



If patient has smoked/used tobacco **within 90 days:**

1. Complete Tobacco Dependence Inpatient Orders (Form # PO-7290)

- **Order** nicotine patches and lozenges for immediate relief of nicotine withdrawal (unless medically contraindicated or no longer necessary).
- **Order** consultation with Tobacco Treatment Specialist Nurse Practitioner via Tobacco Dependence Orders (call 6-0027).
- *NP will complete "Tobacco Treatment Specialist Recommendations for Inpatient Treatment and Discharge Care" progress note (Form # HP-5336) and notify medical team of specific recommendations.*
- *Medical team will be responsible for implementing treatment recommendations by revising inpatient orders AND including these medications in the discharge orders.*

2. **Include smoking cessation discharge plan** in the dictated discharge summary to ensure appropriate follow-up post-discharge. Make sure a copy of discharge summary is sent to patient's primary care provider.

AMBULATORY PATIENTS

1. **ASK** all patients about tobacco use at each visit.
2. **ADVISE** all patients who use tobacco to quit. Ask if they are ready to quit within the next **30 days**.

Nicotine patch (OTC): ≥ 10 cigs/day = 21 mg. patch. < 10 cigs/day = 14 mg. patch. Apply once daily in am on hairless skin on upper body. Do not return to the same site for 5 days. Peak levels: 2-8 hr. Start 21mg. x 4-6 wks, 14mg. x 2 wks. (4-6 wks.if starting dose), 7mg. x 2 wks. Total = 8-12 weeks. Comments: sleep disturbances (remove patch at night). Av. cost generic per day: \$3.25.

Nicotine gum (OTC): ≥ 25 cigs/day = 4 mg. < 25 cigs/day = 2 mg. Start one piece every 1-2 hrs. x 6 wks., then every 2-4 hrs. x 3wks., then every 4-8 hrs. x 3 wks. Peak levels: 15-20 min. Use "chew and park technique." Release of nicotine by chewing or rapid swallowing causes nausea, hiccups, or throat irritation Rotate sites in mouth. Min. 9 per day; NTE 24 per day. Total = 12 weeks. Comments: TMJ, sticks to dental work. Do not eat or drink 15 minutes prior to use. Average cost generic per day: \$4.00 (9 pieces).

Nicotine lozenge (OTC: Commit®): 1st cig < 30 min after waking = 4 mg. 1st cig > 30 min after waking = 2mg. Start one lozenge every 1-2 hrs. x 6 wks, then every 2-4 hrs. x 3 wks., then every 4-8 hrs. x 3 wks. Peak level: 15-20 min. Dissolve slowly, rotate sites, DO NOT CHEW AND SWALLOW. Release of nicotine by chewing or rapid swallowing causes nausea, hiccups, or throat irritation Min. 9 per day, NTE 20 per day. Total = 12 weeks. Comment: Do not use more than one at a time or one after the other. Do not eat or drink 15 min. prior to use. Average cost per day: \$4.75 (9 pieces)

Nicotine inhaler (Rx: Nicotrol® NS): 6-16 cartridges per day/individualized dosing; **Start at least six per day initially. Use enough** to control symptoms. Peak level: 15-20 min. Total = 3-6 months. Puff continuously for 20 minutes. Inhale into back of throat or puff in short breaths; DO NOT inhale into lungs. Do not use with severe reactive airway disease. Average cost per day: \$6.18 (6 cartridges).

For more information:

For Tobacco Dependence Inpatient Orders:<http://ozone.ohsu.edu/healthsystem/HIS/po7290.pdf>

Oregon Tobacco Quitline: 1-800-784-8669

For questions about the hospital program:
Contact **Tobacco Cessation NP** at 6-0027.

For questions about the ambulatory program:
Contact **Bonnie Bender** at 4-9915.

For tobacco cessation drug information:
Contact the **OHSU Drug Information Service** at 4-7530 or druginfo@ohsu.edu. After hours contact the Central Pharmacy at 4-0699.

