



Break the Habit

A Pharmacists' Toolkit for Smoking Cessation

Smoking Cessation Algorithm

ASK about tobacco use

1. How many cigarettes do you smoke per day?
2. Have you ever considered quitting smoking?
3. Are you willing to set a quit date within the next 30 days?



ADVISE your patient to quit

As your health-care provider, I am concerned about the health effects of smoking and advise you to quit or reduce smoking. Would you like my help?

Yes

No

ASSESS readiness to quit

Given everything going on in your life right now, on a scale of 1 (not at all) to 10 (completely):

1. How important is it for you to quit smoking?
2. How confident are you that you will be able to quit smoking?

Desire to quit/
confidence >5

Desire to quit/
confidence ≤5

Motivational Interviewing (MI)

Explore the 5 R's using reflective listening:

- Relevance: why is quitting relevant to health, family, social situation?
- Rewards: potential benefits of quitting - health, money, taste & smell
- Risks: acute (shortness of breath), chronic (CVD, cancer, COPD)
- Roadblocks: withdrawal symptoms, fear of failure, weight gain
- Repetition: repeat MI every time the patient visits the clinic

ASSIST with smoking cessation

Patient Assessment

- Smoking history and tobacco use habits
- Medical history
- Medication history
- Physical examination
- Fagerström Test for Nicotine Dependence
- Why Test
- Lifestyle habits and history
- Environmental assessment
- Past quit attempts

<10 cigarettes/day: offer counselling/cold turkey/reduce to quit and/or NRT

≥10 cigarettes/day: offer pharmacotherapy +/- counselling

- Nicotine Replacement Therapy (NRT)
- Bupropion
- Varenicline

Partial response

ARRANGE follow-up 1–4 weeks post quit date; determine response to therapy

Full response

Maintenance

- Assess adherence
- Adjust dose(s)
- Switch pharmacotherapy
- Consider combination therapy