

MCH's Tobacco Treatment Program: Smoking Cessation Seminar

Presentation

<https://bit.ly/seminar-presentation-2511>

Video

<https://bit.ly/tobacco-treatment-seminar-video-2511>





Monadnock
COMMUNITY HOSPITAL

Your life. Your health. *Your Hospital.*

MCH's Tobacco Treatment Program: 15 Years of Growth and Success

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Milestones

- Launch of MCH's Tobacco Treatment Program started with the Great American Smokeout - 2009
- Individual Tobacco Counseling - 4 hours in 2009
- Provider referral required
- CO Monitor use began in 2010
- Group Program 2015 - 2017
- Smoke and Vape-free Campus 1/1/19



CO Monitoring



What is Carbon Monoxide (CO)?

- CO is a poisonous gas that you can't smell or see. It is formed by combustion and is produced by car exhaust fumes, faulty gas boilers and tobacco smoke.
- When you inhale smoke from a cigarette, CO is absorbed into your blood through the lungs.
- Oxygen is carried around the body by red blood cells.
- CO binds with hemoglobin in the red blood cells, preventing red blood cells from carrying oxygen.
- CO binds with hemoglobin 200 times more readily than oxygen.



The Game Changer

The Smokerlyzer monitor instantly and non-invasively measures the amount of CO in a smoker's breath. For professionals it is a way to biochemically establish smoking status and for the smokers themselves, the Smokerlyzer is a motivational visual aid.

It works to encourage smokers to quit and measures their progress while doing so.



Growth

- Since 2009 our Tobacco Treatment Counselors have increased from 1 to 3.
- In 2009, we successfully explored and received grant funding to get our program off the ground.
- We have the strongest, most robust program in the state.
- Very few hospitals have even 1 TTS.
- Through collaboration, commitment and creativity, we have crafted a program that continuously grows and improves.
- We have broadened our scope to include Vaping and other non-combustible nicotine products.
- This is *not* a 'Cookie-Cutter' program.



MCH's Quit to be Fit Evaluation

- Smoking History
- Relevant Medical History
- Social/Environmental History (smokers at home, work, social/family support)
- Their readiness to Quit
- Assessment of Stage of Change



Stages of Change

- Pre-contemplation (not considering quitting)
- Contemplation (thinking about quitting)
- Preparation (ready to quit in the next month)
- Action (has quit or is in the process of quitting)



Motivational Interviewing



What is MI? ...a collaborative conversation style where **questions** are asked to help strengthen a person's **motivation** and **commitment** to the change process



Working through the **Ambivalence** (Feeling torn between change and substance use) process to facilitate change



Goal: to explore both sides and support change



MI Can elicit Change Talk!

- Desire- "I want to change..."
- Ability- "I think I can do It..."
- Reason- "If I can change, I will be able to..."
- Need- "If I don't change..."
- Commitment- "I will do whatever it takes.."