Complimentary nicotine lozenge "support packs" for visitors and family members are available at outpatient pharmacies, patient information services, and the hospital cafeteria.

Professional training on tobacco dependence and treatment and on patient care for tobacco dependence treatment at OHSU: Contact the Smoking Cessation Center at 8-1659 or visit www.ohsu.edu/smokingcessation/patientcare.

For questions about the Tobacco Free Initiative:
Visit the website at www.ohsu.edu/tobaccofree.

Tobacco Cessation Pharmacology

Non-nicotine prescription medications

Varenicline (Rx, Chantix®) Precautions: Nausea in up to 30% of patients. Reduce to 0.5 mg twice daily if nausea cannot be tolerated. Dose adjustment is recommended with severe renal impairment. Combination therapy with NRT may not be effective. Not tested in children or pregnant women. **Dose:** start 7days prior to quitting. Days 1-3: 0.5 mg daily; 4-7: 0.5 mg twice daily; 8 to end of treatment (12 weeks): 1 mg twice daily. Additional 12 weeks for relapse prevention. **Take after eating with full glass of water** > 8 hrs apart. Dose not adjusted by cigs per day. Average cost per day = \$4.00

Bupropion SR or XL (Rx, Wellbutrin®, Zyban®): **Contraindications:** History of seizure disorders, current treatment with bupropion or MAO inhibitors, current or prior history of bulimia or anorexia nervosa. **Precautions:** Alcoholic patient, head trauma, CNS tumors, use with tricyclic antidepressants, antipsychotics & systemic steroids. **Side Effects:** Dry mouth, insomnia, dizziness, skin rash. **Instructions:** Bupropion SR 150 mg daily x 3 days, then increase to 150 mg twice daily for 7-12 weeks. Additional 12 weeks for relapse prevention. Alternative formulation: Bupropion XL 150 mg daily x 3 days, then increase to 300 mg daily. Average cost generic per day = \$3.00.

Nicotine Replacement Therapy (NRT)

Contraindications: 1) Acute MI ≤ 2 weeks 2) life-threatening arrhythmias; 3) unstable angina pectoris.

Precautions/Risk factors: Pregnancy, vasospastic disease, severe renal dysfunction, peptic ulcer disease, skin disorders (psoriasis, atopic or eczematous dermatitis for patch), breast feeding, accelerating hypertension, history of coronary artery disease, pheochromocytoma, hyperthyroidism, IDDM, critical illness.

Tobacco Dependence Treatment at OHSU

CLINICIAN GUIDE

3. If **NO**, encourage quitting later when ready and refer to Oregon Tobacco Quitline (1-800 784-8669) for help. Follow-up at next clinic visit.3. If **NO**, encourage quitting later when ready and refer to Oregon Tobacco Quitline (1-800 784-8669) for help. Follow-up at next clinic visit.
4. If **YES**, establish **TREATMENT PLAN:**
Prescribe stop smoking/tobacco medications (See reverse. Also access pharmacology information on Epic using (smart phrase).
Consider sending patient to OHSU outpatient pharmacy for brief assistance to quit and to fill prescriptions. (Recommend OHSU employee follow-up with Employee Wellness at 4-9355).
Recommend calling Oregon Tobacco Quitline (OTQL). *OTQL will triage patients to services covered by insurance. Will also provide 2 weeks of FREE patches to any caller, 4 weeks for uninsured callers.*
Add "Getting Ready to Quit?" patient stop smoking guide to patient after visit summary (Epic smart phrase "SMOKINGCESSATION")
5. To **REFER** for **Treatment Plan:** *OHSU pharmacists are trained to develop tobacco cessation treatment plans following a specific, medically supervised protocol under the OHSU Collaborative Drug Therapy Management Agreement.* To refer patients:
Write, call, or fax prescription to OHSU outpatient pharmacy with "Tobacco Cessation per OHSU Protocol" on prescription.
Trained pharmacist will see patient, enter in Epic, and send information to referring provider