ASSESSMENT SPECIFICS

Assess severity of addiction

- FTND/TTFC
- Number cigarettes/day
- Prior stop history

Assess for treatment modifiers

- Psychiatric co-morbidities
- Concurrent substance abuse
- Gender
- Prior experience stopping smoking

Assess treatment contraindications

Nicotine Medications
- No absolute contraindications
- Caution in poorly controlled HTN

Bupropion
- Seizure disorder/seizure risk (head trauma, ETOH withdrawal)
- Eating disorder
- MAOI or other bupropion medications

Varenicline
- No absolute contraindications
- Caution in renal insufficiency

- Review best practices
- Identify important barriers
- Help patient identify strategies to overcome each obstacle

Assess patient preference

- Provide patient education brochures
- Review myths and misconceptions

Select appropriate Controller and Rescue (Reliever) Medications

- Set Target Stop Date
- Patient education as appropriate
- Provide supportive environment
- Encourage Quitline support
- Encourage use of smoking cessation group

Develop and record a Medication Treatment Plan

Algorithm: 2.8 Long-Term Evaluation and Management

FTND: Fagerström Test for Nicotine Dependence
TTFC: Time to first cigarette
HTN: Hypertension
ETOH: Ethyl alcohol (ethanol)
MAOI: Monoamine oxidase inhibitor