

Smoking Cessation Guide (part 2)

Please find the attached circular about smoking cessation guide part 2. Please read it carefully and keep it in your pharmacy files as a reference.

20/5/2020
Drug Information Center
Rana Delnora



The pharmacological treatments for Smoking Cessation include:

Brand Name	Active Ingredient	Dosing	Administration	Common Side Effects	Notes
Nicorette Invisi patch® (Currently not available)	Long acting Nicotine Replacement Therapy (NRT)	<u>More than 10 cigarettes per day:</u> Step 1 contains 25 mg of nicotine and it is used for 1 week. Step 2 contains 15 mg of nicotine and it is used for 2 weeks. Step 3 contains 10 mg of nicotine and it is used for 2 weeks. <u>Less than 10 cigarettes per day:</u> Start with step 2 immediately for 1 week then step 3 for additional 4 weeks.	- Apply to <u>clean, dry, hairless, healthy skin</u> on the front or side of the chest, upper arm or hip. - Do not apply the patches to broken, red or irritated skin. - Don't apply oils or talcum powder to the skin before applying the patch, as they will prevent it sticking properly. - The patches must not be cut. - Patch site should be rotated daily to avoid skin irritation.	- Skin irritation - Insomnia and vivid dreams when the patch is left on overnight (can be minimized by removing the patch at bedtime).	- The patch has a <u>long-acting, slow-onset</u> pattern of nicotine delivery, producing relatively constant withdrawal relief <u>over 24 hours</u>, but requiring several hours to reach peak levels. - If you <u>exercise</u> while wearing a nicotine patch the amount of nicotine absorbed into your bloodstream may increase, which could increase the side effects of nicotine. - Patients who remove the patch at night and experience morning cravings for nicotine <u>can use a short-acting form of nicotine replacement therapy (Gum)</u> while waiting for the nicotine patch to take effect (it needs 0.5-3 hours after re-application to reach the effective level). - Compliance level with nicotine patch is high.
Nicorette Gum®	Short acting Nicotine Replacement	<u>More than 10 cigarettes per day:</u> Chew 4 mg gum as required to	Use the "chew and park" method:	- Nausea - Vomiting - Abdominal pain	Chewing the gum releases nicotine that is absorbed through the oral mucosa, resulting in a peak of blood nicotine

Smoking Cessation Guide

David B. Abrams, Raymond Niaura



Smoking Cessation Guide:

Manual of Smoking Cessation Andy McEwen, Peter Hajek, Hayden McRobbie, Robert West, 2006-06-30 Manual of Smoking Cessation provides the crucial knowledge required if you are involved in helping smokers to stop. The manual provides facts, figures, suggested interventions and sources of further information to assist in providing evidence-based treatment for smokers wishing to stop. This manual covers the core content areas and key learning outcomes described in the Standard for Training in Smoking Cessation. Health Development Agency 2003. Manual of Smoking Cessation is structured in two concise parts. Part 1 provides essential information on smoking demographics along with the risks of smoking and the benefits of stopping. Part 2 offers a range of practical advice to implement with clients. The Smoking Cessation Manual is an essential text for all those involved in the provision of smoking cessation services including smoking cessation counsellors, nurses, pharmacists, doctors, health promotion officers, dental professionals and other members of the health care team. The book is an invaluable resource for those learning about smoking cessation and a succinct aide memoire to those already practicing in the field. The authors represent the who's who in the field of smoking cessation and are affiliated to University College London and Cancer Research UK. Andy McEwen and Robert West, St Bartholomew's Royal London School of Medicine and Dentistry. Peter Hajek and the University of Auckland. Hayden McRobbie. **No If's, And's, Or Butts** Harlan M. Krumholz, Robert H. Phillips, 1993 Aids those who want to stop smoking by giving the latest in treatments and procedures and gives advice on establishing an individual smoke cessation program. *The Tobacco Dependence Treatment Handbook* David B. Abrams, Raymond Niaura, 2003-02-12 This unique clinical handbook offers the knowledge, skills and materials needed to help all types of smokers even the most hard-core successfully quit. Provided are assessment tools, treatment planning guidelines and a series of complete treatment packages ranging from ultra-brief to more intensive options. Designed for use in a variety of settings by a wide range of providers, the volume is evidence-based and consistent with the latest national guidelines on best practice. The authors, leading scientist-practitioners, incorporate the latest pharmacotherapeutic approaches as well as proven motivational, cognitive and behavioral techniques. Strategies are presented for tailoring treatment to individual smokers and for preventing relapse. Also included are session-by-session intervention guidelines, helpful case examples and dozens of requisite handouts and forms ready to photocopy and use. **Key Features** No other book presents the full range of empirically supported treatments. Practical includes step-by-step guidelines, cases, reproducible patient forms. Consistent with best practice recommendations issued by the Surgeon General, the American Psychiatric Association and the British Thoracic Society. Describes approaches with and without pharmacotherapy. Photocopy Rights. The Publisher grants individual book purchasers nonassignable permission to reproduce selected materials in this book for professional use. For details and limitations see copyright page. *No-Nag, No-Guilt, Do-It-Your-Own-Way Guide to Quitting Smoking* Tom Ferguson, 1988-12-13 If you are one of millions of smokers who are torn between the desire to smoke and the

