

▶ Medical support for quitting smoking for smokers and ex-smokers who quit < 6 months ago

Patient identification

1. ASK

1.1 SMOKING HISTORY

- Number of years you have smoked?
- Average number of cigarettes you smoke daily?
- First cigarette of the day minutes after waking up
- Longest attempt to quit? or quit ago
 - Main motivation?
 - Method used?
 - Cause of relapse, if any?

Use this information as a guide for the next attempt to quit smoking.

1.2 STAGE OF CHANGE

Do you intend to quit smoking?

- No (pre-contemplation)
- Yes, in
 - ≥ 1 month (contemplation)
 - < 1 month (preparation)
- I quit < 6 months ago (action or maintenance)

Pre-contemplation or contemplation stage
≥ 1 month = Patient is NOT READY!

Preparation stage
< 1 month = Patient is READY!

Action or maintenance stage
Patient has QUIT SMOKING.

1.3 MOTIVATIONS With regard to quitting smoking, in your opinion, what are

The *pros* of quitting smoking?

The *cons* of quitting smoking?

Convincing *arguments*?

Anticipated obstacles (including withdrawal symptoms)?

The *benefits* felt?

The *inconveniences* experienced?

2. DISCUSS

- The importance of quitting as soon as possible by personalizing the message
- The dangers of second-hand smoke
- Agree to discuss again later?

- Congratulations on making the decision
- Winning strategies:
- Agree to set a quit date?

- Congratulations on the results
- Total abstinence is the goal
- Strategies for inconveniences experienced
- In case of a relapse: agree to try again with new strategies?

3. GIVE

- If the patient agrees:
- Educational material
 - Support and a followup appointment
 - Referral to a resource (back)

- Educational material
- Pharmacological aids:
- Appointment or followup call the month after the quit date
- Referral to a resource (back)

- As needed:
- Educational material
 - Pharmacological aids:
 - A followup appointment
 - Referral to a resource (back)

Signature :

Date :

Jun 2011

Followup	Ask		Discuss		Give
	Date	No. of cigarettes/day	Stage	Motivations	Strategies

J'ARRÊTE (I QUIT) PROGRAM RESOURCES

J'ARRÊTE HOTLINE:

1-866-527-7383

Specialists in quitting smoking offer free and confidential bilingual phone support services Monday to Friday, 8 a.m. to 9 p.m. Specialists can also direct your patients to the resources that best suit their needs.

J'ARRÊTE WEBSITE:

www.jarrete.qc.ca

This site offers multiple support services for youth and adults, including information, personalized online counseling, chat, and a discussion forum.

QUIT-SMOKING CENTRES (CATs)

Over 150 CATs offer free and confidential information services and individual and group support in all areas of Québec. To find out the contact information of the CAT nearest you, call the J'ARRÊTE hotline: **1-866-527-7383**.

QUIT TO WIN! CHALLENGE

(Annually, March 1 to April 15)

Suggest to your patients that they take the "quit smoking for six weeks" challenge. Registration is free and provides a chance to win numerous prizes.

OTHER RESOURCES

Very few thorough studies have been conducted on the effectiveness of acupuncture, hypnosis, and laser therapy. What little study has been done does not indicate that these approaches are effective.

NOTES

PHARMACOLOGICAL AIDS

PHARMACOLOGICAL AID REIMBURSEMENT PROGRAM

Upon presentation of an individual or group medical prescription, RAMQ covers nicotine patches for a maximum of 12 consecutive weeks and nicotine gum or Thrive® nicotine lozenges for a maximum of 12 consecutive weeks. These products must be picked up within the same 12 week period. RAMQ also covers bupropion and varenicline for 12 consecutive weeks within the same year. A 12 week extension of varenicline will be allowed for anyone having quit smoking in the 12th week. Nicorette® nicotine inhalers and lozenges are not covered.

NICOTINE SKIN PATCHES

NICODERM®, HABITROL® (24 HOUR)

- *If you smoke fewer than 10 cigarettes per day:* Start with a 14 mg/day patch on hair-free skin between the neck and waist. Change the application area daily. If you experience insomnia, remove the patch before going to bed. Example: 14 mg for 8 weeks, then 7 mg for 4 weeks (or other combinations).
- *If you smoke 10 or more cigarettes per day:* Start with a 21 mg/day patch for 4 to 8 weeks, then 14 mg for 2 to 4 weeks, and 7 mg for 2 to 4 weeks (or other combinations).

