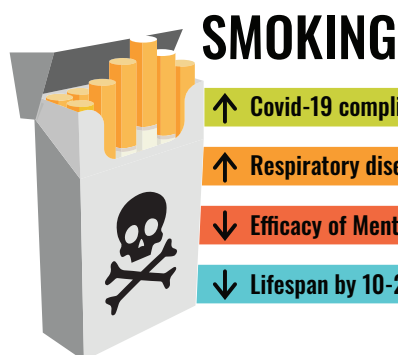


Help your patients QUIT DURING COVID-19

Centre for
Health Research
and Education



SMOKING

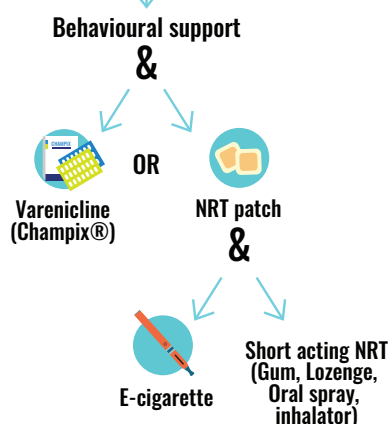
- ↑ Covid-19 complications
- ↑ Respiratory diseases
- ↓ Efficacy of Mental Health Medications
- ↓ Lifespan by 10-20 years



WHAT TO DO FOR:

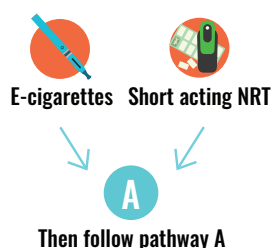
REMEMBER:

A For all smoker patients, throughout the inpatient stay



B Patient getting acute craving

Offer safer nicotine as soon as possible



NICOTINE

- Give adequate amounts
- Give as long as needed to remain smoke-free
- Give short as well as long acting, together

VARENICLINE

- Safe for most mental health patients.

E-CIGARETTES

- Support use as a stop-smoking aid

NICOTINE REPLACEMENT THERAPY (NRT)

Recommended doses for heavy smokers

NICOTINE GUM 2MG OR 4MG	WEEK 1-6 1 Piece every 1-2 hours	WEEK 7-9 1 Piece every 2-4 hours	WEEK 10-12 1 Piece every 4-6 hours
LOZENGES 1MG, 2MG, 4MG	WEEK 1-6 1 Piece every 1-2 hours	WEEK 7-9 1 Piece every 2-4 hours	WEEK 10-12 1 Piece every 4-6 hours
MOUTH SPRAY	WEEK 1-6 1-2 Sprays every 30-60 minutes	WEEK 7-9 1-2 Sprays every 30-60 minutes	WEEK 10-12 1-2 Sprays every 1-2 hours
INHALATOR	WEEK 1-6 6 Cartridges per day	WEEK 7-9 2-3 Cartridges per day	WEEK 10-12 1-2 Cartridges per day
NICOTINE PATCH	WEEK 1-6 21mg/25mg patch daily	WEEK 7-9 14mg/15mg patch daily	WEEK 10-12 7mg/10mg patch daily

VARENICLINE



- Reduces the pleasurable effects of smoking and potentially the risk of full relapse after a temporary lapse.
- Relieves craving and withdrawal symptoms.
- Start 1-2 weeks before the quit date, 12 week course.

COMMON INDICATIONS & CAUTIONS

- Indicated for adults motivated to quit smoking.
- Not recommended in patients with end stage renal failure.
- Can't be used in pregnancy or under 18s.
- CHAMPIX was not associated with a significantly increased neuropsychiatric safety risk vs. placebo: Ref- EAGLES study.

E-CIGARETTE



- Devices that heat the e-liquid held in a cartridge and reservoir, converting it into an aerosolised solution or vapour, which the user inhales through a mouthpiece.
- No burning, no smoke
- 95% less harmful than cigarettes



BEHAVIOURAL SUPPORT

- Discuss risks due to COVID-19 in smokers and encourage a quit attempt.
- CO monitor as a motivational tool
- Distraction techniques
- No facilitation of smoking by staff (eg: smoking breaks)
- Remove all the cues to smoking: ashtrays, shelters, lighters

Be the Smokefree Champions & Save Lives.

APRIL 2020

Legal Disclaimer: The Centre for Health Research and Education has compiled this information without representation or warranties, express or implied. Healthcare professionals are advised to use their clinical judgement and refer to the up-to-date national smoking cessation guidelines and the BNF for the use of cessation aids.