



Quit Tobacco WORKSHOP

Agenda

Estimated Time: 3 hours

Section:

1 ❖ Introduction

- ▶ Welcome
- ▶ Overview of course
- ▶ Introductions

2 ❖ What Smokers Are up Against—The Power of Nicotine

- ▶ Complexity of nicotine addiction
- ▶ Why it is so difficult to quit

3 ❖ The Downside of Tobacco Use – Benefits of Quitting

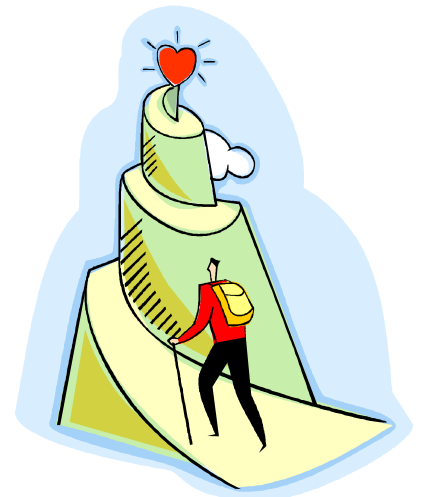
- ▶ Effects of tobacco use
- ▶ Benefits of quitting

4 ❖ Preparing to Quit

- ▶ Building confidence to quit
- ▶ Strengthening your commitment
- ▶ Developing a quit plan
- ▶ Preventing relapse

5 ❖ Cessation Drug Aids

- ▶ How cessation aids work in the body
- ▶ Benefits and limitations of drug aids
- ▶ Are these medications right for you?
- ▶ Proper use of drug aids
- ▶ Obtaining cessation drug aids



THE COMPLEX NATURE OF TOBACCO DEPENDENCE

Quitting tobacco is hard because of the complex nature of nicotine. People become addicted to tobacco for many reasons.



BEHAVIORAL/LEARNED HABITS

1. A pack-a-day smoker takes about 70,000 puffs on cigarettes every year. Anything done this often becomes a habit, whether there is any nicotine involved or not.
2. Packs of cigarettes or tins of chew become something tobacco users almost always have with them. When something is carried around for years, it becomes a part of us.



SOCIAL

1. Smoking becomes positively connected with the company of other people and often takes place with friends at work or in social gatherings.
2. Many people take cigarette breaks with the same people for years.
3. Smoking is often associated with dining out and drinking.
4. Smoking is connected with pleasure as well as stress relief.



PSYCHOLOGICAL

1. Nicotine can help relax tobacco users in some situations and stimulate in other situations. It can provide relief from feelings of stress. But often this is the stress due to needing more nicotine.
2. Smoking can help people feel good. Nicotine produces a sense of low level euphoria in some people. It can help others focus on simple tasks.
3. Smoking can sometimes provide relief from feelings of sadness, depression, or other difficult emotions.

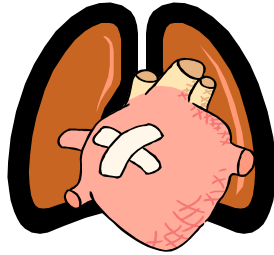


BIOLOGICAL

1. The brain changes its structure and function when a person uses nicotine continuously. The brain actually increases the number of receptor sites that respond to nicotine.
2. These receptor sites receive chemical messengers (neurotransmitters). Nicotine acts as a substitute for one of these neurotransmitters and produces the euphoria, focus and relaxation noted above.
3. The brain gets used to the ongoing presence of nicotine for normal functioning. In a way, the brain expects that the smoker will continue to supply a regular amount of nicotine to it.

