



It's Not Quit; It's Get Help: Transforming the Smoking Cessation Mindset

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Disclosures

A diagram illustrating disclosures. On the left, the word "Disclosures" is written in a large, black, sans-serif font. To its right is a vertical line that is orange at the top and blue at the bottom. To the right of this line are two horizontal bars. The top bar is light blue with rounded ends and contains the text "VAPOTHERM" in white, uppercase, sans-serif font. An orange line connects the vertical line to the left side of this bar. The bottom bar is dark blue with rounded ends and contains the text "Monaghan Medical" in white, title case, sans-serif font. A green line connects the vertical line to the left side of this bar.

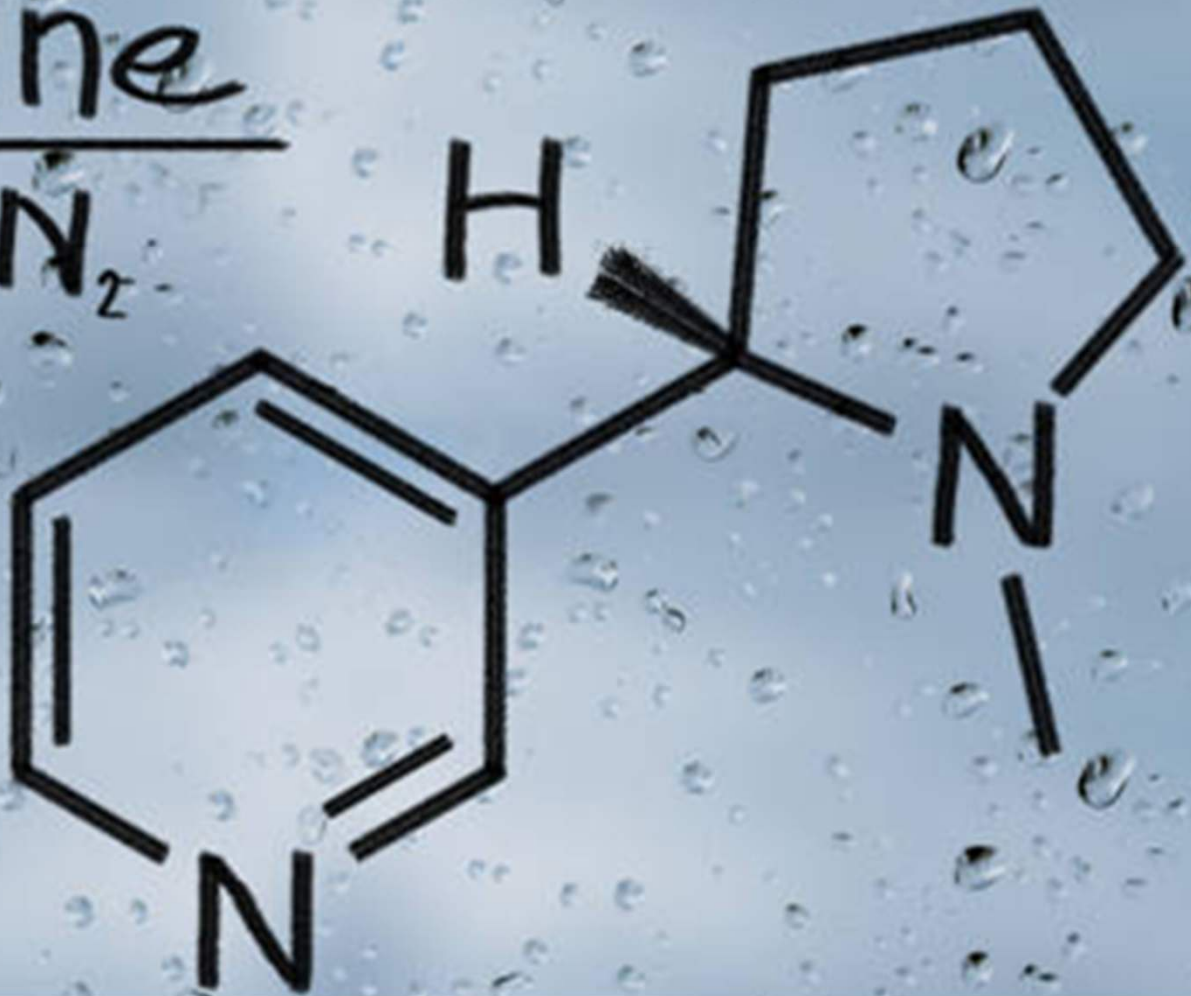
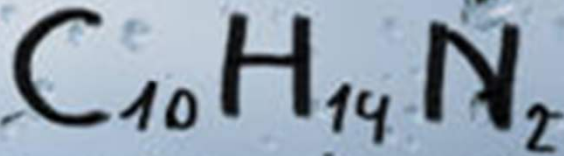
VAPOTHERM

