Nicotine Addiction:
Clinician-Assisted Tobacco Cessation

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Rx for CHANGE

Clinician-Assisted Tobacco Cessation

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TRAINING OVERVIEW

- Epidemiology of Tobacco Use (part 1)
- Forms of Tobacco
- Nicotine Pharmacology & Principles of Addiction
- Epidemiology of Tobacco Use (part 2)
- Drug Interactions with Smoking
- Aids for Cessation (overview & lab prep)
- Assisting Patients with Quitting (Day 2)
- Tobacco Cessation Log (lab prep)
- Case Scenarios (in lab)
Learning Objectives

- Describe the prevalence of tobacco use across the United States.
- List five health risks associated with chronic tobacco use.
- Describe health benefits associated with tobacco cessation.
- List five forms of tobacco and their potential harm.
- State the number of cigarettes in a pack and the average machine-yield of nicotine in U.S. cigarettes.
- Describe the pharmacokinetic profile of nicotine (absorption, distribution, metabolism and excretion).
- Describe the pharmacodynamic effects of nicotine on the central nervous and cardiovascular systems.
- Define nicotine addiction.
- List symptoms of nicotine withdrawal and when they are likely to occur.
- Describe the most common drug interactions between medications and tobacco smoke.
- Identify the two risk factors that must be present to increase the likelihood of stroke, MI, and thromboembolism in smokers who use combined oral contraceptives.
Learning Objectives (cont.)

- List nonpharmacologic aids for cessation and describe their place in treatment.
- Identify patient populations for whom nicotine replacement therapies are not appropriate.
- Select appropriate pharmacologic agent(s) based on patient-specific factors.
- Counsel a tobacco user on the proper use of the following pharmacologic agents (including dosing, instructions on use, potential side effects, and precautions):
  - Nicotine polacrilex gum
  - Nicotine polacrilex lozenge
  - Nicotine transdermal patch
  - Nicotine nasal spray
  - Nicotine inhaler
  - Bupropion SR
  - Varenicline
- List and describe the National Cancer Institute’s 5 As.
- Be able to assess a tobacco user’s willingness to quit.
- List key issues to discuss with patients who are ready to quit.
- Counsel a patient on how to use the Tobacco Use Log.
- Describe cognitive and behavioral strategies for quitting.

Lab Only
Tobacco Cessation Unit Resources

- Slide handouts
- Center for Tobacco Research & Intervention:
  - http://www.ctri.wisc.edu/
- Treating Tobacco Use and Dependence National Guidelines (Fiore et al 2008)
  - www.surgeongeneral.gov/tobacco/
- Tools included in lab manual on Moodle
- If supplemental information is needed:
  - Handbook of Nonprescription Drugs
    - 17th ed. Chapter 47: Smoking Cessation (18th ed soon to come!)