

# TAILORED TOBACCO TREATMENT OPTIONS

A practice tool to help clinicians decide on tobacco treatment options

## TOBACCO TREATMENT PHARMACOTHERAPY OPTIONS\*

### MONOTHERAPY

**Long Acting Options**  
Varenicline, Bupropion, &  
Nicotine Patch (21 Mg, 14Mg, 7Mg)

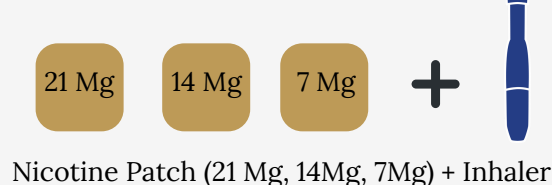
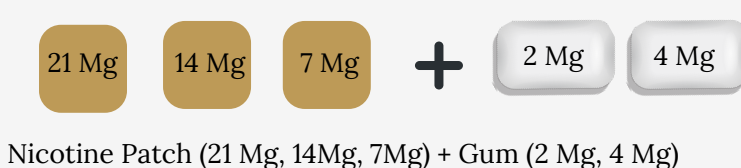
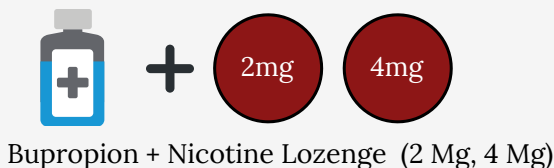
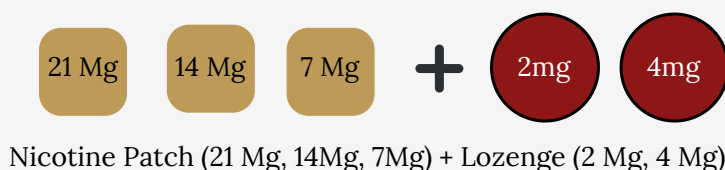
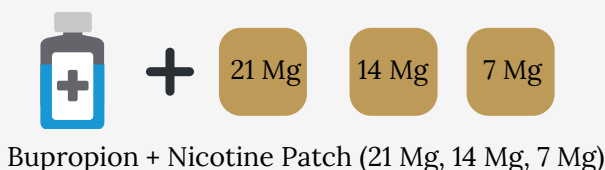


**Short Acting Options**  
Inhaler, Lozenge (2mg, 4mg) &  
Nicotine Gum (2mg, 4mg)



### COMBINATION THERAPY\*\*

(Long and Short Acting)



\*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.  
BADER, P., MCDONALD, P., & SELBY, P. (2009). AN ALGORITHM FOR TAILORING PHARMACOTHERAPY FOR SMOKING CESSATION: RESULTS FROM A DELPHI PANEL OF INTERNATIONAL EXPERTS. TOBACCO CONTROL, 18(1), 34-42.  
LINDSON, N., CHEPKIN, S. C., YE, W., FANSHAW, T. R., BULLEN, C., & HARTMANN-BOYCE, J. (2019). DIFFERENT DOSES, DURATIONS AND MODES OF DELIVERY OF NICOTINE REPLACEMENT THERAPY FOR SMOKING CESSATION. COCHRANE DATABASE OF SYSTEMATIC REVIEWS, (4).  
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).

\*\*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 BE FOUND TO BE THE MOST EFFICACIOUS FOR SNUFF/SMOKELESS TOBACCO USERS.  
THE AMERICAN DENTAL ASSOCIATION: [HTTPS://WWW.ADA.ORG/EN/MEMBER-CENTER/ORAL-HEALTH-TOPICS/SMOKING-AND-TOBACCO-CESSATION](https://www.ada.org/en/member-center/oral-health-topics/smoking-and-tobacco-cessation) EBBERT, J. O., ELRASHIDI, M. Y., & STEAD, L. F. (2015). INTERVENTIONS FOR SMOKELESS TOBACCO USE CESSATION. COCHRANE DATABASE OF SYSTEMATIC REVIEWS, (10).



