Recommended Visit Schedule for Diagnosing and Treating Tobacco Dependence

Preparatory Visits
- Initial history and physical exam
- Assessment of tobacco use and addiction
- Establish relationship
- Patient education
- Prescribe appropriate pharmacotherapy

Activities:
- Assess medication side effects
- Assess treatment effect
- Identify barriers to control
- Provide support
- Encourage use of rescue (releiver) medications to reduce NWS and improve control

Algorithms:
- 2.2 Stepwise Therapy Guide
- 2.4 Assessment (Initial)
- 2.5 Assessment Specifics
- 2.6 Managing Patient Reluctance
- 2.7 Developing a Medication Treatment Plan

Early Follow-up Visits (q1-3 weeks)
- Assess degree of control
- Modify medication dose
- Identify and correct high-risk behaviors
- Encourage use of rescue medications to reduce NWS and risk of relapse
- Provide support
- Encourage use of rescue medications to reduce NWS
- Provide support
- Assess environmental tobacco smoke exposure

Activities:
- 2.2 Stepwise Therapy Guide
- 2.4 Assessment (Initial)
- 2.7 Developing a Medication Treatment Plan
- 2.9 Managing Relapse
- 2.10 Tapering Pharmacologic Interventions

Subsequent Visits (q4-6 weeks)
- Assess relapse risk
- Patient education / relapse prevention
- Encourage use of rescue medications to reduce NWS
- Provide support
- Assess environmental tobacco smoke exposure

Activities:
- 2.2 Stepwise Therapy Guide
- 2.7 Developing a Medication Treatment Plan
- 2.9 Managing Relapse
- 2.10 Tapering Pharmacologic Interventions

Long-Term Follow-up (q 2-6 months)*
- Assess relapse risk
- Patient education / relapse prevention
- Encourage use of rescue medications to reduce NWS
- Provide support
- Assess environmental tobacco smoke exposure

Activities:
- 2.2 Stepwise Therapy Guide
- 2.8 Long-Term Evaluation and Management
- 2.9 Managing Relapse
- 2.10 Tapering Pharmacologic Interventions

*Continuing indefinitely, as for any chronic disease. Frequency of visits throughout treatment depends on individual clinical need.

NWS: nicotine withdrawal symptoms