CONSEQUENCES OF TOBACCO USE

PHYSICAL EFFECTS



Cigarettes

- ▶ Smoking is a major cause of chronic lung disease, coronary heart disease, and stroke. It is also a major cause of cancer of the lung, larynx, esophagus, mouth, and bladder. In addition, smoking contributes to cancer of the cervix, pancreas, and kidney.
- ▶ Women who use tobacco during pregnancy are more likely to have low birth weight babies. Their children are more likely to develop problems such as Attention Deficit Disorder, conduct disorder, and substance abuse.
- ▶ Each year, 300,000 children suffer from lower respiratory tract infections caused by second hand smoke.

Chewing Tobacco

- ▶ Holding an average size dip or chew of smokeless tobacco in the mouth for 30 minutes delivers as much nicotine as smoking four cigarettes. Nicotine is rapidly absorbed into the bloodstream through the mouth.
- ▶ Smokeless tobacco causes oral cancer, oral leukoplakia (pre-cancerous sores in the mouth) and periodontal disease, plus other conditions above.

Cigars/Pipes

- ▶ Cigars smoking cause a variety of cancers including cancers of the lip, tongue, mouth, throat, esophagus, larynx and lungs.
- ▶ Daily cigar smoking, particularly among people who inhale, also causes an increased risk for coronary heart and lung disease. Even smoking only one to two cigars per day significantly increases risks for oral cancers & esophageal cancer.
- ▶ Despite the fact that most cigar smokers do not inhale, cigar and cigarette smokers have similar levels of risk for oral, throat, and esophageal cancers.
- ▶ Pipe smoking significantly increases the risk of cancers around the lip where it comes into contact with the pipe stem.
- ▶ Pipe smoking is almost as likely as cigarette smoking to cause lung cancer.

PSYCHOLOGICAL EFFECTS



Increases Stress

- ▶ Research suggests that using tobacco increases overall stress levels. Smokers are in a continual state of low level craving for nicotine, whether they consciously know it or not. This underlying urge for nicotine results in greater stress. The fact that nicotine can sometimes give short-term stress relief should not be confused with its overall effect of increasing stress.

Masks Emotions

- ▶ Smoking may be used to cope with feelings of sadness, anger, or pain. By using smoking in this way, smokers may avoid developing other personal and social skills that would help them deal more effectively with life's challenges.

BIOLOGICAL EFFECTS

- ▶ Nicotine changes how the brain works, forcing a smoker to rely on it.
- ▶ When a smoker quits, the body goes through withdrawal. Light and noise can seem irritating, it may be harder to concentrate and feelings of depression or anger may arise.
- ▶ Symptoms of withdrawal do fade over time and functioning should return to normal.



SOCIAL EFFECTS

- ▶ Smoking restrictions make it difficult to enjoy smoking in public settings.
- ▶ Need to smoke disrupts interactions with others in non-smoking situations.
- ▶ Changes in society have made being a smoker an unappealing characteristic.



WHEN YOU QUIT SMOKING...

Within 20 minutes of The Last Cigarette:

- ▶ Blood pressure drops to normal.
- ▶ Pulse rate drops to normal rate.
- ▶ Body temperature of hands and feet increases to normal.

8 Hours....	<ul style="list-style-type: none"> ▶ Carbon monoxide level in blood drops to normal. ▶ Oxygen level in blood increases to normal.
24 Hours....	<ul style="list-style-type: none"> ▶ Chance of heart attack decreases.
48 Hours....	<ul style="list-style-type: none"> ▶ Nerve endings start regrowing. ▶ Ability to smell and taste things enhances.
72 Hours....	<ul style="list-style-type: none"> ▶ Bronchial tubes relax, making breathing easier.
2 Weeks-to-3 Months....	<ul style="list-style-type: none"> ▶ Circulation improves. ▶ Walking becomes easier. ▶ Lung function increases up to 30 percent.
1-to-9 Months....	<ul style="list-style-type: none"> ▶ Coughing, sinus congestion, fatigue, shortness of breath decreases. ▶ Cilia regrow in lungs, increasing ability to handle mucus, clean lungs, reduce infection. ▶ Body's overall energy level increases.
5 Years...	<ul style="list-style-type: none"> ▶ From 5 to 15 years after quitting, stroke risk is reduced to that of people who have never smoked.
10 Years....	<ul style="list-style-type: none"> ▶ Lung cancer death rate for average smoker (one pack a day) decreases by half. ▶ Precancerous cells are replaced. ▶ Other cancers – such as those of the mouth, larynx, esophagus, bladder, kidney, and pancreas significantly decrease.