Monaghan Medical

Objectives

- Explain how nicotine affects brain chemistry and reinforces addiction
- Describe the process of smoking cessation as a medical and behavioral condition that requires structured support rather than simple willpower-based “quitting” –it is getting help
- Identify evidenced-based treatment strategies for nicotine dependence

Nicotine



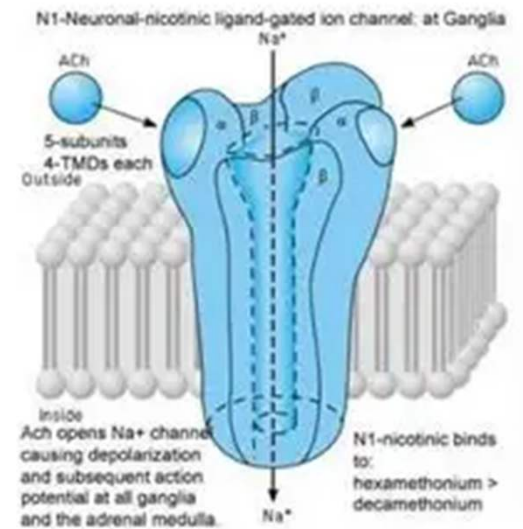
How Nicotine Affects the Brain

- I. Activation of Nicotine Receptors
- II. Dopamine and the Reward System
- III. Short-Term Effects
- IV. Addiction and Dependence
- V. Long-Term Effects

