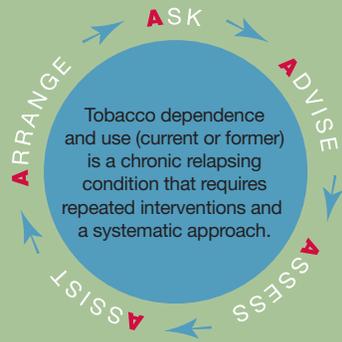


Tobacco Treatment for Persons with Substance Use Disorders

5 As



If you have limited time:

ASK → ADVISE → REFER

ASK

- Ask every client regularly, throughout their treatment, if they use tobacco.
- Determine what form of tobacco is used and frequency of use.
- Document tobacco use status.
- Be sure to ask about the client's exposure to secondhand smoke.

ADVISE

- Deliver a CLEAR, STRONG, and PERSONAL MESSAGE urging tobacco users to quit.
- Discuss the impact of smoking on the client's health and the health of others.
- Discuss the risks of secondhand smoke to household members, especially children, and suggest smoking outside the home and car.

ASSESS

- Determine willingness to make a quit attempt within the next 30 days.
- If the client is ready to quit, proceed to ASSIST and/or arrange for more intensive services to assist with the quitting process.
- If the client isn't ready to quit, don't give up on them. Conduct a motivational intervention that helps the client identify quitting as personally relevant and repeat motivational interventions at every visit.
- Obtain a tobacco use history including experience with previous quit attempts; assess whether there are factors such as psychiatric disorders or low coping skills that may complicate tobacco cessation.

ASSIST

- Discuss cessation tips. Set a quit date. Help the client create a quit plan.
- Give the client self-help materials for quitting and reducing secondhand smoke exposure.
- Refer to the Colorado QuitLine at 1.800.QUIT.NOW, and/or to more intensive interventions.
- Provide practical counseling to increase coping and problem solving skills, such as anticipating challenges to quitting and identifying actions to avoid relapse.
- Provide positive support to maintain motivation for cessation; help client to get social and family support and to remove tobacco from their environment.
- Recommend cessation medications tailored to the client's needs.

ARRANGE

- Schedule follow-up contact.
- Follow-up contact should occur within one week of the quit date, with further follow-up contacts as needed. Clients taking medications affected by nicotine may need frequent contacts to monitor blood levels of those medications.
- Monitor for relapse. If relapse occurs, encourage client to use the relapse as a learning experience; identify causes of relapse; plan the next quit attempt.
- Monitor use of cessation medications. Adjust medications if necessary.
- Consider providing or referring to more intensive treatment, if necessary.
- Continue to encourage tobacco-free home and car environments.
- Congratulate successes!

FOR MORE INFORMATION:

www.cohealthproviders.org

Colorado QuitLine:
1.800.QUIT.NOW
www.coquitline.org

SIGNAL
Behavioral Health Network



Colorado Department
of Public Health
and Environment

STEPP
STATE TOBACCO EDUCATION
& PREVENTION PARTNERSHIP

Pharmacotherapies for Tobacco Cessation

Clients should talk to their physicians or pharmacists about which tobacco cessation medications would be best for them.

First-line Pharmacotherapies (approved for use for smoking cessation by the FDA)

Pharmacotherapy	Precautions/Contraindication	Common Side Effects*	Dosage	Duration	Availability	Approximate Cost
Bupropion-SR	History of seizure; History of eating disorder; Diagnosis of Bipolar Disorder; Diagnosis of Schizophrenia; MAOI within 2 weeks; Stroke, brain surgery or tumor; CHI *Suicidal risk	Insomnia; Dry mouth; Headache; Change in dreams	150 mg every morning for 3 days, then 150 mg bid (Begin treatment 1-2 weeks pre-quit)	7-12 weeks; maintenance up to 6 months	Zyban or generic (prescription only); Wellbutrin SR	\$1.67 per tablet Generic: \$1.26
Nicotine Gum	Recent myocardial infarctions; severe arrhythmias; unstable angina; TMJ or Dental problems	Mouth soreness; Dyspepsia; Insomnia; Change in dreams	1-24 cigs/day -2 mg gum (up to 24 pcs/day) 25+ cigs/day 4 mg gum (up to 24 pcs/day)	Up to 12 weeks	Nicorette, Nicorette Mint (OTC only)	Brand name: \$0.42 ea 2-mg pc \$0.45 ea 4-mg pc Generic: \$0.33 ea 2-mg pc
Nicotine Inhaler	Recent myocardial infarctions; severe arrhythmias; unstable angina	Local irritation of mouth and throat; Headache	6-16 cartridges/day; puff cartridge for up to 20 minutes. Each cartridge 4 mg)	Up to 6 months	Nicotrol Inhaler (prescription only)	\$121 per kit (inhaler with 168 cartridges)
Nicotine Lozenge	Recent myocardial infarctions; severe arrhythmias; unstable angina	Mouth and throat soreness; Dyspepsia; Headache	Wks 1-6: 1 lozenge every 1-2 hrs Wks 7-9: 1 lozenge every 2-4 hrs Wks 10-12: 1 lozenge every 4-8 hrs Use the 4-mg dose if smoke 1st cig within 30 mins of waking. Use the 2-mg dose if smoke 1st cig after 30 mins of waking.	12 weeks	Commit Lozenge (OTC only)	\$39.99 for 72 lozenges
Nicotine Nasal Spray	Recent myocardial infarctions; severe arrhythmias; unstable angina	Nasal irritation; GI side effects	8-40 doses/day; one dose=1 spray/nostril; 1-2 doses/hr, not to exceed 5 doses/hr or 40 doses/day; each spray 0.5 mg	3-6 months	Nicotrol NS (prescription only)	\$152 for 10 ml bottle
Nicotine Patch	Recent myocardial infarctions; severe arrhythmias; unstable angina	Local skin reaction; Insomnia; Headache	21 mg/24 hrs 14 mg/24 hrs 7 mg/24 hrs 15 mg/16 hrs	4 weeks then 2 weeks then 2 weeks 8 weeks	Nicoderm CQ, (OTC only), Generic patches (prescription and OTC) Nicotrol (OTC)	Brand name patches \$3.28 ea Generic: \$2.14 ea
Varenicline	Observe for neuropsychiatric symptoms; Safety for patients with serious psychiatric illnesses not established	Insomnia; abnormal or change in dreams; headache; GI complaints such as nausea, gas, and constipation	Day 1-3: 0.5mg tablet per day; Day 4-7: 0.5mg tablet each morning and evening; Day 8-28: 1mg tablet each morning and evening to end of treatment	12 weeks with additional 12 weeks if needed to enhance cessation	Chantix (prescription only)	\$3.00 to \$4.00 per day

Second-line Pharmacotherapies (not approved for use for smoking cessation by the FDA)

Pharmacotherapy	Precautions/Contraindication	Common Side Effects*	Dosage	Duration	Availability	Approximate Cost
Clonidine	Rebound hypertension; History of seizure	Dry mouth; Drowsiness; Dizziness; Sedation	0.15 - 0.75 mg/day 1 patch per week	3-10 weeks	Oral Clonidine - generic, Catapres (prescription only) Transdermal Catapres (prescription only)	Clonidine - \$0.18 per 0.2 mg tab Catapres transdermal \$1.33 per patch
Nortriptyline	Risk of arrhythmias; Diagnosis of Bipolar Disorder *Suicidal risk	Sedation; Dry mouth; Constipation	75-100 mg/day	12 weeks	Nortriptyline HCl generic (prescription only)	\$0.43 per 75 mg capsule

*Consult full prescribing information and Black Box warning.