



Break the Habit

A Pharmacist's Toolkit for Smoking Cessation Counselling

Adolescents, Older Adults and People with Chronic Illnesses

Adolescents



Kids and youth key facts:

Adolescents whose caregivers smoke are 4x as likely to start smoking as adolescents whose caregivers don't.

Preferred method:

Behavioural treatments (complex CBT and stages of change therapies)

Other methods:

- Avoid NRT, bupropion, varenicline—less effective
- Avoid programs that provide rewards for smoking abstinence—ineffective

Older adults

Adults over 65 key facts:

Lung damage is irreversible, but progression can be minimized.

When to quit:

Quitting at an older age retains CV and lifespan benefits.

Preferred method:

NRT

- Note: must consider comorbidities due to many contraindications of NRT; see "Pharmacotherapy Options"
- May experience more frequent side effects from patches: body aches, dizziness, asthenia

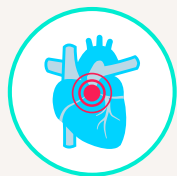


Other methods:

- Bupropion: use with caution—may accumulate with long-term use; more research is needed to compare efficacy to NRT
- Varenicline: consider renal function (dose adjustment with severe renal impairment); more research is needed to compare efficacy to NRT

Chronic illnesses

CARDIOVASCULAR DISEASE



Key facts:

Smoking/nicotine consumption increases risk of clots.

Preferred method:

Long-acting NRT (patch)—more stable plasma concentrations

- Increase monitoring if:
 - first 2-weeks post-myocardial infarction
 - patient has unstable angina
 - patient has serious arrhythmias

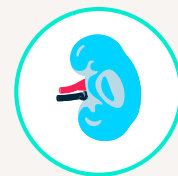
Other methods:

- Bupropion: use with caution
- Varenicline: mixed data on CV risk; use with caution in patients with pre-existing CVD

RENAL IMPAIRMENT

Key considerations:

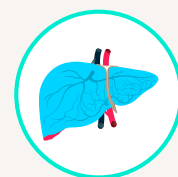
- Bupropion: use with caution; consider dose adjustments
- Varenicline: use with caution; dose adjustment needed in severe impairment



HEPATIC IMPAIRMENT

Key considerations:

- Bupropion: dose adjustment required based on Child-Turcotte-Pugh score



Abbreviations: CBT = cognitive behavioural therapy; CV = cardiovascular; CVD = cardiovascular disease; NRT = nicotine replacement therapy