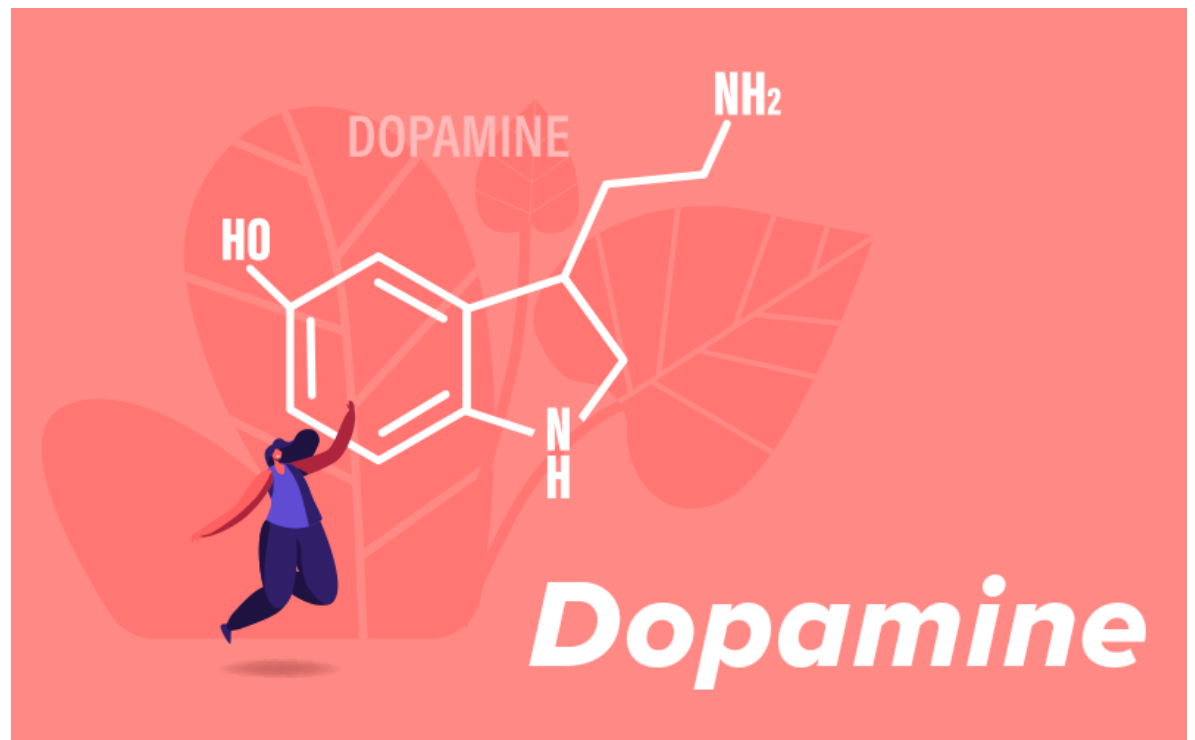
Activation of Nicotine Receptors

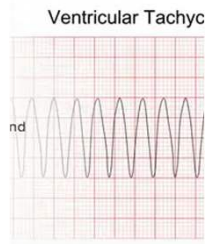
How does nicotine act on receptors?

- nicotinic acetylcholine receptors
- mimics acetylcholine (agonist)
- opens ion channel
 - depolarizes



