**Tobacco use history:**

- Current average daily tobacco use?
  - cigarettes
  - cigars
  - chew
  - pipe tobacco
- Largest amount of tobacco ever used regularly: __________
- Total years using tobacco: __________

**Current Brand:** __________

**Time to first cigarette in morning:**
- < 30 minutes
- > 30 minutes

**Motivation to quit:**
- Health
- Symptoms
- Family
- Control of life
- Work
- Other:

**Past Attempts to Stop Smoking:**

- Date of last attempt: __________
- Number of previous attempts: __________
- Longest duration without smoking: __________
- Relapse details: __________

**Previous methods:**
- "cold-turkey"
- tapered down
- self-help materials
- group help
- program (Check any that apply)
- individual counseling
- hypnosis / acupuncture
- NRT
- Bupropion
- Combination NRT (ex. patch & gum) used together on same day
- Chantix
- Combination NRT & Bupropion used together on same day

**Potential obstacles:**
- Severe cravings
- Anxiety
- Irritability
- Sleep disturbance
- Other: __________

**Contraindications to Bupropion SR?**

- Absolute
  - Seizure history
  - Eating disorder
  - Current MAO inhibitor
  - Other Bupropion products
  - Other antidepressants

**Relative**
- Heavy alcohol use
- Benzodiazepine use
- Prior adverse reaction
- Other antidepressants

**Contraindications to NRT?**

- Relative
  - Unstable hypertension
  - Serious arrhythmias
  - Hypersensitivity to adhesive

**Plan for Care (include plan for follow-up):**

**Follow-up / Education**

- FU in ________ weeks
- Refer to:
- NRT to begin on QD
- remove qAM.
- PRN cravings.
- PRN cravings.
- PRN cravings.
- PRN cravings.

**Medications**

- Target Stop Date on: __________
- Nicotine patch: __________ mg as directed qAM
- Nicotine gum: __________ mg q __________ hrs
- Nicotine inhaler: __________ pf q __________ hrs
- Nicotine lozenge: __________ mg q __________ hrs
- Bupropion XL 150mg po qd 3-7d, then 300 mg po q am
- Chantix 0.5mg po qam x3d then 0.5mg po q12h then 1mg po q12h
- Other: __________

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