-392	-153.93
-394	-154.69
-396	-155.45
-398	-156.21
-400	-156.97
-402	-157.73
-404	-158.49
-406	-159.25
-408	-160.01
-410	-160.77
-412	-161.53
-414	-162.29
-416	-163.05
-418	-163.81
-420	-164.57
-422	-165.33
-424	-166.09
-426	-166.85
-428	-167.61
-430	-168.37
-432	-169.13
-434	-169.89
-436	-170.65
-438	-171.41
-440	-172.17
-442	-172.93
-444	-173.69
-446	-174.45
-448	-175.21
-450	-175.97
-452	-176.73
-454	-177.49
-456	-178.25
-458	-179.01
-460	-179.77
-462	-180.53
-464	-181.29
-466	-182.05
-468	-182.81
-470	-183.57
-472	-184.33
-474	-185.09
-476	-185.85
-478	-186.61
-480	-187.37
-482	-188.13
-484	-188.89
-486	-189.65
-488	-190.41
-490	-191.17
-492	-191.93
-494	-192.69
-496	-193.45
-498	-194.21
-500	-194.97
-502	-195.73
-504	-196.49
-506	-197.25
-508	-198.01
-510	-198.77
-512	-199.53
-514	-200.29
-516	-201.05
-518	-201.81
-520	-202.57
-522	-203.33
-524	-204.09
-526	-204.85
-528	-205.61
-530	-206.37
-532	-207.13
-534	-207.89
-536	-208.65
-538	-209.41
-540	-210.17
-542	-210.93
-544	-211.69
-546	-212.45
-548	-213.21
-550	-213.97
-552	-214.73
-554	-215.49
-556	-216.25
-558	-217.01
-560	-217.77
-562	-218.53
-564	-219.29
-566	-220.05
-568	-220.81
-570	-221.57
-572	-222.33
-574	-223.09
-576	-223.85
-578	-224.61
-580	-225.37
-582	-226.13
-584	-226.89
-586	-227.65
-588	-228.41
-590	-229.17
-592	-229.93
-594	-230.69
-596	-231.45
-598	-232.21
-600	-232.97
-602	-233.73
-604	-234.49
-606	-235.25
-608	-236.01
-610	-236.77
-612	-237.53
-614	-238.29
-616	-239.05
-618	-239.81
-620	-240.57
-622	-241.33
-624	-242.09
-626	-242.85
-628	-243.61
-630	-244.37
-632	-245.13
-634	-245.89
-636	-246.65
-638	-247.41
-640	-248.17
-642	-248.93
-644	-249.69
-646	-250.45
-648	-251.21
-650	-251.97
-652	-252.73
-654	-253.49
-656	-254.25
-658	-255.01
-660	-255.77
-662	-256.53
-664	-257.29
-666	-258.05
-668	-258.81
-670	-259.57
-672	-260.33
-674	-261.09
-676	-261.85
-678	-262.61
-680	-263.37
-682	-264.13
-684	-264.89
-686	-265.65
-688	-266.41
-690	-267.17
-692	-267.93
-694	-268.69
-696	-269.45
-698	-270.21
-700	-270.97
-702	-271.73
-704	-272.49
-706	-273.25
-708	-274.01
-710	-274.77
-712	-275.53
-714	-276.29
-716	-277.05
-718	-277.81
-720	-278.57
-722	-279.33
-724	-280.09
-726	-280.85
-728	-281.61
-730	-282.37
-732	-283.13
-734	-283.89
-736	-284.65
-738	-285.41
-740	-286.17
-742	-286.93
-744	-287.69
-746	-288.45
-748	-289.21
-750	-289.97
-752	-290.73
-754	-291.49
-756	-292.25
-758	-293.01
-760	-293.77
-762	-294.53
-764	-295.29
-766	-296.05
-768	-296.81
-770	-297.57
-772	-298.33
-774	-299.09
-776	-299.85
-778	-300.61
-780	-301.37
-782	-302.13
-784	-302.89
-786	-303.65
-788	-304.41
-790	-305.17
-792	-305.93
-794	-306.69
-796	-307.45
-798	-308.21
-800	-308.97
-802	-309.73
-804	-310.49
-806	-311.25
-808	-312.01
-810	-312.77
-812	-313.53
-814	-314.29
-816	-315.05
-818	-315.81
-820	-316.57
-822	-317.33
-824	-318.09
-826	-318.85
-828	-319.61
-830	-320.37
-832	-321.13
-834	-321.89
-836	-322.65
-838	-323.41
-840	-324.17
-842	-324.93
-844	-325.69
-846	-326.45
-848	-327.21
-850	-327.97
-852	-328.73
-854	-329.49
-856	-330.25
-858	-331.01
-860	-331.77
-862	-332.53
-864	-333.29
-866	-334.05
-868	-334.81
-870	-335.57
-872	-336.33
-874	-337.09
-876	-337.85
-878	-338.61
-880	-339.37
-882	-340.13
-884	-340.89
-886	-341.65
-888	-342.41
-890	-343.17
-892	-343.93
-894	-344.69
-896	-345.45
-898	-346.21
-900	-346.97
-902	-347.73
-904	-348.49
-906	-349.25
-908	-350.01
-910	-350.77
-912	-351.53
-914	-352.29
-916	-353.05
-918	-353.81
-920	-354.57
-922	-355.33
-924	-356.09
-926	-356.85
-928	-357.61
-930	-358.37
-932	-359.13
-934	-359.89
-936	-360.65
-938	-361.41
-940	-362.17
-942	-362.93
-944	-363.69
-946	-364.45
-948	-365.21
-950	-365.97
-952	-366.73
-954	-367.49
-956	-368.25
-958	-369.01
-960	-369.77
-962	-370.53
-964	-371.29
-966	-372.05
-968	-372.81
-970	-373.57
-972	-374.33
-974	-375.09
-976	-375.85
-978	-376.61
-980	-377.37
-982	-378.13
-984	-378.89
-986	-379.65
-988	-380.41
-990	-381.17
-992	-381.93
-994	-382.69
-996	-383.45
-998	-384.21
-1000	-384.97

