



# Tobacco Dependence Assessment and Treatment

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# Outline

- Motivation
- Key treatment components
- Assessment issues
- Treatment planning

**Exploring and enhancing motivation for stopping smoking may be more important than helping your patients with a plan on “how to” stop smoking.**

# Exploring and Enhancing Motivation

**Importance**

**Confidence**



# Transtheoretical Model Stages of Change (used only as a guide)

- **Precontemplation** – No intention to quit within 6 months
- **Contemplation** – Intention to quit within 6 months
- **Preparation** – Ready to quit within 30 days
- **Action** – Has quit
- **Maintenance** – Abstinent for 6 months or more
- **Relapse** – Return to regular use after a period of abstinence

Prochaska, J.O. & DiClemente, C.C. (1982). Transtheoretical therapy toward a more integrative model of change. *Psychotherapy: Theory, Research and Practice*, 19(3), 276-287

# Assessment

- Dependence level
- Tobacco type and amount
- Stressors
- Barriers
- Previous quit attempt(s)
- Previous relapse(s)
- Coping skills
- Support



# Assessment

- Depression
  - Two screening questions (handout)
- Alcohol
  - AUDIT (handout)
- Substance Abuse
- Other Psychiatric Disorders

# Key Treatment Component

## Addiction Information

- Nicotine - highly addictive substance
- Brain chemistry changes
- Affirm the difficulty in stopping





# DSM-5 Criteria for Tobacco Use Disorder

- Two within 12-month period
  - Taken in larger amounts over longer period
  - Persistent desire or efforts to cut down
  - Great deal of time in activities to obtain
  - Strong craving, desire, urge to use
  - Interference with roles (home, school, work)
  - Continued use despite problems
  - Important social, occupational activities given up
  - Use in situations where it's hazardous (i.e., bed)
  - Illness caused by tobacco but still use
  - Tolerance (need for more or diminished effect)
  - Withdrawal ( use of nicotine to alleviate symptoms)

# Tobacco Withdrawal Symptoms (DSM-5)

- Irritability, frustration or anger
- Anxiety
- Difficulty concentrating
- Increased appetite
- Restlessness
- Depressed mood
- Insomnia

# Key Treatment Components

## Cognitive-Behavioral

### Thoughts

- “Smoking isn’t an option”
- “I happily see myself as a nonsmoker”
- “I can do this.”

### Behaviors

- Alter routines
- Behavioral substitutes
- Problem-solving skills

# Key Treatment Component Pharmacotherapy

- Rationale for medication(s)
  - Goal is to stop tobacco use
  - Can't match dose delivery or concentration of nicotine
  - Double the success rate
  - “Takes the edge off” while incorporating behavioral change

# Pharmacotherapy

## Give Patient a Menu of Options

### Medication options

Your treatment specialist or other health care provider can help complete this page and discuss recommendations with you.



#### Nicotine patch

Recommendations:

\_\_\_ mg, daily for \_\_\_ weeks  
 \_\_\_ mg, daily for \_\_\_ weeks  
 \_\_\_ mg, daily for \_\_\_ weeks  
 \_\_\_ mg, daily for \_\_\_ weeks  
 \_\_\_ mg, daily for \_\_\_ weeks  
 \_\_\_ mg, daily for \_\_\_ weeks

The suggested taper schedule above can be adjusted if necessary.

Comments:



#### Nicotine gum

Recommendations:

2 mg  
 4 mg

Comments:



#### Nicotine lozenge

Recommendations:

2 mg  
 4 mg

Comments:



#### Nicotine inhaler

Comments:



#### Nicotine nasal spray

Comments:



#### Bupropion

Available dose:  
 150 mg

Comments:



#### Varenicline

Available doses:  
 0.5 mg  
 1 mg

Comments:

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# Key Treatment Component

## Relapse Prevention

- Individualized
- Red flags/high risk situations
- “Fire plan”
- Follow-up
- Support
- Stress management

# Carbon Monoxide Detector

- Measures CO in expired air
- Does not measure lung function
- Objective feedback
- Personalized teaching tool

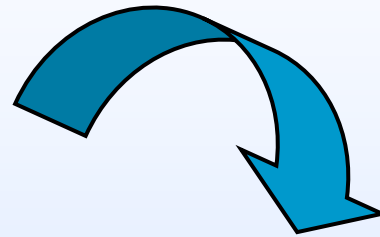
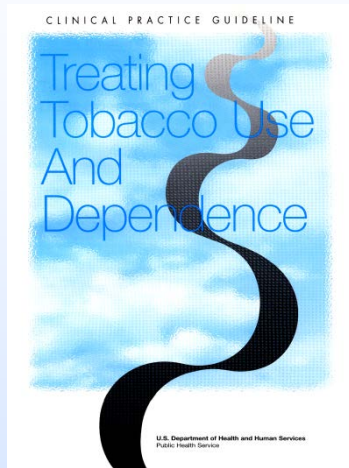


# Mayo's Individualized Structure

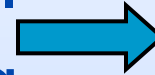
- Review materials before consultation
- Explain session to client
- Complete session
- Offer patient brochures
- Carbon Monoxide Screening
- Give the patient a written plan
- Discuss with referring MD (prescriptions)
- Documentation
- Follow-up



