

▶ Medical support for quitting smoking for smokers and ex-smokers who quit < 6 months ago

Patient identification

1. ASK

1.1 SMOKING HISTORY

- Number of years you have smoked?
- Average number of cigarettes you smoke daily?
- First cigarette of the day minutes after waking up
- Longest attempt to quit? or quit ago
 - Main motivation?
 - Methods used?
 - Cause of relapse, if any?

Use this information as a guide for the next attempt to quit smoking.

1.2 STAGE OF CHANGE

- Do you intend to quit smoking?
- No (pre-contemplation)
 - Yes, in
 - ≥ 1 month (contemplation)
 - < 1 month (preparation)
 - I quit < 6 months ago (action or maintenance)
 - I recently began again (relapse). I agree to try quitting again.

Pre-contemplation or contemplation stage
≥ 1 month = Patient is NOT READY!

Preparation stage
< 1 month = Patient is READY!

Action or maintenance stage
Patient has QUIT SMOKING.

1.3 MOTIVATIONS With regard to quitting smoking, in your opinion, what are

The *pros* of smoking and the *cons* of quitting smoking?.....
The *cons* of smoking and the *pros* of quitting smoking?.....

Concerns of quitting smoking?
.....
Anticipated obstacles (including withdrawal symptoms)?
.....

The *inconveniences* experienced?
.....
The *benefits* felt?
.....

Importance: 0 1 2 3 4 5 6 7 8 9 10
○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○
Not at all important Extremely important

Confidence: 0 1 2 3 4 5 6 7 8 9 10
○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○
Not at all important Extremely important

2. DISCUSS

- The importance of quitting by personalizing the message
- The dangers of second-hand smoke
- Agree not to smoke in the house/car?
- Agree to discuss again later?

- Underline the decision making
- Winning strategies that consider anticipated obstacles:
- Set a quit date

- Highlight the efforts
- Strategies for inconveniences experienced
- Strategies in case of a slip to avoid beginning again smoking?
- Strategies in case of relapse?

3. GIVE

- If the patient agrees:
- Educational material, for instance **smoke-free cars and homes** brochure
 - Support and a followup appointment
 - Referral to a resource (back)

- Educational material
- Pharmacological aids:
 - Appointment or followup call the month after the quit date
 - Referral to a resource (back)

- As needed:
- Educational material
 - Pharmacological aids:
 - A followup appointment
 - Referral to a resource (back)

Signature Date

Followup		Ask		Discuss		Give
Date	No. of cigarettes/day	Stage	Motivations	Strategies	Resources/aids	

RESOURCES TO QUIT

J'ARRÊTE HOTLINE:

1-866-527-7383

Specialists in quitting smoking offer free and confidential bilingual phone support services Monday to Friday, 8 a.m. to 9 p.m. Specialists can also direct your patients to the resources that best suit their needs.

J'ARRÊTE WEBSITE:

www.jarrete.qc.ca

This site offers multiple support services for youth and adults, including information, personalized online counseling, chat, and a discussion forum.

QUIT-SMOKING CENTRES (CATs)

Over 150 CATs offer free and confidential information services and individual or group support in all areas of Québec. To find out the contact information of the CAT nearest you, call the J'ARRÊTE hotline: 1-866-527-7383.

QUIT TO WIN! CHALLENGE

(Annually, March 1 to April 11) Suggest to your patients that they take the "quit smoking for six weeks" challenge. Registration is free and provides a chance to win numerous prizes.

OTHER RESOURCES

Due to a lack of independent and reliable scientific information, to date, we cannot approve electronic cigarettes as an aid for quitting smoking nor determine the health effects of its long-term use. Very few thorough studies have been conducted on the effectiveness of acupuncture, hypnosis, and laser therapy. What little study has been done does not indicate that these approaches are effective.

NOTES

PHARMACOLOGICAL AIDS

PHARMACOLOGICAL AID REIMBURSEMENT PROGRAM

Upon presentation of an individual or group medical prescription, RAMQ covers nicotine patches (HABITROL® or NICODERM®) for a maximum of 12 consecutive weeks and nicotine gum (THRIVE® or NICORETTE®) or THRIVE® nicotine lozenges for a maximum of 12 consecutive weeks. These products must be picked up within the same 12 week period. RAMQ also covers bupropion or varenicline for 12 consecutive weeks within the same year. A 12 week extension of varenicline will be allowed for anyone having quit smoking in the 12th week. NICORETTE® nicotine inhalers, oral spray and lozenges are not covered.

In accordance with Health Canada's May 30th 2013 notice, recourse to a nicotine replacement treatment (NRT) should be considered before prescribing non-nicotine treatment with bupropion or varenicline.

NICOTINE SKIN PATCHES (HABITROL® AND NICODERM®)

- *If you smoke fewer than 10 cigarettes per day:* Start with a 14 mg/day patch on hair-free skin between the neck and waist. Change the application area daily. If you experience insomnia, remove the patch before going to bed. Example: 14 mg for 8 weeks, then 7 mg for 4 weeks (or other posologies).
- *If you smoke 10 or more cigarettes per day:* Start with a 21 mg/day patch for 4 to 8 weeks, then 14 mg for 2 to 4 weeks, and 7 mg for 2 to 4 weeks (or other posologies).

