

# 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

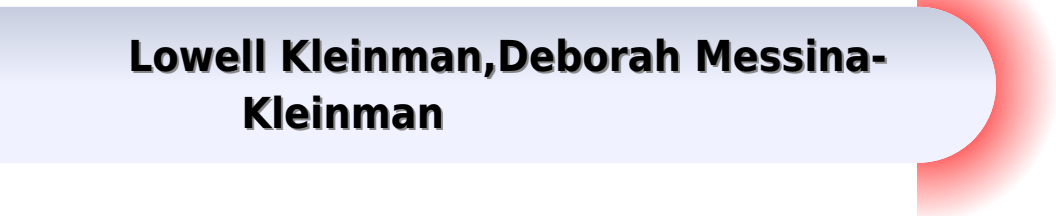


The pharmacological treatments for Smoking Cessation include:

| Brand Name                                           | Active Ingredient                              | Dosing                                                                                                                                                                                                                                                                                                                                                                                                                                                         | Administration                                                                                                                                                                                                                                                                                                                                                                                                                                                                | Common Side Effects                                                                                                                                                                           | Notes                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
|------------------------------------------------------|------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Nicorette Invisi patch®<br>(Currently not available) | Long acting Nicotine Replacement Therapy (NRT) | <p><u>More than 10 cigarettes per day:</u></p> <p><b>Step 1</b> contains 25 mg of nicotine and it is used for <b>1 week</b>.</p> <p><b>Step 2</b> contains 15 mg of nicotine and it is used for <b>2 weeks</b>.</p> <p><b>Step 3</b> contains 10 mg of nicotine and it is used for <b>2 weeks</b>.</p> <p><u>Less than 10 cigarettes per day:</u></p> <p>Start with <b>step 2</b> immediately for <b>1 week</b> then step 3 for additional <b>4 weeks</b>.</p> | <ul style="list-style-type: none"> <li>Apply to <u>clean, dry, hairless, healthy skin</u> on the front or side of the chest, upper arm or hip.</li> <li>Do not apply the patches to broken, red or irritated skin.</li> <li>Don't apply oils or talcum powder to the skin before applying the patch, as they will prevent it sticking properly.</li> <li>The patches must not be cut.</li> <li>Patch site should be <b>rotated daily</b> to avoid skin irritation.</li> </ul> | <ol style="list-style-type: none"> <li>Skin irritation</li> <li>Insomnia and vivid dreams when the patch is left on overnight (can be minimized by removing the patch at bedtime).</li> </ol> | <ul style="list-style-type: none"> <li>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.</li> <li>If you <u>exercise</u> while wearing a nicotine patch the amount of nicotine absorbed into your bloodstream may <b>increase</b>, which could increase the side effects of nicotine.</li> <li>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 <b>0.5-3 hours after reapplication to reach the effective level</b>).</li> <li>Compliance level with nicotine patch is high.</li> </ul> |
| Nicorette Gum®                                       | Short acting Nicotine Replacement              | <p><u>More than 10 cigarettes per day:</u></p> <p>Chew <b>4 mg</b> gum as required to</p>                                                                                                                                                                                                                                                                                                                                                                      | Use the "chew and park" method:                                                                                                                                                                                                                                                                                                                                                                                                                                               | <ol style="list-style-type: none"> <li>Nausea</li> <li>Vomiting</li> <li>Abdominal pain</li> </ol>                                                                                            | <ul style="list-style-type: none"> <li>Chewing the gum releases nicotine that is absorbed through the oral mucosa, resulting in a peak of blood nicotine</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |

# Smoking Cessation Guide

**Lowell Kleinman, Deborah Messina-  
Kleinman**



## **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.

**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.

**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

**Smoking Cessation** ,1997 **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

**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

*MYCDCGP - Clinical Practice Guidelines On Treatment Of Tobacco Use Disorder* Bahagian Kawalan Penyakit, Kementerian Kesihatan Malaysia, 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 Smoking Cessation ,1996 Highlights the strategies and recommendations for successful smoking cessation treatment from Smoking cessation 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

Smoking Cessation Resource Directory ,1989 Guide to Public Health Practice ,1990 Smoking Cessation Keir Lewis, 2010 This book is a compact evidence based readable book that offers a useful update on smoking cessation It lists important historical landmarks in tobacco control and illustrates some of the current measures to limit tobacco use in different countries It summarises the main pharmacokinetic and pathophysiological effects of smoking nicotine on the central nervous system and cardiovascular system before describing the effects of the different pharmacotherapies currently available to help smokers stop Further sections describe how important smoking and smoking cessation is to particular groups of patients how they should be best approached and the benefits of smoking cessation specific to their illness **The Use of Focus Groups to Guide a Smoking Cessation Intervention for Low Income Women : B a Research Report Submitted in Partial Fulfillment ... for the Degree of Master of Science, Community Health Nursing ...** Barbara Nevins-Soong, 1995 **The Complete MRCGP Study Guide** Sarah Gear, 2006 This greatly expanded revised and updated guide comprehensively covers every aspect of the new format membership examination of the Royal College of General Practitioners Its new format includes current treatment issues and the latest research and is divided into three parts

covering main medical topics non clinical areas and ambiguous topics and exam questions for the registrar year Concise and easy to read covering a wide range of skills and approaches that are used daily by general practitioners it will serve well as a useful resource for personal and professional development This is *A Beginner's Guide to Critical Thinking and Writing in Health and Social Care* Helen Aveyard, Pam Sharp, Mary Woolliams, 2011-08-01 This book offers an alternative realistic and practical approach to help those in health and social care critically appraise what they read and what they see in the workplace

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