



**NICOTINE USE AND/OR DEPENDENCE**

<b>DEFINITION</b>	Those using nicotine in any form. Dependence is a chronic condition that often requires repeated intervention.
<b>SUBJECTIVE</b>	<ol style="list-style-type: none"><li>1. Screen all clients for current/past nicotine use and form of nicotine used.</li><li>2. Assess amount smoked and length of use.</li><li>3. Assess for prior attempts at quitting.</li><li>4. Assess willingness to quit or decrease use.</li><li>5. Assess for smoking related health problems.</li><li>6. Assess smoking in client's environment, i.e., family, and employment setting.</li></ol>
<b>OBJECTIVE</b>	May include physical exam in past year.
<b>LABORATORY</b>	N/A
<b>ASSESSMENT</b>	Nicotine use and/or dependence.
<b>PLAN/CLIENT EDUCATION</b>	<ol style="list-style-type: none"><li>1. For client willing to quit, see “Treating Tobacco Use and Dependence: Clinical Practice Guideline 2008 Update, pages 40-56.</li><li>2. For client unwilling to quit, see Treating Tobacco Use and Dependence: Clinical Practice Guideline 2008 Update, pages 57-60.</li><li>3. For client who has recently quit, see Treating Tobacco Use and Dependence: Clinical Practice Guideline 2008 Update, pages 60-62.</li><li>4. Pharmacologic agents include: (See Clinical Practice Guidelines 2008 Update)<ol style="list-style-type: none"><li>a. Bupropion SR -Table 3.3, pages 46-47.</li><li>b. Nicotine Gum - Table 3.4, pages 47-48.</li><li>c. Nicotine Inhaler - Table 3.5, page 49.</li><li>d. Nicotine lozenge- Table 3.6, page 50.</li><li>e. Nicotine nasal spray, Table 3.7, page 51.</li><li>f. Nicotine patch - Table 3.8, pages 52-53.</li><li>g. Chantix (varencicline) - Table 3.9, pages 53-54.</li></ol></li><li>5. Provide client with Consumer Guide "You Can Quit Smoking," by the US Department of Health and Human Services <a href="http://www.cdc.gov/tobacco/quit_smoking">www.cdc.gov/tobacco/quit_smoking</a> or other literature, as available.</li><li>6. Advise client to use counseling with any therapies, i.e. the North Dakota Quitline, <a href="http://www.ndhealth.gov/ndquits">http://www.ndhealth.gov/ndquits</a></li><li>7. Additional resources include:<ol style="list-style-type: none"><li>a. American Cancer Society (1-800-ACS-2345) or <a href="http://www.cancer.org">www.cancer.org</a></li><li>b. American Heart Association (1-800-AHA-USA1) or <a href="http://www.americanheart.org">www.americanheart.org</a></li><li>c. American Lung Association (1-212-315-8700) or <a href="http://www.lungusa.org">www.lungusa.org</a></li><li>d. National Cancer Institute (1-800-4-Cancer) or <a href="http://www.cancer.gov">www.cancer.gov</a></li><li>e. North Dakota Quitline (1-800-784-8669)(support through telephone, online, and/or mobile device) <a href="http://www.ndhealth.gov/ndquits">http://www.ndhealth.gov/ndquits</a></li></ol></li></ol>

	f. Center of Disease Control. <a href="http://www.cdc.gov">www.cdc.gov</a> g. Mayo Clinic. <a href="http://www.mayoclinic.org">www.mayoclinic.org</a>
<b>CONSULT / REFERTO PHYSICIAN</b>	1. As appropriate for those needing pharmacologic intervention, if services not available at the clinic. 2. To tobacco dependence center, if applicable.

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Reference:

1. Fiore MC, Jaen CR, Baker TB, et al. Treating Tobacco Use and Dependence: 2008 Update. Clinical Practice Guideline. Rockville, MD: U.S. Department of Health and Human Services. Public Health Service, May 2008.