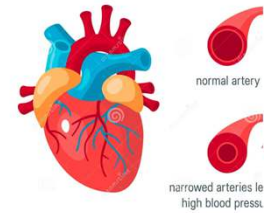
Dopamine and the Reward System





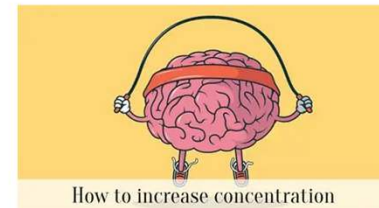
EUPHORIA

HIGH BLOOD PRESSURE

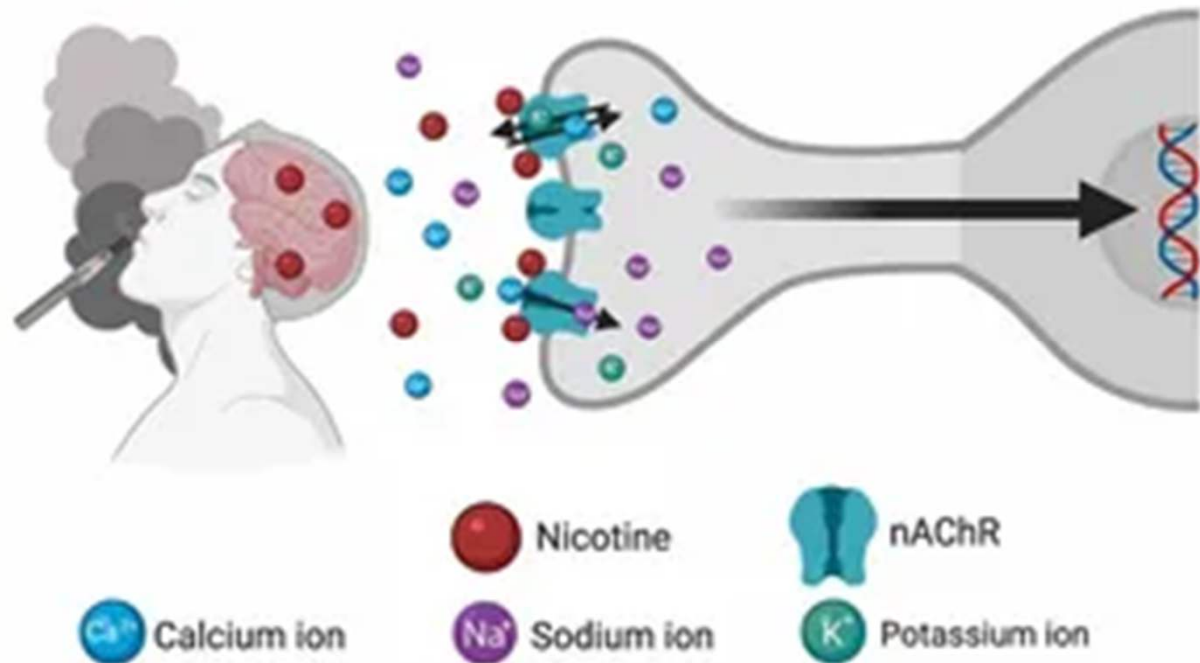


www.123rf.com

Short-Term Effects

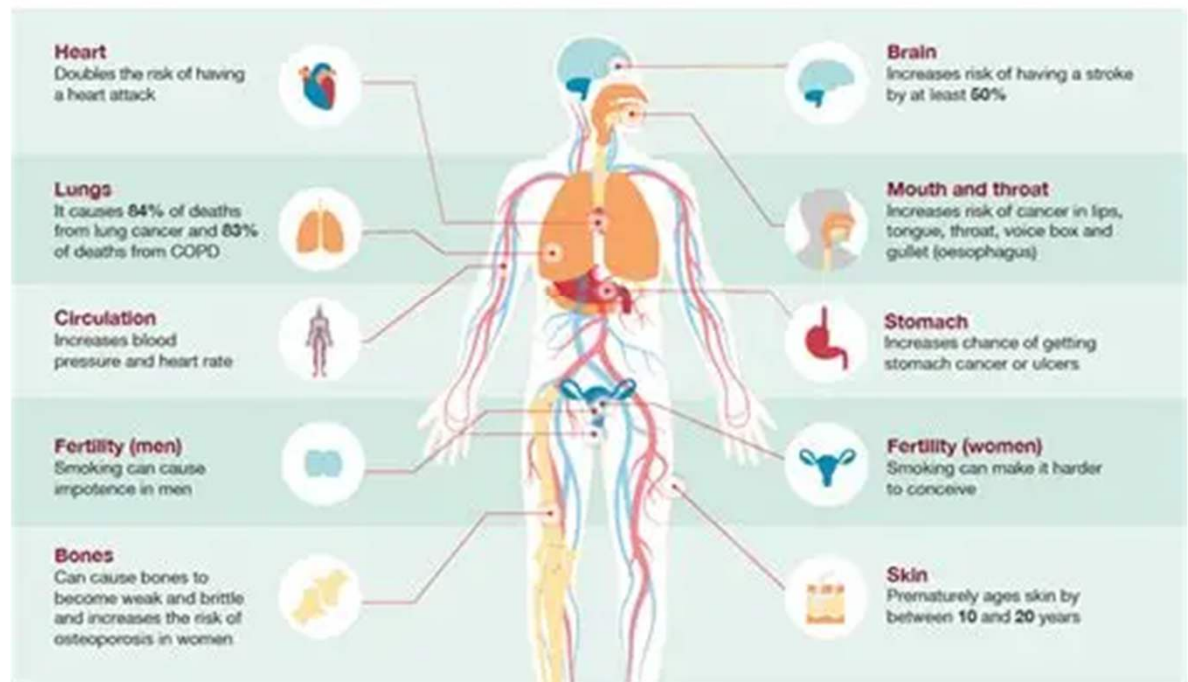


Addiction and Dependence



Long-Term Effects

How smoking harms the body





Smoking Cessation GET HELP



-
- Identify and Document Use
 - Advancing and Sustaining Cessation Services
 - Stages of Change
 - Health Equity and Community Engagement