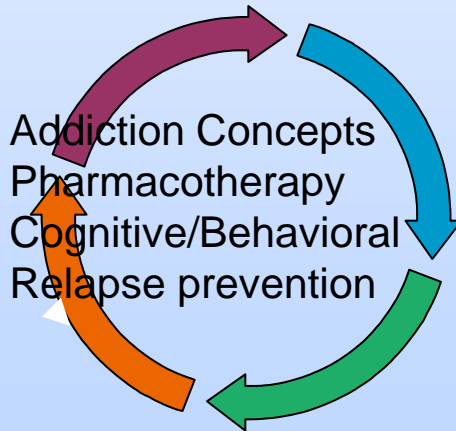
# Individualized Plan



Motivational  
Interviewing



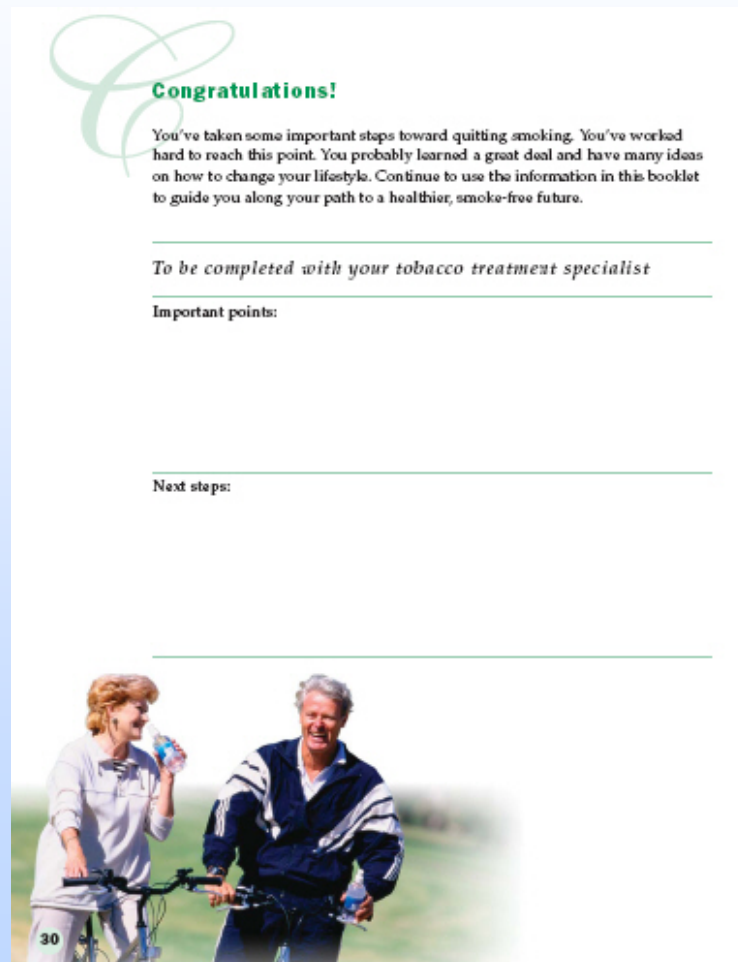
**Next  
Steps  
For your  
Patient**



# Individualized Plan For Those Patients Not Ready to Quit

Important points

Next steps



# Individualized Plan For Those Patients Ready to Quit

## Patient's Written Plan

- Physical
  - Medication
- Cognitive/behavioral
  - Coping skills
    - Alter routines
    - Positive self-talk
- Emotional
  - Support



# Treatment Plan

Patient's Name:

Today's Date: \_\_\_\_\_

Motivation:

CO Level: \_\_\_\_\_

Barriers:

Quit Date: \_\_\_\_\_

Triggers:

Follow-up appt: \_\_\_\_\_

Coping skills:

Strengths:

Medication plan:

Notes/other:

Support:

Next steps:

# Treatment Plan/Next Steps

Every plan should include reiterating to the patient the strengths that he/she has to succeed with stopping tobacco use.



# Types of Interventions

- Outpatient consult
- Residential
- Group
- Worksite
- Hospital/bedside
- Brief
- Quitline



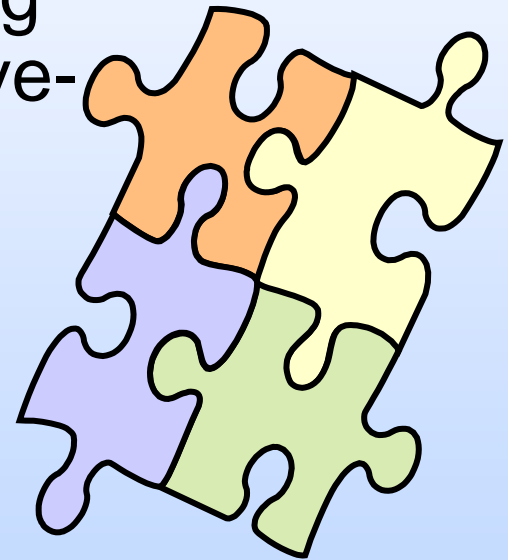
# Hospital (Bedside) Consultation vs Outpatient Consultation vs Qitline

- Discussion
  - Opportunities
  - Challenges



# Putting It All Together

- Cessation is a process, and all aspects of assessment and treatment are individualized
- Four principles to address during treatment are addiction, cognitive-behavioral, pharmacology, and relapse prevention
- Use a Motivational Interviewing approach





# Case Study – Kyle

- 39 year old, married, male, highway construction worker
- Dr. referred him saying, “He must quit smoking because of his chronic bronchitis”
- Hx of 24 yrs of smoking, 2 1/2 ppd
- Four previous quit attempts on his own. For two of those attempts, he used the patch but reports “It didn’t help much.”
- Recently lost 65 pounds and is very concerned about weight gain
- After your consultation, pt says, “My wife is having major surgery next month, then 6 weeks later we go on vacation; I’ll quit as soon as we get back.”

# References

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- Ray, R., Schnoll, RA, & Lerman, C. (2009). Nicotine dependence: biology, behavior, and treatment. Annual Review of Medicine 60. 247-260