CHALLENGES AND SUCCESSES

Past Successes	Past Challenges	New Response to Challenges
<p><i>Examples:</i></p> <ul style="list-style-type: none"> ▶ Not buying cigarettes at usual store ▶ Not smoking in the car 	<p><i>Examples:</i></p> <ul style="list-style-type: none"> ▶ Smoking with friends at work at lunch ▶ Smoking when having a drink 	<p><i>Examples:</i></p> <ul style="list-style-type: none"> ▶ Go for a walk at lunch instead ▶ Cut back on drinking so there is less temptation

MAKING A COMMITMENT TO QUIT



Individuals have different reasons for quitting smoking. Identifying the reasons that are most important to you will help you keep your commitment to quitting strong.

Examples of Reasons to Quit:

- ▶ To save money
- ▶ To improve health
- ▶ To feel better

My Reasons for Quitting:

▶ _____

▶ _____

▶ _____

▶ _____

▶ _____

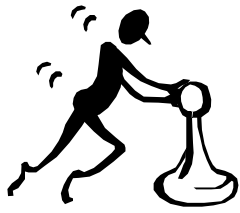
▶ _____

▶ _____

▶ _____

▶ _____

Now pick the two most important reasons you want to quit and circle them. You might want to keep this list for future reference.



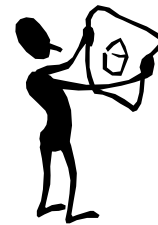
PREPARING TO QUIT

An effective quit plan requires both preparation and quit activities.

- ▶ **Preparation activities** are meant to help you focus on the fact that you are about to stop smoking.
- ▶ **Quit activities** are done during and after your quit day and are meant to help with cravings for cigarettes or other tobacco products that might arise after quitting.

Examples of Preparation Activities:

- Cleaning home and car of all tobacco products
- Talking to friends about why it is important to quit
- Not buying cigarettes at usual store
- Not smoking during designated hours



Brainstorm potential preparation activities here:

▶ _____

▶ _____

▶ _____

▶ _____

▶ _____

▶ _____

▶ _____

▶ _____

▶ _____

▶ _____

▶ _____

Identify several of these activities that you will incorporate into your quit plan by starring or circling them. You may want to choose a date to begin each activity and note it above.

Day/Date	Time	Number	Need 1-5 scale 1=high 5=low	Place or Activity	With Whom	Mood/ Reason	Day/Date	Time	Number	Need (based on 1- 5 scale)	Place or Activity	With Whom	Mood/ Reason



Day/Date	Time	Number	Need 1-5 scale 1=high 5=low	Place or Activity	With Whom	Mood/ Reason	Day/Date	Time	Number	Need (based on 1- 5 scale)	Place or Activity	With Whom	Mood/ Reason



QUIT ACTIVITIES

Quit Activities are done on and after the day you choose to quit. They are meant to help you deal with cravings for cigarettes or other tobacco products that might arise after quitting.

Strategy	My Plan
Active Diversion <ul style="list-style-type: none"> ▶ Change surroundings ▶ Change activities 	
Rewards <ul style="list-style-type: none"> ▶ Acknowledge your success ▶ Rewards can be big or small ▶ Increase time increments 	
Physical Activity <ul style="list-style-type: none"> ▶ Take a walk ▶ Go to the gym ▶ Take the stairs 	
Tempting situations <ul style="list-style-type: none"> ▶ Identify tempting situations and plan an alternative ▶ Example: smoke breaks with friends 	
Stressful Situations <ul style="list-style-type: none"> ▶ Consider what you will do when you feel stressed, sad, or angry. 	
Reminder of Importance <ul style="list-style-type: none"> ▶ Do activities that remind you why you are quitting ▶ Examples: photo of loved one; reviewing reasons, meditation, prayer etc. 	



