Tobacco Cessation Client Screening FORM

Name: ____________________________ Date: ____________________
Phone #: ____________________________
E-mail: ____________________________

Gender: 
- Male
- Female

Medical Coverage ____________________________________________ Carbon monoxide level: _____

Questionnaire administered by: ____________________________ Date: ____________

Please check all that apply.

<table>
<thead>
<tr>
<th>Chronic conditions:</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Asthma</td>
<td>Needs surgery</td>
<td></td>
</tr>
<tr>
<td>Chronic bronchitis/ COPD</td>
<td>Depressive disorder</td>
<td></td>
</tr>
<tr>
<td>Emphysema</td>
<td>Mental illness</td>
<td></td>
</tr>
<tr>
<td>Sinusitis</td>
<td>Substance abuse in recovery</td>
<td></td>
</tr>
<tr>
<td>Heart Disease</td>
<td>Periodontal disease/ Gum disease</td>
<td></td>
</tr>
<tr>
<td>Cancer</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Stroke</td>
<td>Pregnancy</td>
<td></td>
</tr>
<tr>
<td>Tuberculosis/TB</td>
<td>Lactating/Breastfeeding</td>
<td></td>
</tr>
<tr>
<td>Diabetes</td>
<td>Immunologic disease</td>
<td></td>
</tr>
<tr>
<td>Hypertension/High blood pressure</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Osteoporosis</td>
<td>Liver disease</td>
<td></td>
</tr>
<tr>
<td>Other chronic disease:</td>
<td>Kidney disease</td>
<td></td>
</tr>
</tbody>
</table>

Meds with levels decreased by smoking:

- Amitriptyline (Elavil)
- Nortriptylne (Pamelor)
- Imipramine (Tofranil)
- Clomipramine (Anafranil)
- Fluvoxamine (Luvox)
- Trazodone (Desyrel)
- Fluphenazine (Prolixin)
- Haloperidol (Haldol)
- Olanzipine (Zyprexa)
- Clozapine (Clozaril)
- Chlorpromazine (Thorazine)

Contraindications to patch, gum, lozenge:
If yes, refer Dr. for pharmacotherapy. Yes No
1. Heart attack in last 2 weeks
2. Hx of angina, chest pain from heart requiring medication.
3. Heart rhythm problem
4. Severe skin condition
5. Pregnancy/lactating/breastfeeding

Contraindications to Zyban:
Yes No
1. Seizure disorder
2. Severe head injury
3. Severe eating disorder
4. Taking bupropion/wellbutrin
5. Active alcoholism
6. Taking MAO inhibitor
7. Pregnancy/lactating/breastfeeding
8. Cirrhosis/liver disease

Contraindications to Chantix:
Yes No
1. Nausea and Vomiting
2. Pregnancy/lactating-breastfeeding
3. Severe kidney disease/dialysis
4. Unstable heart disease

CAUTION: be sure to notify clients about possible behavioral side effects and slight risk of cardiovascular effects – chest pain, trouble breathing.

Which of these ways have you tried in the past to quit tobacco?

- Nicotine patch
- Nicotine gum
- Nicotine lozenge
- Nicotine inhaler
- Nicotine nasal spray
- Zyban
- Chantix or varenicline
- Tobacco cessation group
- Nicotine anonymous
- Acupuncture
- Hypnosis
- Ca Smokers 1-800-No-Butts
- Cold turkey
- Other

Details:

List Medications:

- If yes, refer to Dr. for pharmacotherapy.

Notes:

Questionnaire administered by: ____________________________ Date: ____________

Rev. 9/8/2011
Medication Guidelines

Zyban and nicotine patch are automatically covered by MediCal – Fee for Service, Alameda Alliance and Blue Cross cover patch and Gum..

- If you are requesting other medication (i.e. gum, lozenge, spray, inhaler, or chantix), you must write a TAR and explain the following: 1) why the patient cannot use Zyban or that he tried and it did not work; and 2) why the patient cannot use the patch or that he tried and it did not work.

- High-risk patients may need more than 1 patch - about 1mg of nicotine per cigarette. See table:

<table>
<thead>
<tr>
<th>Cigarettes/Day</th>
<th>Patch Dose (mg/d)</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt;10</td>
<td>7-14</td>
</tr>
<tr>
<td>10-20</td>
<td>14-22</td>
</tr>
<tr>
<td>21-40</td>
<td>22-44</td>
</tr>
<tr>
<td>&gt;40</td>
<td>44+</td>
</tr>
</tbody>
</table>


- MediCal covers Nicoderm CQ >21 –14-7mg.

- Frequently dosing started at 1m per cigarette

- Supplemental nicotine gum or lozenge is helpful for a very addicted client and/or person who is not getting relief from withdrawal with the patch alone: Usually 2mg is used for this.
  - Each cig = 2mg nicotine (5-7minutes); 2 mg gum = 0.8mg nicotine (30min); 4mg gum = 1.5 mg nicotine (30min) (Osinubi, Slade 2002).
  - Lozenge is about 25% stronger than gum (2mg lozenge = 1 mg nicotine; 4mg lozenge = 1.88 mg nicotine).

- For high-risk clients, have the client use gum or lozenge for breakthrough cravings and ideally keep using 2mg NRT until ready to taper off.

- See Sample TAR's.

- Warn patients of signs of too much nicotine:
  - This is rare – most of the time people are underdosed
    - Nausea, diarrhea
    - Vomiting
    - Rapid heartbeat
    - Cold sweats
    - Blurred vision
    - Dizziness
    - Headaches
    - Drooling