Level of Dependence on Nicotine

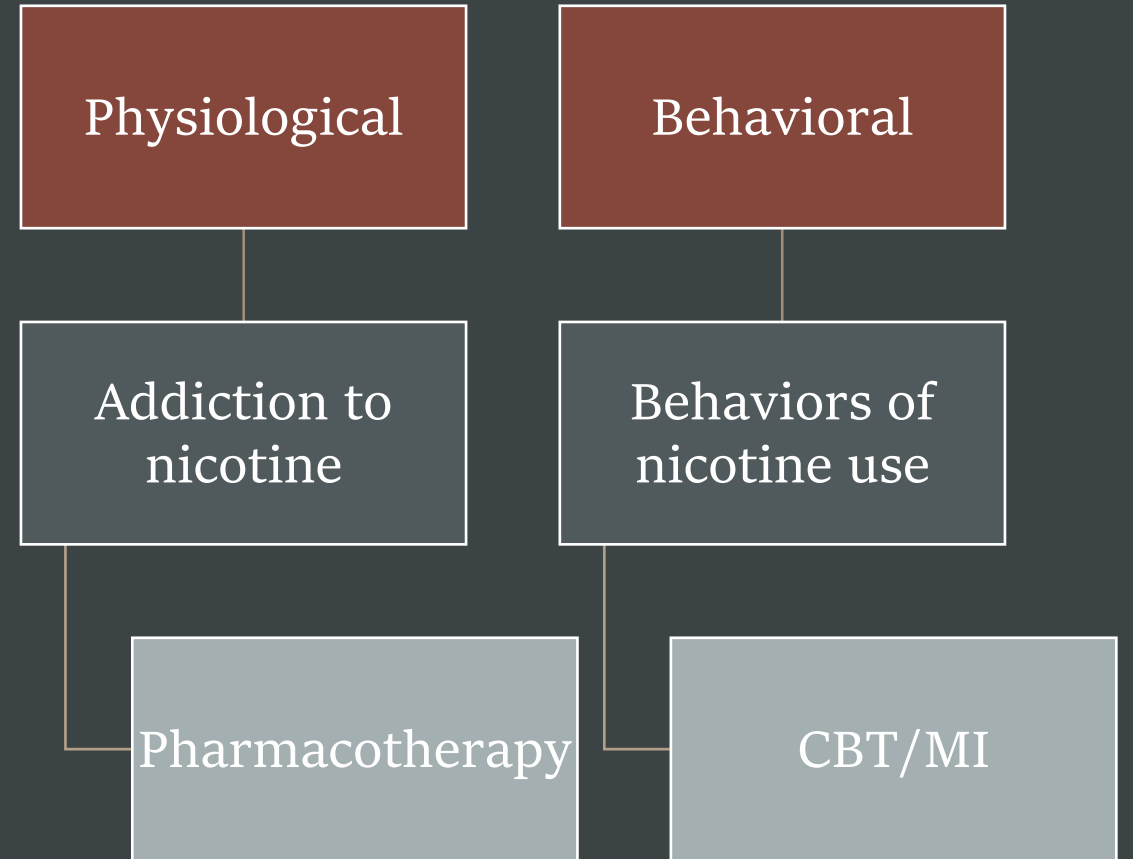
- Fagerstrom Scoring System is a tool (questionnaire) used for assessing the intensity of addiction to nicotine
- Smokerlyzer A CO monitor that is measured in a quantitative amount ppm
- COppm ranges from 1-60
- Classifying from a Non-Smoker to a Dangerously addicted Smoker










