PHARMACY QI



Practical tips for Quality Improvement

January 2015

Canadian Guidelines for Tailoring Quit Smoking Aids

Adapted from CAN-ADAPTT. (2011). Canadian Smoking Cessation Clinical Practice Guideline. Canadian Action Network for the Advancement, Dissemination and Adoption of Practice-informed Tobacco Treatment, Centre for Addiction and Mental Health

Individual expresses desire to quit smoking (i.e., is in "Preparation" state of change)

Assess individual's "Readiness to Quit." Answer the following on a scale of 0 to 10

- 1. Given everything going on in your life right now, how important is it for you to quit smoking?
- 2. How confident are you that you can quit smoking?

Desire to quit/confidence > 5

Educate resident on evidence-based benefits/risks of available quit smoking aid options

Quit Smoking Aid Options*

Nicotine Replacement Therapy (NRT) - No Rx required Options: Patch, Gum, Inhaler, Lozenges, Mouth Spray Dose: Refer to individual package inserts Quit Date: Same day as starting NRT

Varenicline (Champix®)

Dose: Day 1 to 3: 0.5 mg OD; Day 4 to 7: 0.5 mg BID. Then 1 mg BID at day 8, for 12-24 weeks

Quit Date: 7-14 days (up to 35 days) after starting

Bupropion SR (Zyban®)

Dose: 150 mg SR QAM x 3 days, then 150 mg SR BID for 7-12 weeks Quit Date: 7-10 days after starting

If monotherapy is not completely successful, consider another monotherapy or:

Combination therapy

Bupropion SR + NRT Bupropion SR + Patch Bupropion SR + Gum

Two forms of NRT

Patch + Gum Patch + Inhaler Patch + Lozenge Desire to quit/confidence ≤ 5

Motivational Interviewing Explore the 5 R's using reflective listening:

- Relevance
- Rewards
- Risks
- Roadblocks
- Repetition

Offer quit smoking aid when desire to quit/confidence > 5