## Materials/Products: Nicotine Patch

- Covered by:
  - Medicaid
  - Most BCBS
  - ACA insurances
- No covered by:
  - Most Medicare policies
  - UMR
- Medicare and uninsured can get through Be Well Arkansas.



### NICOTINE PATCH

The nicotine patch is a type of nicotine replacement therapy (NRT). This is how the patch works:

- The nicotine in the patch goes through your skin into your bloodstream
- The nicotine dose will be steady when the patch is worn and it will lower your tobacco cravings and symptoms of nicotine withdrawal
- You can use the patch with other NRT to help you not smoke

**➤ HOW TO CHOOSE THE PATCH THAT IS RIGHT FOR YOU**

Patches come in different strengths (doses). Pick a patch based on how many cigarettes you smoke:

- If you smoke less than 10 cigarettes each day:
  1. First use a 14 milligram (mg) patch for 4-6 weeks
  2. Then use a 7 mg patch for 2 weeks
- If you smoke 10 or more cigarettes each day:
  1. First use a 21 milligram (mg) patch for 4-6 weeks
  2. Then use a 14 mg patch for 2-4 weeks
  3. Then use a 7 mg patch for 2-4 weeks

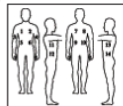
**➤ USING PATCH WITH OTHER "QUIT" PRODUCTS**

You can use the patch with nicotine gum or nicotine lozenges or prescription Bupropion (Zyban, Wellbutrin SR) or the nicotine inhaler. This may give you extra help with tobacco cravings and nicotine withdrawal symptoms.

**➤ HOW TO USE THE PATCH**

First, read the instructions that come with the patch. Then, go over the instructions with your Tobacco Treatment Specialist ("specialist") to be sure you understand.

