**Tailored Tobacco Treatment Options**

**Quick Reference for Tailored Tobacco Treatment**

A practice tool to help clinicians decide on tobacco treatment options

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**Tobacco Treatment Pharmacotherapy Options**

### Monotherapy

**Long Acting Options**

- Varenicline
- Bupropion

- **21 mg nicotine**
- **14 mg nicotine**
- **7 mg nicotine**

- Patch (21mg, 14mg, 7mg)

**Short Acting Options**

- Inhaler
- Lozenge (2mg, 4mg)

- **2 mg nicotine**
- **4 mg nicotine**

- Gum (2mg, 4mg)

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### Combination Therapy**

**Long and Short Acting**

- Bupropion + Patch (21mg, 14mg, 7mg)

- Bupropion + Lozenge (2mg, 4mg)

- Bupropion + Inhaler

- **21 mg nicotine**
- **14 mg nicotine**
- **7 mg nicotine**

- Patch (21mg, 14mg, 7mg) + Lozenge (2mg, 4mg)

- Patch (21mg, 14mg, 7mg) + gum (2mg, 4mg)

- Patch (21mg, 14mg, 7mg) + Inhaler

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**Evidence Based Clinician Approach**

- **ASK** about tobacco use
  - “Have you used tobacco in the last 30 days?”

- **ADVISE** to quit
  - “As a health professional, the best advice I can give you is to stop smoking.”

- **ASSESS** readiness to quit
  - “On a scale of 1-10, how confident and ready are you to quit using tobacco?”

- **ASSIST** to quit
  - Use practical counseling and offer pharmacotherapy

- **REFER** to program
  - 1-800-LUNG-USA (Freedom from smoking)
  - 1-800-QUIT-NOW (QUIT NOW Kentucky)

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*B The selection of patch dose is generally based on the number of cigarettes/day, with 1 mg of patch per cigarette smoked. For example, a 10 cigarette per day smoker would use a 14 mg patch; a pack a day smoker, a 21 mg patch. Gum and lozenge strength (2 mg vs 4 mg) are determined by the time to first cigarette after waking. If the first cigarette is smoked within 30 minutes, the 4 mg is used. If later, the 2 mg. The gum/lozenge dose selection applies to use of lozenge or gum either as a single agent, or in combination with the patch or bupropion.


**The first line treatment for snuff/smokeless tobacco users is counseling in combination with an oral exam by a dental professional, with medications added afterward or at the time of the oral exam. Among medications, varenicline and lozenge have been found to be the most efficacious for snuff/smokeless tobacco users.


**Ebbert, J. O., Elrashidi, M. Y., & Stead, L. F. (2015). Interventions for smokeless tobacco medications, varenicline and lozenge have been found to be the most efficacious for snuff/smokeless tobacco users.

**Cahill, K., Stevens, S., Perera, R., & Lancaster, T. (2013). Pharmacological interventions for smoking cessation: an overview and network meta-analysis. Cochrane database of systematic reviews, (5)."
Pharmacotherapy Choices
Quick Reference for Pharmacotherapy to Manage Nicotine Withdrawal

A practice tool to help clinicians decide on nicotine withdrawal management pharmacotherapy

Nicotine Replacement Equivalencies*

**Cigarettes**

- **2 packs/day**
  - two 21mg patches

- **1.5 packs/day**
  - 21mg + 14mg patches

- **1 pack/day**
  - one 21mg patch

- **0.5 pack/day**
  - one 14mg patch

- **5 or less cigarettes/day**
  - 4mg gum OR 4mg lozenge PRN

**Snuff**

- **3 cans/week**
  - two 21mg patches + 4mg gum

- **2 cans/week**
  - two 21mg patches

- **1 can/week**
  - one 21mg patch

**Cigars**

- **1-2 cigars/day**
  - one 7mg patch

*These nicotine replacement equivalencies are based on research studies and clinical experience to provide adequate replacement of nicotine during tobacco free hospitalizations. As such these equivalencies may be off-label prescribing/use.


Using adequate pharmacotherapy can help manage withdrawal and optimize success while stopping tobacco use

**Evidence Based Clinician Approach**

**ASK**
amount of tobacco use
"What kind of tobacco products do you use? How often do you use them?"

**ASSESS**
nicotine withdrawal
"Have you experienced any of the following symptoms in the past 24 hours: [cravings, depressive symptoms, insomnia, anger, anxiety, poor concentration, restlessness, and decreased appetite]?"

**PROVIDE**
nicotine replacement
Offer nicotine replacement based on withdrawal score and tobacco product use.

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