**THE 5 Rs MOTIVATIONAL TECHNIQUES**

**Relevance**
- Health of the smoker
- Health of others (second-hand smoke affects adults and children)
- Costs of smoking
- Social/environmental pressure
- Personal commitment and control

**Risks**
- 2x greater risk of stroke
- 6x greater risk of oral cancer
- 10x greater risk of larynx cancer
- 12x greater risk of lung cancer and CAD

**Rewards**
- IMMEDIATE = within minutes to several weeks, B/P decreases, CO level increases
- IMMEDIATE = within months to 1 year, respiratory congestion and infections decrease; after 1 year, excess risk of CAD reduced to half of a smoker
- LONG-TERM = after 5 years, lung cancer death rate decreases by almost half;
- after 5 years, risk of upper airway and esophageal cancer is half of a smoker;
- after 5—10 years, stroke risk is reduced to that of a nonsmoker; after 10 years, lung cancer death rate similar to a nonsmoker; after 15 years, risk of CAD is that of a nonsmoker

**A HEALTH CARE PROVIDER’S GUIDE**

**TO SUCCESSFUL TOBACCO CESSATION INTERVENTIONS**

**FAGERSTROM TEST FOR NICOTINE DEPENDENCE (ADULTS)**

1) How soon after you wake up do you smoke your first cigarette?
   - Within 5 minutes = 3
   - 6—30 minutes = 2
   - 31—60 minutes = 1
   - After 60 minutes = 0

2) Do you find it difficult to refrain from smoking in the places where it is forbidden (e.g., in church, at the library, in cinema)?
   - Yes = 1
   - No = 0

3) Which cigarette would you hate most to give up?
   - The first one in the morning = 1
   - Any other = 0

Total (higher scores indicate higher levels of dependence, e.g. >5)

*Adapted from Transtheoretical Model of Change (precontemplation, contemplation, preparation, action & maintenance) by J. Prochaska and C. DiClemente, 1982*
## Pharmacotherapies for Smoking Cessation

<table>
<thead>
<tr>
<th>Medication</th>
<th>Availability</th>
<th>Precautions / Contraindications</th>
<th>Adverse Effects</th>
<th>Dosage / Directions</th>
<th>Duration</th>
<th>Cost / Day</th>
</tr>
</thead>
<tbody>
<tr>
<td>Varenicline</td>
<td>Chantix® (prescription only)</td>
<td>Pregnancy (Category C), breast-feeding Not recommended in patients younger than 18 years of age. Caution in patients with renal impairment.</td>
<td>Nausea/Vomiting</td>
<td>Days 1-3, 0.5 mg once daily Days 4-7, 0.5 mg twice daily Days 8 through end of treatment, 1 mg twice daily</td>
<td>12 weeks (if successful, additional 12 weeks recommended)</td>
<td>$4.20 (based on dose-pack)</td>
</tr>
<tr>
<td>Nicotine Gum</td>
<td>Nicorette®, Nicorette® Mint (OTC only)</td>
<td>Pregnancy (Category C) Recent (&lt;2 weeks) MI, unstable angina, serious underlying arrhythmias, TMJ disease, difficult to use with dentures</td>
<td>Mouth soreness Dyspepsia Increased salivation</td>
<td>1-24 cigs/day – 2 mg gum (up to 24 pcs/day)</td>
<td>Up to 12 weeks</td>
<td>$4.27 for 10, 2-mg pcs $6.66 for 10, 4-mg pcs</td>
</tr>
<tr>
<td>Nicotine Patch</td>
<td>Nicoderm CQ® (OTC only)</td>
<td>Pregnancy (Category D) Recent (&lt;2 weeks) MI, unstable angina, serious underlying arrhythmias, acute and/chronic skin disorders.</td>
<td>Local skin reaction Insomnia</td>
<td>21 mg/24 hours (&gt;10 cigs/day) 14 mg/24 hours (&lt;/= 10 cigs/day start here for 6 weeks then 7mg for 2 weeks) 7 mg/24 hours</td>
<td>Weeks 1-6 Weeks 7-8 Weeks 9-10</td>
<td>Patches $6.29</td>
</tr>
<tr>
<td>Nicotine Inhaler</td>
<td>Nicotrol® Inhaler (prescription only)</td>
<td>Pregnancy (Category D) Recent (&lt;2 weeks) MI, unstable angina, serious underlying arrhythmias, underlying reactive airway disease.</td>
<td>Local irritation of mouth and throat Insomnia</td>
<td>6-16 cartridges/day</td>
<td>Up to 6 months</td>
<td>$10.10 (based on 10 cartridges per day)</td>
</tr>
<tr>
<td>Nicotine Nasal Spray</td>
<td>Nicotrol NS® (prescription only)</td>
<td>Pregnancy (Category D) Recent (&lt;2 weeks) MI, unstable angina, serious underlying arrhythmias, underlying chronic nasal disorders (rhinitis, nasal polyps, sinusitis), severe reactive airway disease.</td>
<td>Nasal irritation Insomnia</td>
<td>8-40 doses/day</td>
<td>3-6 months</td>
<td>$5.40 (based on 12 doses per day)</td>
</tr>
<tr>
<td>Bupropion SR</td>
<td>Zyban® (prescription only)</td>
<td>Pregnancy (Category B), concomitant therapy with meds known to lower the seizure threshold (e.g., antipsychotic/depressants, theophylline, lithium, etc.) MAO inhibitor in previous 14 days, abrupt discontinuation of alcohol or sedatives, Hx of seizure, Hx of eating disorder</td>
<td>Insomnia Dry mouth</td>
<td>150 mg every morning for 3 days, then 150 mg twice daily (Begin treatment 1–2 weeks pre-quit)</td>
<td>7-12 weeks maintenance up to 6 months</td>
<td>$3.87 (twice a day dosing)</td>
</tr>
</tbody>
</table>

* The information contained within this table is not comprehensive. Please see package insert for additional information.

* Prices are based on Average Wholesale Price (AWP) July 2007.

* Instruct patient to chew gum slowly until it tingles, then park it between the cheek and gum. When tingling is gone instruct patient to chew and park it between the cheek and gum for 30 min. No Food or Drinking during gum use.

* Unless after 20 weeks under special circumstances may use Nicotine Replacement Therapy (NRT). APN may request MD/DO consult as needed.

* Age less than 18 years (unless ≥ 100 pounds and with parental/guardian consent may use NRT only). APN may request MD/DO consult as needed.