- Choose a place for your patch
  - Choose one that:
    - Is not hairy
    - Where clothes will not rub the patch
    - Was not recently shaved
  - The best places are your arms, back, chest, or abdomen (belly)



- Each time you put on a new patch, change the spot where you put it. Use the picture to help you pick a new spot:
  - The first time you put on a patch, place it where the "1" is on the body in the picture, then cross out the "1" with a pencil
  - The next day put the patch where the "2" is on the body in the picture, then cross out the "2" with a pencil
  - Keep following the numbers and crossing them out to help pick a new spot each day
- Never put the patch in the same place that week
- The picture is a guide for a 2-week period. After the 2-week period is over start again with the "1" spot on the body in the picture.
- Apply the patch
  - Apply your first patch on the first day of your "quit" plan.
  - Each morning put on a new patch. Remember, it can take 30 minutes for the nicotine from the patch to get into your bloodstream so you may want to use 1 piece of nicotine gum or a nicotine lozenge to help ease any withdrawal symptoms you may be having.
  - Do not put lotion or soap with moisturizer on the spot where you will put your new patch.
  - To put on the new patch, press it against your skin with the palm of your hand for 10 seconds so it will stick.
  - If the patch comes off on its own, put on a new one, or try this: Put surgical tape (or non-stick 0) pattern over the patch. Some brands of patch stick better than others.
  - Leave the patch on for as long as the instructions say unless your specialist tells you differently. Generally, you will take the patch off before bedtime. Fold it in half with sticky sides together before you throw it away.

UAMS.

### NICOTINE PATCH

**➤ SIDE EFFECTS OF NICOTINE PATCH**

If you have side effects or other problems you think might be from the patch, tell your specialist. Common side effects include:

- Skin is irritated and itchy. This usually does not start until several weeks later.
  - To help with this, apply 1% hydrocortisone cream to irritated areas 2-3 times a day
  - If this does not help, talk with your specialist
- Vivid dreams or other sleep problems from wearing the patch during the night
  - Vivid dreams from too high a nicotine dose at night
  - Other sleep problems from too low a dose
  - If the problems don't stop, talk with your specialist

**➤ WARNING: TAKING MEDICINES WHEN USING NRT**


When you stop using tobacco, you may need to change your dose of some medicines. Tell your doctor or nurse the name and dose of every medicine and supplement you take. Most important are these:

- Inhaled insulin (Exubera®)
- Blood thinners
- Antipsychotics

**➤ PROBLEMS CAUSED BY TOO MUCH NICOTINE**

It is possible to get too much nicotine from the patch, especially, if you smoke while wearing the patch. If you have any of the problems listed below while wearing the patch, stop smoking. If you continue to have any of these problems while using the patch, tell your specialist:

- Nausea (feeling sick to stomach)
- Vomiting (throwing up)
- Diarrhea (loose, watery stools, poop)
- Rapid heartbeat
- Cold sweats
- Blurred vision
- Dizziness
- Headaches
- Drooling




UAMS.

## Materials/Products: Nicotine Patch

- Recommend for:
  - Patients who have never tried cessation products before.
  - Patients who have had success with them in the past.
  - Patients who smoke 1ppd or less.
  - Patients with mental health conditions that prevent them from using Wellbutrin or Chantix.

## Materials/Products: Nicotine Gum

- Covered by:
  - Medicaid
  - Most BCBS
  - ACA
  - insurances
- No covered by:
  - Most
  - Medicare
  - policies
  - UMR



### NICOTINE GUM

Nicotine gum is a type of nicotine replacement therapy (NRT). It is not used like regular gum.

**This is how it works:**

- Chewing and parking the gum in your cheek releases the nicotine
- The nicotine goes through the inside of your mouth into your bloodstream
- You can use the gum with the patch to help you not smoke and to lower your tobacco cravings

**GET HELP TO CHOOSE THE GUM THAT IS RIGHT FOR YOU**

You do not need a prescription to get the gum. But, before you buy the gum you should talk to a Tobacco Treatment Specialist ("specialist"). They can help you.

- Choose the right dose to use. The gum comes in 2 milligram (mg) and 4 mg doses. The general rules are:
  - If you smoke over 10 cigarettes a day, you should use the 4mg dose.
  - If you smoke under 10 cigarettes per day, you should use the 2mg dose.
- Decide when you will use the gum. Generally,
  - Gum is used only as needed
  - When the craving last over 3 minutes
  - When withdrawal symptoms are so strong, you are tempted to smoke.
- Plan how you will cut back when you are at the end of your quit plan.
  - A plan will be provided for you to follow for using and getting off of the gum.