## EVIDENCE BASED CLINICIAN APPROACH

Appropriate pharmacotherapy with proper counseling should be offered to all tobacco users willing to reduce or stop their tobacco use.

**ASK**  
about tobacco use

"Have you used tobacco in the last 30 days?"

**ADVISE**  
to stop

"As a health professional, the best advice I can give you is to stop smoking."

**ASSESS**  
readiness to stop

"On a scale of 1-10, how confident and ready are you to stop using tobacco?"

**ASSIST**  
to stop

Use practical counseling and offer pharmacotherapy.

**REFER**  
to program

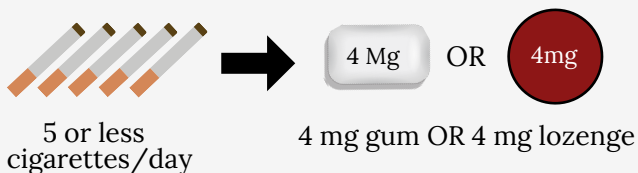
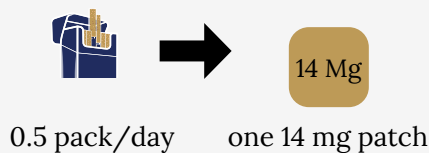
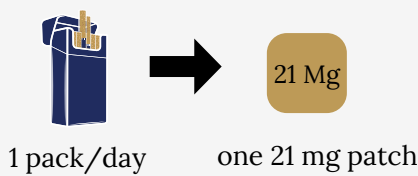
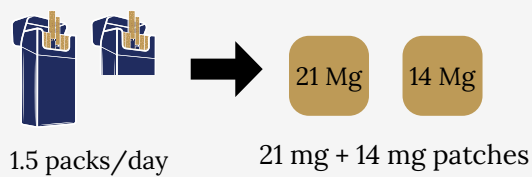
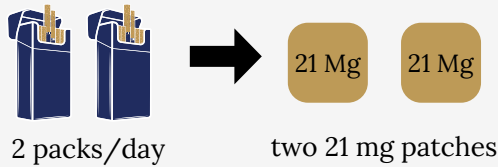
1-800-LUNG-USA  
(Freedom from Smoking)  
1-800-QUIT-NOW  
(Quit NOW Kentucky)

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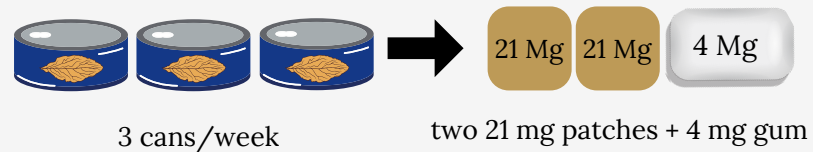
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## NICOTINE REPLACEMENT EQUIVALENCIES

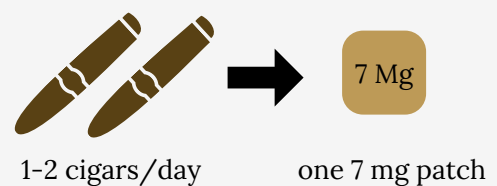
### CIGARETTES



### SNUFF



### CIGARS



\*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.

Agaku, I. T., & Alpert, H. R. (2016). Trends in annual sales and current use of cigarettes, cigars, roll-your-own tobacco, pipes, and smokeless tobacco among US adults, 2002-2012. *Tobacco Control*, 25(4), 451-457.

Anantharaman, D., Chabrier, A., Gaborieau, V., et al. (2014). Genetic variants in nicotine addiction and alcohol metabolism genes, oral cancer risk and the propensity to smoke and drink alcohol: A replication study in India. *PLoS One*, 9(2), e88240.



## EVIDENCE BASED CLINICIAN APPROACH

Using adequate pharmacotherapy can help manage withdrawal when in situations of voluntary or involuntary abstinence.

#### ASK about 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, or decreased appetite?"

#### PROVIDE nicotine replacement

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