desire to stop award winning medical writer Dr Tom Ferguson has the answers With this reasoned responsible and practical program he can help you control reduce and quit smoking on your terms He ll show you how to Pinpoint the psychological factors behind your habit as well as alternative ways to handle them use exercise stress management and a prudent diet to reduce your desire to smoke and much more **Helping the Hard-core Smoker** Daniel F. Seidman,Lirio S.

Covey,1999-01-01 This book constitutes a major new resource for professionals working with hard core smokers and their families It is designed as a practical clinically useful and up to date guide for all those in a position to intervene mental health professionals physicians dentists nurses pharmacists and other health care professionals clergy human resource and employee assistance program corporate staff and teachers and guidance counselors New research suggests that difficult to treat smokers often have emotional problems adjusting to stopping smoking Some also have psychiatric diagnoses or abuse other substances These are factors which interfere with their efforts to quit Because these difficulties have been poorly understood hard core smokers have not been provided with adequate resources and skills to overcome their addiction These smokers are in need of increasingly comprehensive assessment and treatment Despite massive public health education about the dangers of cigarette smoking rates of smoking among the population are no longer declining in the United States and the success rates of clinical programs for smokers remain low Helping the Hard Core Smoker seeks to explain why current approaches are often inadequate and how best to help today s highly nicotine dependent smokers who are struggling with their addiction quit *Smoking Cessation* ,1997 *The Layman's Guide to Smoking Cessation* Anthony Parkinson,2007

This book is a comprehensive guide and motivational tool for those desiring to become tobacco free and remain that way as well as for those who wish to help others quit This book it is not a scare tactic book It s more about talking about the reasons why people think they smoke why those reasons are false and the reasons people really smoke and how those things can be relatively easy to overcome Smoking is the single largest preventable cause of death in the United States and the world and most smokers indicate a desire to quit This book helps smokers discover the psychological reasons behind their dependency explains how to handle the withdrawal symptoms and enables them to stay smoke free *The Complete Idiot's Guide to*

Quitting Smoking Lowell Kleinman,Deborah Messina-Kleinman,2000 A guide to medications and techniques to quit smoking includes advice on surviving withdrawal symptoms setting long term goals and staying healthy and fit [Manual of Smoking](#)

[Cessation](#) Andy McEwen,Peter Hajek,Hayden McRobbie,Robert West,2008-06-09 Manual of Smoking Cessation provides the crucial knowledge required if you are involved in helping smokers to stop The manual provides facts figures suggested interventions and sources of further information to assist in providing evidence based treatment for smokers wishing to stop This manual covers the core content areas and key learning outcomes described in the Standard for Training in Smoking Cessation Health Development Agency 2003 Manual of Smoking Cessation is structured in two concise parts Part 1 provides essential information on smoking demographics along with the risks of smoking and the benefits of stopping Part 2 offers a

range of practical advice to implement with clients The Smoking Cessation Manual is an essential text for all those involved in the provision of smoking cessation services including smoking cessation counsellors nurses pharmacists doctors health promotion officers dental professionals and other members of the health care team The book is an invaluable resource for those learning about smoking cessation and a succinct aide memoire to those already practicing in the field The authors represent the who's who in the field of smoking cessation and are affiliated to University College London and Cancer Research UK Andy McEwen and Robert West St Bartholomew's Royal London School of Medicine and Dentistry Peter Hajek and the University of Auckland Hayden McRobbie

Smoking Cessation, 1996 Highlights the strategies and recommendations for successful smoking cessation treatment from Smoking cessation

MYCDCGP - Clinical Practice Guidelines On Treatment Of Tobacco Use Disorder Bahagian Kawalan Penyakit, Kementerian Kesihatan Malaysia, 2007