Treatment Plan: Pharmacotherapy, Cognitive and Behavioral Strategies



Tobacco Dependence



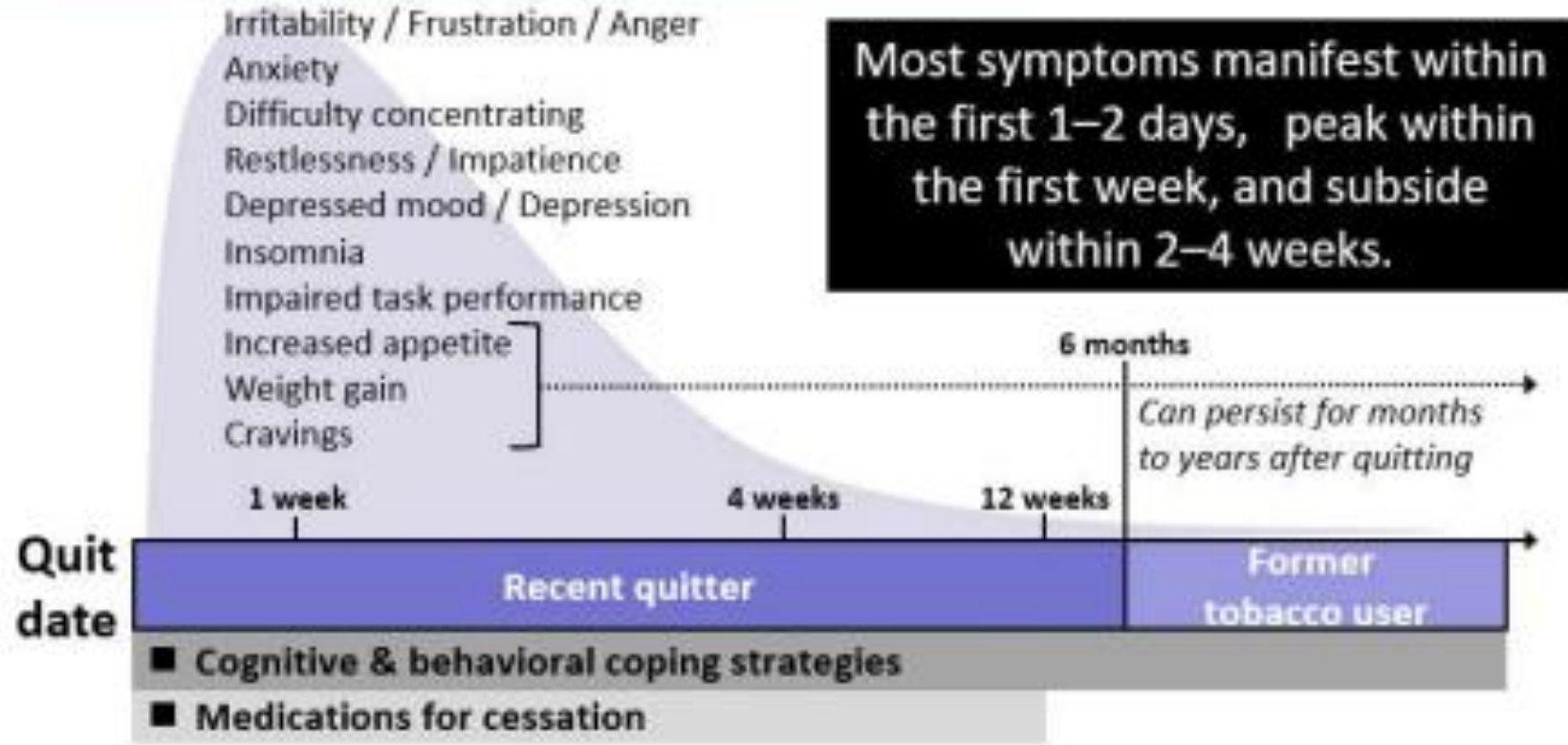
Nicotine Replacement Therapy & Medication Options

Method	Availability	Description	Side Effects
Patches 	Over-the counter 7mg, 14mg, 21mg	Placed on skin. Gives a small, steady amount of nicotine. Place on non-hairy skin between neck and waist.	Skin rash, irritation. May be due to sticky backing, not NRT. Sleep disturbance – use 16hr patch. Headache, nausea, HR ↑
Gum 	Over-the counter 2mg, 4mg	Chewed to release nicotine. Chew until tingly feeling or peppery taste, then place between check and gums.	Chew off and on for 20-30 min, lasts about an hour. No food/drink 15 min before and during. No more than 24 pieces/24hr. Don't use with dentures.
Lozenge 	Over-the counter 2mg, 4mg	Hard candy, let dissolve in mouth, don't chew. Nicotine released as it dissolves.	No food/drink 15 minutes before using. No more than 5 in 6 hours or 20/day. Upset stomach, hiccups, heartburn, headache.
Inhaler 	Prescription 4-20 cartridges/day	Cartridge that is attached to a mouthpiece. Inhaling through mouthpiece gives specific amount of nicotine.	Cough, upset stomach, scratchy throat. Caution in those with Asthma and COPD. Nicotine absorbed in the mouth.
Nasal Spray 	Prescription	Pump bottle containing nicotine, put into nose and spray. Fast acting, may transfer dependency from cig to nasal spray.	Throat and nasal irritation, runny nose, watery eyes, sneezing, coughing. Don't use if you have nasal polyps, asthma, allergies.
Medications			
Bupropion 	Prescription 150mg twice a day	Known as Zyban, helps to reduce withdrawal and urge to smoke. Can be used with NRT.	Dry mouth, difficulty sleeping. Don't take if you have a history of seizures. Less common: anxiety, constipation, tremors, nausea, dizziness.
Varenicline 	Prescription Take for 12-24 weeks	Known as Chantix, helps reduce withdrawal and the urge to smoke. Blocks nicotine effects in the brain.	Nausea, vomiting, vivid and strange or unusual dreams, feeling sleepy, constipation. Stop taking if others notice: anxiety, nervousness, upset, edgy, tense, depressed, angry, unusual emotions or behaving unusual.