**WHEN TO USE NICOTINE GUM**

- Use the gum when you need to control withdrawal symptoms or cravings
- Do not eat or drink while you have the gum in your mouth.
  - When swallowed, the nicotine can cause an upset stomach or hiccups
  - Acids from food can make the gum less effective
- If you want to use the gum sooner than 15 minutes after eating, first rinse mouth with water

**HOW TO USE THE NICOTINE GUM**

First, read the gum package instructions. Talk with your specialist if you have questions. Then follow these steps:

- Chew the nicotine gum a few times to break it up and just until you feel tingling in your mouth or you taste the peppery flavor of nicotine.
- Park the nicotine gum between your cheek and gum so the nicotine can be absorbed.
- When the tingling or the peppery flavor stops, chew the gum again until the tingling or peppery flavor returns. Then park the gum again.
- Keep chewing and parking the nicotine gum until the tingling and peppery flavor are gone. This usually takes about 30 minutes.
- Do not chew nicotine gum constantly as you would regular gum because:
  - This can cause nicotine to be released too quickly
  - You may swallow too much nicotine
  - Nicotine that is swallowed will not work as well
  - Swallowed nicotine may cause indigestion, heartburn, or nausea

**HOW MUCH GUM TO USE**

- Do not use more than 20 pieces of gum per day
- Follow the use plan that is suggested
  - If you cannot delay the craving for 3 minutes, use 1 piece of gum as a substitute for the cigarette you crave
- You will use more gum in the beginning then start to slowly cut back. Here is a typical 12 week plan:
  - 1 piece of gum every 1 - 2 hours for 6 weeks
  - 1 piece of gum every 4 - 6 hours for 3 weeks
  - 1 piece of gum every 4 - 8 hours for 3 weeks

### NICOTINE GUM

**SIDE EFFECTS OF NICOTINE GUM**

If you have side effects or other problems you think might be from the gum, tell your specialist. Some side effects include:

- Mouth soreness
- Hiccups
- Indigestion, heartburn, or nausea
- Jaw joint pain

**PROBLEMS CAUSED BY TOO MUCH NICOTINE**

It is possible to get too much nicotine from the gum, especially, if you smoke. If you have any of the problems listed below, stop smoking. If you continue to have problems with any of these problems, stop using the gum and call your specialist.


- Nausea (feeling sick to stomach)
- Vomiting (throwing up)
- Diarrhea (loose, watery stools, poop)
- Rapid heartbeat
- Cold sweats
- Burned vision
- Dizziness
- Headaches
- Drizzling

**WARNING: TAKING MEDICINES WHEN USING NRT**

When you stop using tobacco, you may need to change your dose of some medicines. Tell your doctor or nurse the name and dose of every medicine and supplement you take. Most important are these:

- Inhaled insulin (Exubera®)
- Blood thinners
- Antipsychotics

**NICOTINE GUM: CHEWING TECHNIQUE SUMMARY**



**UAMS**

## Materials/Products: Nicotine Gum

- Recommend for:
  - Patients who smoke 5 cigarettes or less per day.
  - Patients using the patch but still struggling with cravings.
  - People who chew/dip tobacco.

# Materials/Products: Nicotine Lozenge

- Not found to be covered by insurances recently.
- Medicare and uninsured can get through Be Well Arkansas.

## NICOTINE LOZENGE

The nicotine lozenge is a type of nicotine replacement therapy (NRT) and comes in many flavors. This is how the lozenge works:

- Melting and parking the lozenge in the cheek releases the nicotine
- The nicotine in the lozenge goes through the inside of your mouth into your bloodstream
- You can use the lozenge with the patch to keep from smoking and to lower your tobacco cravings

### GET HELP TO CHOOSE THE LOZENGE THAT IS RIGHT FOR YOU

You do not need a prescription to get the lozenge. But, before you buy the lozenge you should talk to a Tobacco Treatment Specialist ("specialist"). They can help you:

- Choose the right product and dose
- Decide how you will use the lozenge
- Plan how you will cut back on lozenge use
- The lozenges come in 2 milligram (mg) and 4 mg doses and two sizes: regular lifesaver size and the mini. Choose the mini size.
- The 2 mg dose:
  - If you also use other NRT products OR
  - If you normally wait more than 30 minutes after waking in the morning to have your first cigarette, chewing tobacco, or snuff
- The 4 mg dose if you have your first cigarette, chewing tobacco, or snuff sooner than 30 minutes after waking up