NICOTINE GUM (THRIVE®, NICORETTE®)

- *If you smoke fewer than 20 cigarettes per day:* Use 2 mg gum.
- *If you smoke 20 cigarettes or more per day (or you smoke your first cigarette less than 30 minutes after waking up):* Use 4 mg gum.
- *Dosage:* Maintain a fixed schedule. 1 piece of gum every hour or every two hours if used alone, or as needed if combined to another pharmacological aid. Chew gum 2 to 3 times, then place between your lip and gum. Avoid drinking or eating 15 minutes before and during gum chewing. Do not exceed 20 pieces of gum per day. Repeat during 30 minutes. Gradually reduce the number over 3 to 6 months.

NICOTINE LOZENGES (THRIVE® covered by RAMQ – NICORETTE® not covered by RAMQ)

- *If you smoke fewer than 20 cigarettes per day (or if you smoke your first cigarette more than 30 minutes after waking up):* Use 1 mg THRIVE® lozenges, or 2mg NICORETTE® lozenges.
- *If you smoke 20 cigarettes or more per day (or if you smoke your first cigarette less than 30 minutes after waking up):* Use 2 mg THRIVE® lozenges, or 4 mg NICORETTE® lozenges.
- *Dosage:* Maintain a fixed schedule. 1 lozenge every hour or every two hours if used alone, or as needed if combined to another pharmacological aid. Suck on lozenge until flavor is intense, then place between your lip and gum. Start to suck again when flavor intensity has diminished and continue for approximately 30 minutes, until it fully dissolves. Gradually reduce use over 3 to 6 months.

NICOTINE INHALER (NICORETTE® not covered by RAMQ)

- *Dosage:* Using an inhaler mouthpiece, inhale a 10 mg cartridge (which releases 4 mg of nicotine) during 20 minutes or 2 x 10 minutes or 4 x 5 minutes. Regular use if used alone, or as needed if combined to another pharmacological aid. Discard 24 hours after opening. Gradually reduce use over 3 to 6 months.

ORAL SPRAY (NICORETTE® VAPOÉCLAIR® NOT COVERED BY RAMQ)

- *Dosage:* Approximately 150 sprays per oral spray. 1 mg/spray for 1-2 sprays at a time up to 4 sprays/hour. Maximum of 64 sprays/day. Spray in the mouth avoiding inhaling while spraying. Regular use if used alone, or as needed if combined to another pharmacological aid. Gradually reduce use over 3 to 6 months.

CONTRAINDICATIONS AND PRECAUTIONS FOR NICOTINE PATCHES, GUM, LOZENGES, INHALERS, AND ORAL SPRAY

Myocardial infarction or stroke in the previous two weeks, unstable or severe angina, severe arrhythmia, pregnancy and nursing, under 18 years of age, allergy to adhesive bandages or generalized skin disease (patches), serious dental diseases (gum, lozenges), hypersensitivity to menthol (inhaler, oral spray), asthma or chronic pulmonary disease (caution with inhaler and oral spray). Avoid drinking or eating during use and 15 minutes before or after using GUM, LOZENGES, INHALER or ORAL SPRAY to avoid interfering with nicotine mouth absorption.

BUPROPION HYDROCHLORIDE (ZYBAN®)

- *Dosage:* 150 mg per day for 3 days, then 150 mg twice daily for 7 to 12 weeks. Wait at least eight hours between doses. Stop smoking the second week. Continue as needed for up to 1 year.
- *Contraindications:* Convulsive problems, use of bupropion as an antidepressant (Wellbutrin SR®), use of monoamine oxidase inhibitors (MAOIs) or the antipsychotic drug thioridazine, abrupt alcohol withdrawal, sudden withdrawal of benzodiazepines or other sedatives, past history of bulimia or anorexia, allergy to bupropion. Notice regarding neuropsychiatric symptoms, mental health problem. *Important: See warnings in product monograph.

VARENICLINE (CHAMPIX®)

- *Dosage:* Days 1 to 3: 0.5 mg once daily. Days 4 to 7: 0.5 mg twice daily. Day 8 until end of treatment: 0.5 mg twice daily or 1 mg twice daily.
- *Contraindications and precautions:* Pregnancy and nursing, severe kidney disease, under 18 years of age. *Important: See warnings in product monograph.

COMBINATIONS OF PHARMACOLOGICAL AIDS

Certain combinations of pharmacological aids are effective and should be considered by smokers who are highly dependent on nicotine:

- *Patch + NRT as needed* (gum or lozenges or inhaler or oral spray).
- Start Bupropion + patch or gum or lozenges or oral spray or inhaler when quitting smoking. Regular blood pressure monitoring is recommended.
- For Varenicline, combination with bupropion or other nicotine substitute is not recommended.

Note: For complete information on pharmacological aids, see product monographs.