NICOTINE WITHDRAWAL SYMPTOMS: Time Course* and Management



Timeline aspect of the figure is not according to scale.

Data from Hughes. (2007). *Nicotine Tob Res* 9:315–327.



Factors in the Selection of Pharmacotherapy

- Level of dependence (CO level, Fagerstrom score)
- Effectiveness
- Side effects
- Ease of use/convenience
- Medical history
- Prior use



Varenicline (Chantix)



- Blocks the effects of nicotine from cigarettes
- Varenicline produces sustained levels of dopamine release, thereby replacing some of nicotine's effects



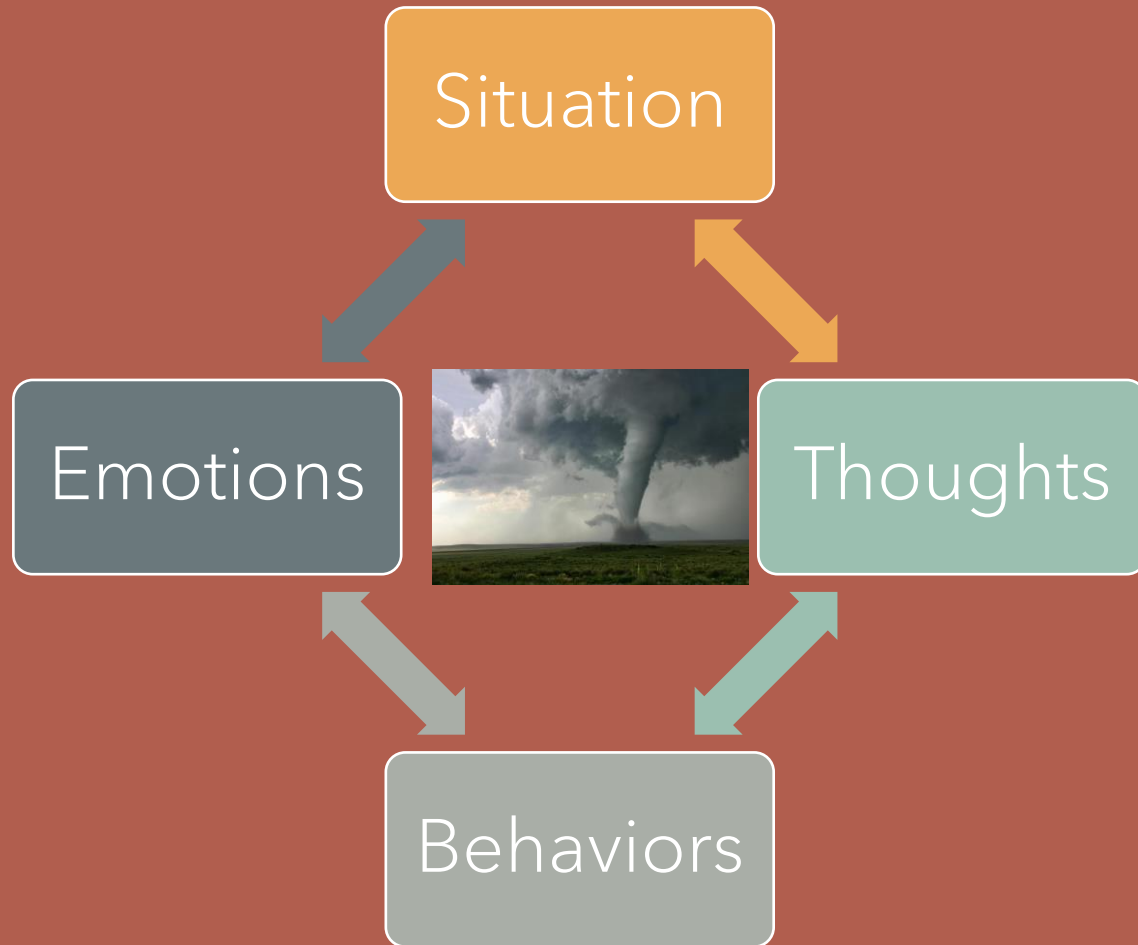
Bupropriion SR (Wellbutrin)