### WHEN TO USE NICOTINE LOZENGE

- Use the lozenge when you need to control withdrawal symptoms or cravings
- Wait 15 minutes after eating or drinking (other than water) to use a lozenge
  - Acids from food can make lozenges less effective
  - If you want to use a lozenge sooner than 15 minutes after eating, first rinse mouth with water

### HOW TO USE THE NICOTINE LOZENGE

First, read the lozenge package instructions. Talk with your specialist if you have questions. Then follow these steps:

- Put the lozenge in your mouth and let it dissolve until you feel a tingling sensation or taste the peppery flavor of nicotine

- Move it from side to side in your mouth then, park it in the cheek
- Remember, to keep moving the lozenge from the tongue to the cheek. Melt and Park. It will take about 20-30 minutes to dissolve and use all of the nicotine
- Remove the lozenge if you are tired of having it in your mouth
- Do not chew or swallow the lozenge
- Do not use a lozenge while eating
- If you cannot delay the craving for 3 minutes, use 1 lozenge as a substitute for the cigarette you crave.

### HOW MANY LOZENGES TO USE

When used without other NRT meds:

- A typical 12 week plan is 1 lozenge every 12 hours for 6 weeks;
- 1 lozenge every 4 - 6 hours for 3 weeks; 1 lozenge every 4 - 8 hours for 3 weeks
- Use no more than 20 each day
- After 6 weeks, you will begin to slowly cut back lozenge use:
  - To cut back, do what works best or ask your specialist for advice
  - You might stop use in certain places or times or use for shorter times



UAMS.

## NICOTINE LOZENGE

### SIDE EFFECTS OF NICOTINE LOZENGE

If you have side effects or other problems you think might be from the lozenges, tell your specialist. Common side effects include:

- Nausea
- Hiccups
- Heartburn

### PROBLEMS CAUSED BY TOO MUCH NICOTINE

It is possible to get too much nicotine from the lozenge, especially if you smoke. If you have any of the problems listed below, stop smoking. If you continue to have any of these problems, stop using the lozenge and tell your specialist:

- Nausea (feeling sick to stomach)
- Vomiting (throwing up)
- Diarrhea (loose, watery stools, poop)
- Rapid heartbeat
- Cold sweats
- Blurred vision
- Dizziness
- Headaches
- Drooling

### WARNING: TAKING MEDICINES WHEN ON NRT

When you stop using tobacco, you may need to change your dose of some medicines. Tell your doctor or nurse the name and dose of every medicine and supplement you take. Most important are these:

- Insulin (Eubens®)
- Blood thinners
- Anti-psychotics

### NICOTINE LOZENGE: TECHNIQUE SUMMARY



UAMS.



## Materials/Products: Nicotine Lozenge

### ➤ Recommend for:

- Patients who smoke 5 cigarettes or less per day.
- Patients using the patch but still struggling with cravings.
- Patients who chew/dip tobacco.

## Materials/Products: Wellbutrin

- Covered by most insurances, including Medicaid and Medicare.
- Covered by Medicaid only when ordered as **Zyban**.

### QUIT SMOKING WITH BUPROPION SR

(Brand name: Wellbutrin SR, Zyban)

#### WHAT IS BUPROPION SR?

Bupropion SR is the generic name for the medicines **Wellbutrin SR** and **Zyban**. It helps reduce withdrawal symptoms when you stop smoking and lowers your urge to smoke. Bupropion SR is a pill that you swallow. The "SR" stands for "sustained-release." This means that the medicine works for a long time so you take fewer pills and must take the whole pill and not cut it up.

#### HOW DOES BUPROPION SR WORK?

Bupropion SR is a type of medicine called an "antidepressant." This means it works by helping your brain get more of the chemicals that make you feel good. This keeps you from wanting to smoke and from getting nicotine-related depression.