Identify and Document

Most frequent form of tobacco:

Cigarettes

Chewing tobacco

Cigars

Pipe

Vape/e-cigarette

Hookah

Other

Maximum packs per day:

Current packs per day:

Duration:

Parents smoked:

Yes

No

Fagerstrom Test for Nicotine dependence score is:
This indicates No/low Medium High dependence

- | Questions | Response Options | Score |
|--|---|-------|
| 1. How soon after you wake up do you smoke your first cigarette? | (3) Within 5 mins
(2) 6-30 mins
(1) 31-60
(0) >60 mins | |
| 2. Do you find it difficult to refrain from smoking in places it is forbidden, like in church? | (1) Yes (0) No | |
| 3. How many cigarettes do you smoke? | (3) 31 or more
(2) 21-30
(1) 11-20
(0) 10 or less | |
| 4. Which cigarette would you most hate to give up? | (1) First one in the morning
(0) One of the others | |
| 5. Do you smoke more frequently during the first hours of the day than the rest of the day ? | (1) Yes (0) No | |
| 6. Do you smoke if you are ill in bed most of the day? | (1) Yes (0) No | |

x = Stop

Pertinent details about the tobacco journey:

Past ~~quit~~ attempts:

None

One time

More than once

Last ~~quit~~ attempt:

Within the past month

Within the past year

More than a year ago

Main symptoms:

Craving

Anger

Anxiety

Depression

Weight gain

Irritability

Other:

Past ~~quitting~~ methods:

Patch

Gum

Lozenge

Nasal spray

Nicotine inhaler

Bupropion

Chantix

Group therapy

Hypnosis

Taper

Cold turkey

Other

Confidence in ~~quitting~~:

Appropriate

Not appropriate

Patient perception of utility in ~~quitting~~:

Negative

Neutral

Positive

Stress level:

High

Normal

Depression:

Positive

Negative

Household smokers:

None

One

More than one

Obstacles to quitting:

Lack of support

Cost of treatment

Other:

None

Other environmental triggers:

Coffee

With or after meals

TV

Talking on the phone

Boredom

Stress

Alcohol

Drug use

Bathroom

Other people smoking

Other:

None

Any other mental illness:

Yes No

Classify Tobacco Dependence Severity

Clinical Features Before Treatment

Patient's step is:

Step 4 (Very Severe)

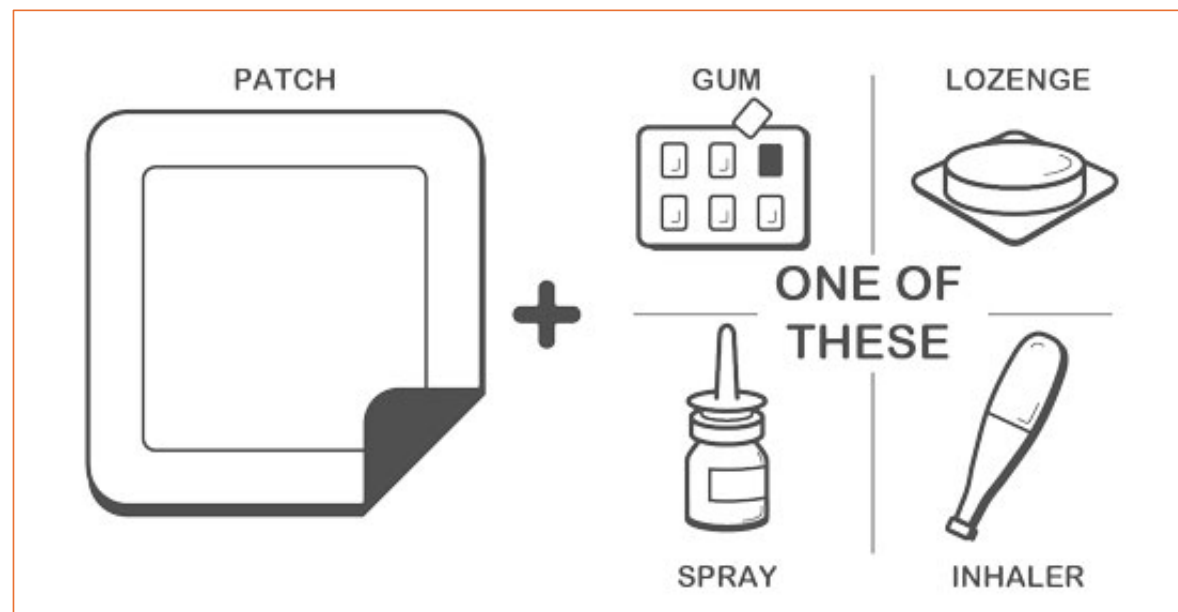
Step 3 (Severe)