NICORETTE® (16 HOUR)

- *Designed to minimize any risk of sleep disorders.* Start with a 15 mg/day patch for 6 weeks, then 10 mg for 2 weeks, and then 5 mg for 2 weeks. (To use this product in combination with the gum, see the product monograph.)

NICOTINE GUM (THRIVE®, NICORETTE®)

- *If you smoke fewer than 20 cigarettes per day:* Use 2 mg gum.
- *If you smoke 20 cigarettes or more per day (or you smoke your first cigarette less than 30 minutes after waking up):* Use 4 mg gum.
- *Dosage:* Maintain a fixed schedule. 1 piece of gum every hour or every two hours. Chew 2 to 3 times, then place between your lip and gum. Avoid drinking or eating 15 minutes before and during gum chewing. Do not exceed 20 pieces of gum per day. Gradually reduce the number over one to six months.

NICOTINE LOZENGES

THRIVE®

- *If you smoke fewer than 20 cigarettes per day:* Use 1 mg lozenges.
- *If you smoke 20 cigarettes or more per day:* Use 2 mg lozenges.

NICORETTE®

- *If you smoke your first cigarette more than 30 minutes after waking up:* Use 2 mg lozenges.
- *If you smoke your first cigarette less than 30 minutes after waking up:* Use 4 mg lozenges.
- *Dosage:* Suck on lozenge until flavor is intense, then place between your lip and gum. Start to suck again when flavor intensity has diminished and continue for approximately 30 minutes, until it fully dissolves. Gradually reduce use over 1 to 6 months.

NICOTINE INHALER (NICORETTE®)

- *Dosage:* Using a mouthpiece inhaler and a 10 mg cartridge that releases 4 mg of nicotine, inhale 6 to 12 cartridges per day, on a variable schedule. Gradually reduce use over 3 to 6 months.

CONTRAINDICATIONS AND PRECAUTIONS FOR NICOTINE PATCHES, GUM, LOZENGES, AND INHALERS

Myocardial infarction or stroke in the previous two weeks, unstable or severe angina, severe arrhythmia, pregnancy and nursing, under 18 years of age, allergy to adhesive bandages or generalized skin disease (patches), serious dental diseases (gum, lozenges), hypersensitivity to menthol (inhaler), asthma or chronic pulmonary disease (caution with inhaler).

BUPROPION HYDROCHLORIDE (ZYBAN®)

- *Dosage:* 150 mg per day for 3 days, then 150 mg twice daily for 7 to 12 weeks. Wait at least eight hours between doses. Stop smoking the second week. Continue as needed for up to 1 year.
- *Contraindications:* Convulsive problems, use of bupropion as an antidepressant (Wellbutrin SR®), use of monoamine oxidase inhibitors (MAOIs) or the antipsychotic drug thioridazine, abrupt alcohol withdrawal, sudden withdrawal of benzodiazepines or other sedatives, past history of bulimia or anorexia, allergy to bupropion.

VARENICLINE (CHAMPIX®)

Days 1 to 3: 0.5 mg once daily

Days 4 to 7: 0.5 mg twice daily

Day 8 until end of treatment: 1 mg twice daily

- *Contraindications and precautions:* Pregnancy and nursing, severe kidney disease, under 18 years of age. Extra attention must be given to patients who are suffering or have suffered from depression or any other mental health problem. *Important: See new warnings (2010) in product monograph.

COMBINATIONS OF PHARMACOLOGICAL AIDS

Certain combinations of pharmacological aids are effective and should be considered by smokers who are highly dependent on nicotine:

- *Patch + gum or lozenges or inhaler as needed during strong cravings.*
- *Bupropion + patch while quitting smoking. Blood pressure must be monitored regularly.*

For varenicline, combination with bupropion or other nicotine substitute is not recommended.

Note: For complete information on pharmacological aids, see product monographs.