#### WHAT SHOULD I KNOW BEFORE I TAKE BUPROPION SR?

- Bupropion SR does not have nicotine in it.
- It is not safe to take Bupropion if you:
  - Have or had a seizure disorder, epilepsy, brain tumor, brain or head injury
  - Have or had an eating disorder (such as anorexia or bulimia)
- Take other medicines that have bupropion or medicines like:
  - Sedatives that make you sleepy
  - Anti-seizure medicines
  - Monoamine oxidase inhibitor (MAOI) for a psychiatric illness
- Use alcohol and Bupropion together because they affect brain function and create risk of seizures
- Are pregnant or plan to get pregnant
- Are breast feeding
- You will take Bupropion for 7 to 12 weeks, but you may have to take it for as long as 6 months.
- You can smoke and take Bupropion at the same time. After starting the medicine, you will begin to cut back on the number of cigarettes you smoke each day and set a quit date.
- The goal of the Bupropion treatment plan is to be totally off tobacco by week 2 or 3 and be tobacco free for a long period before ending the medicine.

#### WHAT ARE THE POSSIBLE SIDE EFFECTS OF TAKING BUPROPION SR?

You may have some of these common side effects:

- Insomnia
- Dry mouth
- Constipation (hard poop)
- Shakiness
- Dizziness
- Rash
- Itching
- High blood pressure
- Nausea

If you have any of these common side effects tell your health care provider.

There are also some side effects that might be dangerous. They include:

- Seizures
- Unusual changes in behavior that are not typical of nicotine withdrawal
- Sudden onset of worsening depression or sadness
- Thoughts of suicide or hurting yourself

If you have any of these dangerous side effects, you should stop taking Bupropion and call your Health Care Provider right away.

#### HOW SHOULD I CUT BACK ON SMOKING WHEN I USE BUPROPION SR?

1. Set a quit date.
2. Start taking Bupropion 1 to 2 weeks before your quit date. This will allow the medicine to build up in your body.
3. Cut back on the number of cigarettes you smoke each day to be ready to stop smoking on the 14th day after starting the medicine. Your Tobacco Treatment Specialist will help you with a taper plan.
4. When you quit smoking, keep taking Bupropion until the end of your treatment plan.

UAMS.

### QUIT SMOKING WITH BUPROPION SR

(Brand name: Wellbutrin SR, Zyban)

#### HOW DO I TAKE BUPROPION SR?

	When to take Bupropion		How much can I smoke?
	Morning (6 to 8 am)	Evening (4 to 6 pm)	
Week 1 (Days 1 to 3)	Take 1 pill	No pill	Start smoking less each day.
Week 1 and 2 (Days 4 to 14)	Take 1 pill	Take 1 pill	Keep smoking less each day. Stop smoking by day 14.
Week 3 through 12	Take 1 pill	Take 1 pill	Do not smoke.

#### HOW DO I TAKE BUPROPION SR SAFELY?

- Take medication at the same time each day.
- On days that you take the medicine in the morning and evening, make sure to take the pills at least 10 hours apart.
- If you miss a dose, skip the missed dose and take the next dose at the regular time.
- Do not chew, divide, or crush tablets. They will not work the right way if you do.
- Increase the amount of water you drink to help prevent dry mouth and constipation.
- Bupropion may raise your blood pressure. Check your blood pressure weekly, unless told otherwise by your health care provider.
- Avoid drinking alcohol while taking Bupropion. If you usually drink, talk to your health care provider before suddenly stopping to avoid increasing your chance of having a seizure.

#### WHAT SHOULD I DO IF I CANNOT QUIT SMOKING BY MY QUIT DATE?

- If you have trouble quitting smoking, adding nicotine patches, or nicotine gum or lozenges may help. If you use these, be sure to check your blood pressure daily.
- If you slip up and smoke after your quit date, do not give up.
- Keep taking the medicine.
- Reset your quit date.
- Call your tobacco treatment specialist for help.
- If you are not able to quit after 3 weeks, talk to your health care provider or tobacco treatment specialist for help.

UAMS.



## Materials/Products: Wellbutrin

### ➤ Recommend for:

- Patients who are not already taking an anti-depressant.
- Patients who state they smoke to help their mood.
- Patients worried about weight gain while quitting.
- Medicare patients.
- Patients without a seizure disorder.

## Materials/Products: Chantix

- Covered in full by Medicaid, most BCBS insurances, and UMR.
- Covered by some Medicare replacements.

### QUIT SMOKING WITH CHANTIX

(Generic name: Varenicline)

**WHAT IS CHANTIX?**  
 Chantix is a prescription pill that can help you stop smoking. Chantix eases your withdrawal symptoms by blocking the effects of nicotine. This helps lessen your desire to smoke by reducing your feelings of pleasure from smoking.