Step 2 (Moderate)

Step 1 (Mild)

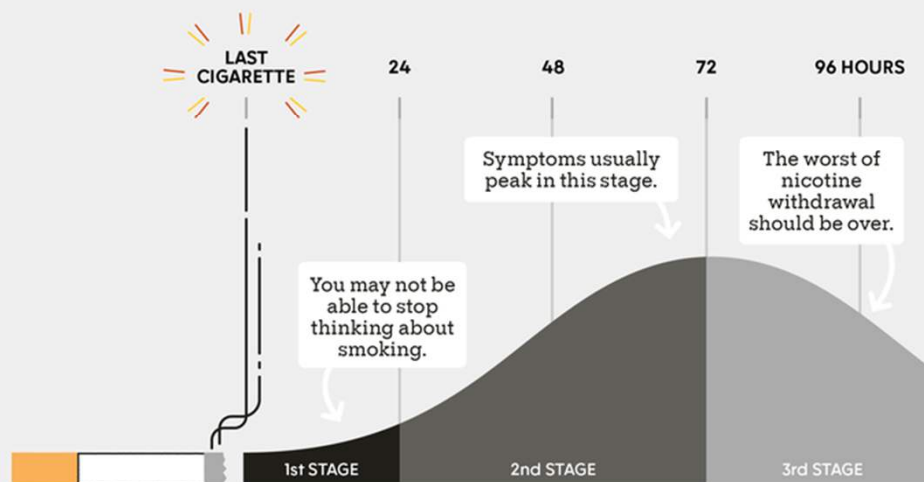
Step 0 (Non-Daily/Social)