- Benefit likely related to the reduction in norepinephrine and dopamine during withdrawal
- PET scans show that brain cells known to be involved in drug craving do NOT activate in response to cigarette-related cues when in the presence of bupropriion



Cognitive Strategies



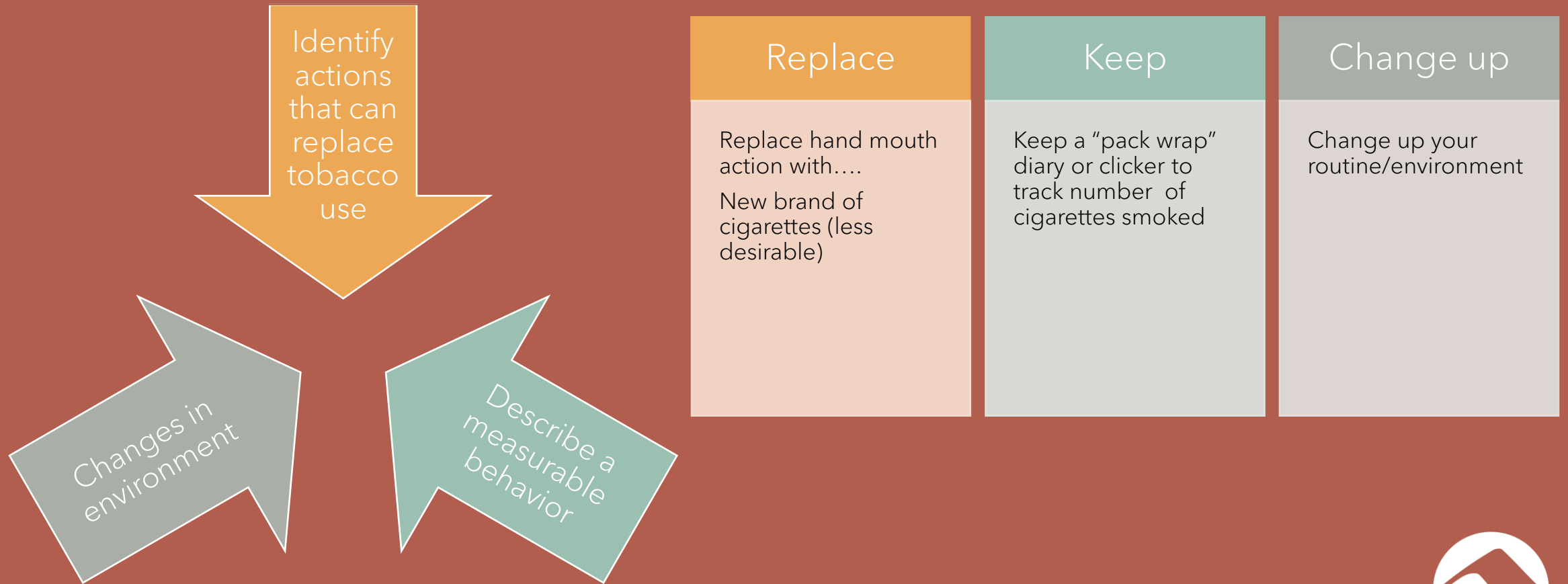
Eliciting Change Talk

- Identify negative thoughts and patterns
- How do thoughts influence behavior
- New approach to thinking

Thoughts and Emotions trigger smoking, creating a vicious cycle



Behavioral Strategies



Be Creative! Our Tricks & Tools



Relapse Prevention Strategies

Self-Management

Smokefree.gov
Truthinitiative.org
Nicotine-anonymous.org

4 D's
Delay, Drink water,
Deep Breathe,
Distract

Lifestyle Balance

Psychosocial support

Support from MCH Tobacco Treatment Specialists!



Questions



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References

University of Massachusetts Medical School

Division of Preventative and Behavioral Medicine

Center for Tobacco Treatment Research and Training 2022

American Cancer Society

FDA.gov

CDC.gov

