2.7 DEVELOPING A MEDICATION TREATMENT PLAN: Logic Model

Overarching Goals:
To reduce or eliminate nicotine withdrawal symptoms, including tobacco-related cravings and compulsion to smoke
To enhance a patient’s and physician’s effectiveness in achieving control over tobacco use

Inputs
- Nature and severity of tobacco dependence
- Fagerström Test for Nicotine Dependence (FTND) score
- Number of cigarettes/day
- Medical history
- Gender
- Nicotine-withdrawal-symptom history with prior quit attempts
- Age started cigarette use
- Presence or absence of another cigarette user in household
- Number of prior quit attempts
- Number years education
- Socio-economic status (SES)
- Substance use history
- Psychiatric history
- Depression
- Mood disorder
- Bipolar disorder
- Post-traumatic stress disorder

Baseline control
- Decide on baseline Controller Medication needs

Acute Craving Management
- Add appropriate Rescue (Reliever) Medications

Anticipate Potential Barriers
- Review Instructions

Outcomes

Short-term Patient Outcomes (before Target Stop Date)
- Increased intention to discontinue cigarette use (stage-of-change)
- Willingness to accept defined period of continued smoking during Controller Medication initiation
- Establish goals for stopping smoking (e.g., target stop date, treatment plan)
- Demonstrate effective medication-use technique
- Understand value of keeping regular follow-up office appointments
- Understand goals of treatment plan, including control of nicotine withdrawal symptoms
- Increased awareness of cessation resources in the office and within the area

Intermediate Patient Outcomes (Target Stop)
- Attempt to discontinue cigarette use
- Proper use of Controller and Rescue (Reliever) Medications
- Suppression of nicotine withdrawal symptoms
- Control over compulsion to smoke
- Management of medication side effects
- Avoidance of high risk situations

Long-Term Patient Outcomes (After Target Stop)
- Maintain complete suppression of nicotine withdrawal symptoms
- Demonstrated ability to manage cravings through Rescue (Reliever) Medication titration
- Continued control over compulsion to smoke
- Adoption of new, non-smoking behaviors
- Decreasing medication requirement