**HOW DO I TAKE CHANTIX?**  
 There are three ways to stop smoking with Chantix. You take Chantix the same way for each quit plan.

**PICK THE PLAN THAT WORKS BEST FOR YOU.**

	What to take	Morning (6 to 8 am)	Evening (4 to 6 pm)
<b>Week 1, Days 1 through 3</b>	Take 1 white pill (0.5mg)	X	
<b>Week 1, Days 4 through 7</b>	Take 1 white pill (0.5mg)	X	X
<b>Weeks 2 to 12 or 24</b>	Take 1 blue pill (1mg)	X	X

**Fixed Quit Plan - 84 days**  
(Quit by Day 8)

- Set your quit date for Day 8. Quit Day: \_\_\_\_\_.
- Start taking Chantix on Day 1. Stop smoking on Day 8. Do not buy cigarettes or have them around.
- Take Chantix for a total of 12 weeks/84 days.
- If you are not able to stop smoking by Day 8, go to the next plan and set a new quit day.

**You will need:**

- 1 prescription for Chantix Starting Month with combination of 0.5-mg and 1-mg pills and
- 1 prescription for Chantix Continuing Month box with 1-mg pills plus 1 refill. Comes in bottles also.

**Flexible Quit Plan - 84 days**  
(Quit by Day 9 to 35)

- Set your quit date between Days 9 and 35. Quit Day: \_\_\_\_\_.
- Start taking Chantix on Day 1. Cut the number of cigarettes you smoke in half or more by your quit day. Reduce from \_\_\_\_\_ to \_\_\_\_\_.
- Stop smoking on your quit day. Do not buy cigarettes or have them around.
- Take Chantix for a total of 12 weeks/84 days.
- If you are not able to stop smoking by Day 35, go to the last plan and set a new quit day.
- You will need the same number of prescriptions as the Fixed Quit Plan.

**Gradual Quit Plan - 168 days**  
(Quit by Day 35 - 84)

- Set your quit date no more than 12 weeks/84 days from now. Quit Day: \_\_\_\_\_.
- During Weeks 1 - 4 (Days 7 - 28), cut the number of cigarettes you smoke by 50%. Go from \_\_\_\_\_ to \_\_\_\_\_.
- During Weeks 5 - 12 (Days 35 - 84), cut back another 20%. Go from \_\_\_\_\_ to \_\_\_\_\_.
- Stop smoking on your quit day (no later than 12 weeks/84 days after starting Chantix).
- Take Chantix for a total of 24 weeks/168 days.
- You will need the same prescriptions as the Fixed Quit Plan but with 4 more refills of the 1-mg pills.

### QUIT SMOKING WITH CHANTIX

(Generic name: Varenicline)

**WHAT SHOULD I KNOW BEFORE I TAKE CHANTIX?**

- Chantix does not have nicotine in it. It is not addictive.
- It is not safe to take Chantix if you:
  - Have kidney problems or are on kidney dialysis
  - Have serious mental health problems
  - Are pregnant or plan to get pregnant
  - Are breast-feeding
- When you stop using tobacco, you may need to change the dose of some other medicines. Always tell your health care provider the name and dose of every medicine and supplement you take.

**WHAT CAN I DO TO STAY SAFE WHILE I TAKE CHANTIX?**

While you take Chantix:

- Do not drink alcohol.
- Do not use other medicines to help you stop smoking. Those include prescription Bupropion SR, Wellbutrin, Zyban, nicotine nasal spray or inhaler and over the counter nicotine patches, gum or lozenges.

**WHAT ARE THE POSSIBLE SIDE EFFECTS OF TAKING CHANTIX?**

Chantix can cause side effects that include:

- Nausea (vomiting)
- Stomach pain
- Constipation (hard poop)
- Heartburn
- Gas
- Tired or weak feeling

- Dry mouth
- Change in how things taste
- Nightmares
- Sleep problems or weird dreams


To help prevent nausea and constipation, take Chantix with 8 ounces of water and after a meal. To reduce the chance of sleep problems or weird dreams, take the evening dose right after dinner.



Most of the time the above side effects will go away. If they do not go away in one day or you are concerned about the side effects, talk to your health care provider.