Advancing and Sustaining Cessation Services

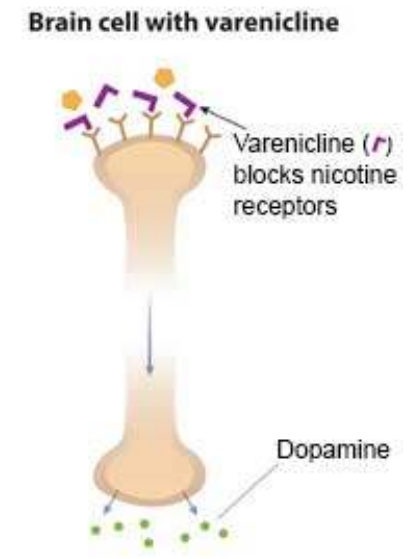
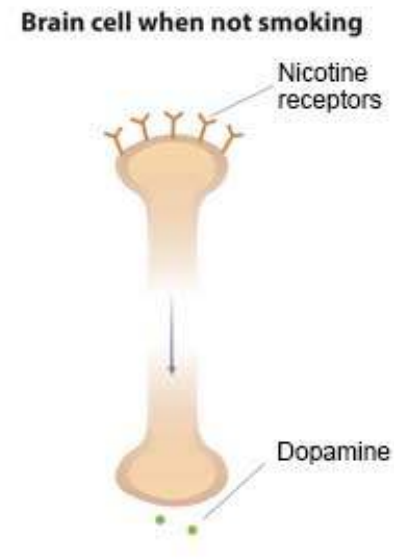
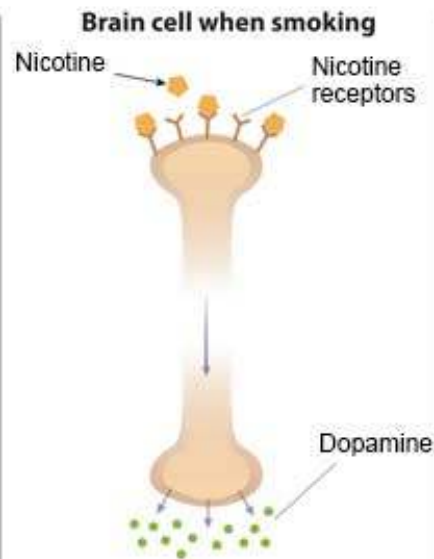
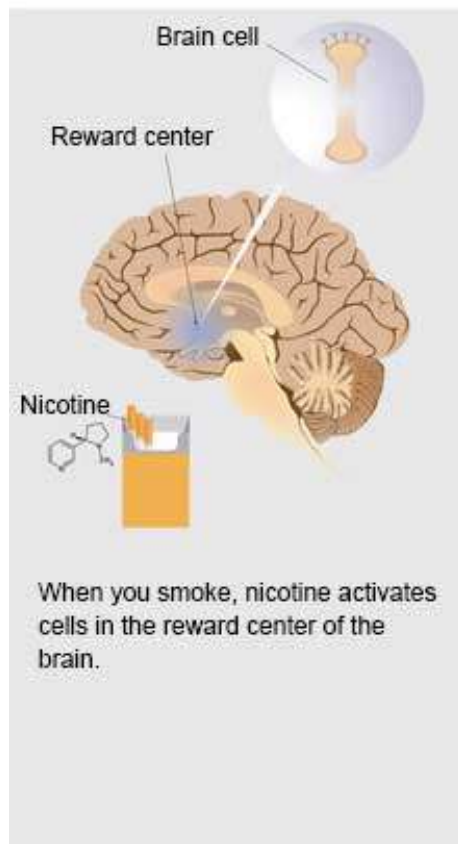


Nicotine Withdrawal: a Timeline

Nicotine withdrawal is uncomfortable but not dangerous. It can start a few hours after your last cigarette. Symptoms vary and can include irritability, trouble sleeping, and increased appetite. Ask your provider for support when you're ready to quit.