On the Road to Quitting, 2007

The Easy Way to Quit Smoking Sergio Rijo, 2023-09-26 Are you tired of the grip that smoking has on your life Do you dream of a healthier smoke free future The Easy Way to Quit Smoking The Only Guide You'll Ever Need is your roadmap to a life without cigarettes This comprehensive guide takes you on a transformative journey from the smoking dilemma to a smoke free future It begins with a deep dive into the challenges of quitting and the health risks associated with smoking You'll understand the science behind nicotine addiction how it affects your brain and the power it holds over you Preparation is key and this book guides you through setting a quit date creating a personalized quit plan and identifying your smoking triggers It ignites the flame of motivation and commitment within you making the journey ahead feel not only possible but also exciting Explore the wide array of smoking cessation aids from nicotine replacement therapy to prescription medications Delve into the daring world of quitting cold turkey with strategies and advice to help you navigate withdrawal symptoms But this book is more than just a collection of methods it's a holistic approach to quitting Discover the incredible power of mindset positive thinking and self affirmation techniques Learn how to build a robust support system drawing encouragement from friends family and support groups The journey isn't without its challenges particularly when it comes to managing triggers whether they're environmental or emotional This guide provides insights into identifying and coping with these triggers offering healthy alternatives to smoking and stress management techniques Staying active and healthy is a crucial aspect of quitting You'll explore the benefits of exercise strategies for creating a healthier lifestyle and the role of nutrition in your journey Nicotine cravings can be formidable but this book equips you with techniques to handle them including distraction and relaxation methods It teaches you how to stay strong during challenging moments and how to prevent relapse Navigating social pressures and communicating your decision to friends and family is addressed in detail You'll build resilience against the social influences that might tempt you to return to smoking As you progress you'll track your journey set up a reward system and celebrate your milestones and achievements Weight gain is a common concern for quitters and this guide offers understanding strategies for managing weight and healthy eating and exercise tips Finding

balance and relaxation in your life is the final puzzle piece You ll discover the importance of stress management learn various relaxation techniques and find ways to live a fulfilling life without cigarettes This book isn t just a manual it s a source of inspiration and empowerment It includes real life success stories and testimonials showcasing individuals who have successfully overcome addiction You ll learn from their experiences and be motivated by their triumphs But the journey doesn t end with quitting it s about sustaining a smoke free life in the long term This guide addresses the enduring commitment required strategies to prevent relapse and how to bounce back after a slip up Supporting others in their quitting journey is a powerful and rewarding aspect of quitting smoking This book provides insights into how to help friends and family quit offer emotional support and encourage them to take the easy way to quit Finally the book wraps up with a celebration of your smoke free life You ll explore the joys and benefits of living without cigarettes reflect on your transformation and plan for a healthy and fulfilling future Say goodbye to the smoking dilemma and embrace a smoke free future with *The Easy Way to Quit Smoking The Only Guide You ll Ever Need* Your journey to a healthier happier life begins here

Review and Evaluation of Smoking Cessation Methods Jerome L. Schwartz,1987 **Guidelines on Smoking Cessation** Michael Kunze,Michael A. Wood,1984 *Patient Assessment Tutorials: A Step-by-Step Procedures Guide for the Dental Hygienist* Jill S. Nield-Gehrig,Donald E. Willmann,2013-01-07 The ability to accurately assess patients is vital to the practice of Dental Hygiene a complete and accurate assessment is the starting point to providing thorough patient care Patient Assessment Tutorials takes you through the process of patient assessment and provides you with information on both the actual physical assessment as well as effective patient communication The highly visual step by step style teaches you vital assessment processes quickly and thoroughly Excellent features include detailed full color illustrations and photographs to visually guide you through procedures and techniques case studies and personal accounts that bring the content to life and more

That's It, I Quit Dean Giannone,2003-09-01 About two thirds of smokers want to quit smoking So why don t they Because it s hard to quit that s why There are so many forces opposing smokers it s a wonder that anyone is able to quit smoking Those that are successful at quitting recognize the forces against them and develop strategies to beat them That s It I Quit A Guide to Quitting Smoking Forever outlines why people fail at their attempts to quit and includes techniques to avoid failure Author and physician Dean F Giannone reveals the obstacles smokers face and offers individualized strategies to quit smoking forever As a physician I have seen the entire spectrum of the nicotine addiction and the smoking habit from the young recreational smoker to the older medically compromised hospital patient I recognize the importance of stopping this progression to illness as soon as possible Read this book and stop smoking now Dean F Giannone M D **Smoking Cessation Resource Directory** ,1989 **Guide to Public Health Practice** ,1990 **Clinician's Guide** Abdel Rahim Mohammad,2006

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