

# Help your patients QUIT DURING COVID-19

## SMOKING



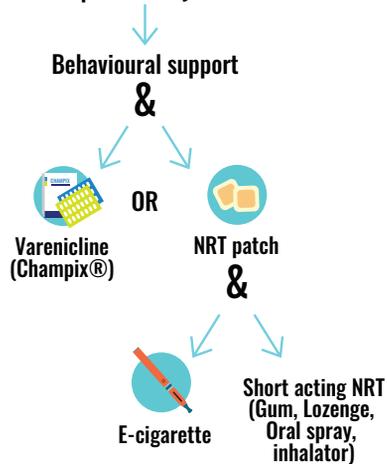
- ↑ Covid-19 complications
- ↑ Respiratory diseases
- ↓ Efficacy of Mental Health Medications
- ↓ Lifespan by 10-20 years



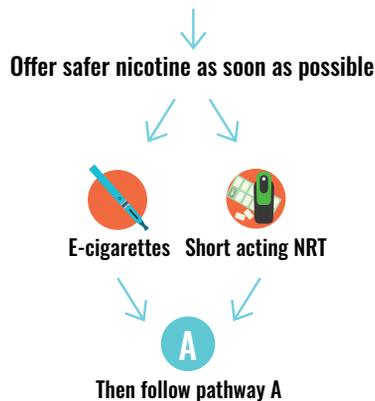
## WHAT TO DO FOR:

## REMEMBER:

**A** For all smoker patients, throughout the inpatient stay



**B** Patient getting acute craving



## 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

<b>NICOTINE GUM</b> 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
<b>LOZENGES</b> 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
<b>MOUTH SPRAY</b>	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
<b>INHALATOR</b>	WEEK 1-6 6 Cartridges per day	WEEK 7-9 2-3 Cartridges per day	WEEK 10-12 1-2 Cartridges per day
<b>NICOTINE PATCH</b>	WEEK 1-6 21mg/25mg patch daily	WEEK 7-9 14mg/15mg patch daily	WEEK 10-12 7mg/10mg patch daily

## 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

## 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.

## BEHAVIOURAL SUPPORT



- Discuss risks due to COVID-19 in smokers and encourage a quit attempt.
- Deliver very brief advice on smoking. Opportunistically discuss smoking cessation and the choice of quit aids with all smoker patients during all contacts.
- Use technology like text messages to share self help quit tools with all smoker patients (Eg: CHRE's 'Quit during Covid' infographic)
- Discuss distraction techniques
- Avoid any facilitation of smoking by staff (eg: smoking breaks)

**Be the Smokefree Champions & Save Lives.**

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