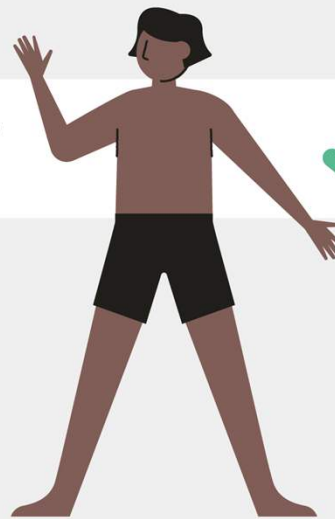


How Varenicline Can Help You Quit Smoking



How to Apply a Nicotine Patch

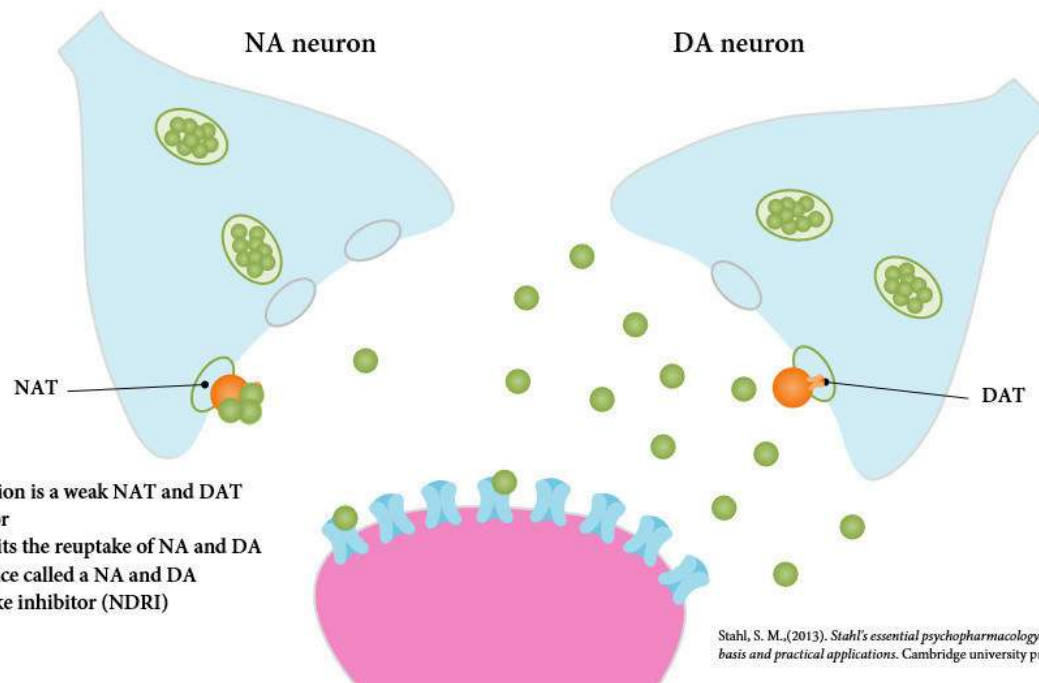
Place the patch on a clean,
dry, and hair-free area of
skin on the upper body.



Apply the patch to a different area each day of the week:



MOLECULAR ACTION OF BUPROPION



- Bupropion is a weak NAT and DAT inhibitor
- It inhibits the reuptake of NA and DA and hence called a NA and DA Reuptake inhibitor (NDRI)

Stahl, S. M., (2013). *Stahl's essential psychopharmacology: neuroscientific basis and practical applications*. Cambridge university press.

WITHIN 20 MINUTES OF QUITTING SMOKING...

YOUR BODY BEGINS A SERIES OF CHANGES THAT CONTINUE FOR YEARS.

20 MINUTES
YOUR HEART RATE DROPS.



2 WEEKS - 3 MONTHS
YOUR HEART ATTACK RISK BEGINS TO DROP.
YOUR LUNG FUNCTION BEGINS TO IMPROVE.



1 YEAR
YOUR ADDED RISK OF CORONARY HEART DISEASE IS HALF THAT OF A SMOKER'S.



10 YEARS
YOUR LUNG CANCER DEATH RATE IS ABOUT HALF THAT OF A SMOKER'S.
YOUR RISK OF CANCERS OF THE MOUTH, THROAT, ESOPHAGUS, BLADDER, KIDNEY, AND PANCREAS DECREASES.



12 HOURS
CARBON MONOXIDE LEVEL IN YOUR BLOOD DROPS TO NORMAL.



1-9 MONTHS
YOUR COUGHING AND SHORTNESS OF BREATH DECREASE.



5 YEARS
YOUR STROKE RISK IS REDUCED TO THAT OF A NONSMOKER'S 5-15 YEARS AFTER QUITTING.



15 YEARS
YOUR RISK OF CORONARY HEART DISEASE IS BACK TO THAT OF A NONSMOKER'S.



Follow Up



Key reasons Tobacco Treatment Follow-up Matters

- Relapse risk is highest early
- Medications need adjustment
- Withdrawal symptoms evolve
- Behavioral triggers emerge after quitting
- Confidence and motivation improve
- Slips can be reframed, not failures
- Improves long-term abstinence



- 74 yr old
- 30 pk yr with moderate COPD
- Tobacco Treatment:
Chantix, Nicotine Lozenge
- >2 years Tobacco/Smoke Free



Question?

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