Some side effects may be serious and dangerous. If any of these happen, stop taking Chantix right away and call your health care provider:

- Mood or behavior changes
- Anxiety or panic attacks
- Hallucinations (seeing things)
- Extreme fear
- Confusion
- Impulsiveness (act on a whim)

- Violent feelings or behaviors
- Restlessness
- Depression (sad)
- Extra energy (mental or physical)
- Thoughts about suicide or hurting yourself or someone else



## Materials/Products: Chantix

- Recommend for:
  - Patients who smoke more than 1ppd.
  - Patients who have not been diagnosed with a Mental Health issue such as bipolar disorder, severe depression, severe anxiety, or schizophrenia.
  - Patients free of kidney problems.
  - Patient's who state, "I've tried everything and nothing works".

# Materials/Products



## Deciding to Quit Tobacco

If you smoke, vape, or use smokeless tobacco, it is time to quit. This can be hard, but you can do it. You have to decide to quit.

### How do I decide if I am ready to quit?

Start by scoring your readiness to quit. This will help you plan your next steps. To score whether you are ready to quit, read the questions in the table below. For each question, give yourself a score on a scale of 0 (not at all) to 10 (very much) of how ready you are to quit. Scores from 0 to 6 mean you may not be ready to quit.

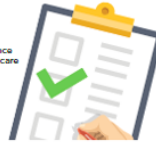
Questions:	Not at all	Some	Very much
How important is it for me to quit?	0 1 2 3	4 5 6	7 8 9 10
How confident I am that I can quit?	0 1 2 3	4 5 6	7 8 9 10
How motivated I am to quit?	0 1 2 3	4 5 6	7 8 9 10

Next, write down some of the good and not so good things about smoking. An example of a good thing about smoking may be that it helps you deal with stress. An example of a not so good thing about smoking is it makes you sick. Writing these things down will help you understand what is holding you back. Use these lines to write some things down.

### How can I plan to quit?

When you are ready to quit, find out what to expect along the way. Giving yourself time to prepare will build the confidence and skills you need to stay nicotine-free. Talk with your health care provider, or tobacco treatment specialist. They will help you:

- Make a plan that works for you
- Guide you through the process of quitting



### How do I start my plan to quit?

Begin your plan by following these steps using the word "START"

- S** Set a quit date.
- T** Tell your family, friends, and the people around you that you are quitting.
- A** Anticipate or plan for the hard times you will face while quitting.
- R** Remove cigarettes, vapes, and other tobacco products from your home, car, and work.
- T** Talk to your doctor and tobacco treatment specialist about getting help to quit.

### What else do I need to know about quitting?

- Quitting is hard. But it is easier if you have a plan.
- It is okay if you have tried to quit before and were not able to. Keep trying and never give up on your goal to quit. The secret is to learn from the slip-up you had before.
- You can also receive a prescription for medicines that will help reduce your: Cravings for nicotine  
Unpleasant feelings you have when you quit.
- Quitting tobacco and vaping will improve your health no matter how old you are, how long you have used tobacco, or how much you have smoked.

You can quit. We are here to help you.

Call 501-526-5448 to set up an appointment for your quit plan.

UAMS.

## Follow Up

- Pharmacy the next day
- Call patient every two weeks to start
- Longer periods between calls as indicated

## Referral to Internal Medicine Tobacco Cessation Counselor

The goal of this tip sheet is to outline the proper workflow for ordering a referral to the internal medicine tobacco cessation counselors.



## Try It Out!

1. From the Visit Taskbar, click Add Order.

2. Search for tobacco cessation. Select the "Ambulatory Referral to IM Tobacco Cessation Counselor". Click Accept.

3. From the order composer, enter any additional details if needed. Click Accept and Sign Order.

4. An inbasket notification will be sent to the tobacco cessation counselor pool to indicate this patient should be contacted regarding options for tobacco education.

## UAMS Goals

- By 2021, IMSL will **complete tobacco screening for 85%** of the IMSL outpatients and **provide cessation information and/or refer for counselling for 50%** of the patients identified as tobacco users.
- IMSL patients will **meet or exceed the national tobacco use quit rate** by 2021. (According to the CDC, 7.4% of smokers who try to quit each year are successful).