THE SIX D's...



Delay

Wait 5 minutes to have a cigarette.

Distract Yourself

Talk to a friend.

Drink

Water

Try for eight 8 oz. glasses a day.

Do Something *Different*

Go for a walk.

Deep **Breathing**

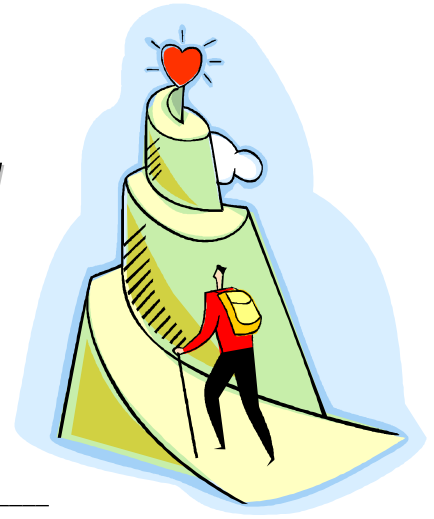
Learn how to deep breathe slowly into your stomach and out through your mouth.



Don't Give Up!

QUIT PLAN

I am ready to quit smoking



1. My Quit Date is _____/_____/_____

2. Motivations: "I am quitting because..."

- _____
- _____
- _____

3. Preparation Activities: "I will prepare to quit by..."

Check all that apply:

- Getting rid of all smoking items
- Practicing not smoking during certain hours of the day and night _____
- Cutting back the number of cigarettes I smoke to _____ per _____
- Not allowing smoking in my home
- Learning or practicing more methods of relaxation
- _____
- _____

4. Support & Resources: "I will ask for support from..."

- _____
- _____
- _____



5. Triggers & Coping Strategies: "I will cope with urges to smoke by..."

Trigger

What I'll do instead of smoking

- _____
- _____
- _____

6. Reward: "I will reward myself for quitting by..."

- _____
- _____
- _____



Signature _____ Date: _____



STAYING A NON-SMOKER

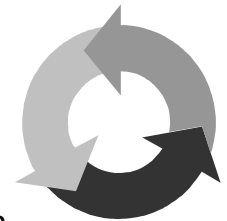
First of all, congratulate yourself on becoming a non-smoker. Quitting smoking is probably one of the hardest things you will accomplish in your life. Now that you have quit smoking, it is important to learn some strategies to stay a non-smoker for life.

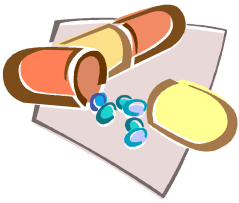
PREVENTING RELAPSE

- Review your reasons for quitting smoking on a regular basis. Add new reasons as you think of them during the quit process.
- Review the coping strategies you picked to deal with your triggers. As you run into new triggers, try to think of ways to help cope with them and add them to the list.
- Think of rewards you can give to yourself without spending money. Celebrate each milestone (one week, two, etc.) by doing something you love to do, but don't get a chance to do very often.
- Give yourself credit for quitting smoking. Don't underestimate how hard quitting smoking can be.
- Try to take time to relax. Do deep breathing exercises while at your desk or in the car. If you can, take a class on relaxation techniques.
- Talk to your friends or family about how you feel as a non-smoker. Call on your friends or family when you feel the urge to smoke.

WHAT TO DO IF YOU SLIP

- If you slip and smoke a cigarette, don't be too hard on yourself. One slip doesn't mean you failed or that you can't be a non-smoker. Choose to see a slip as a learning experience and not as a failure.
- Renew your commitment to being a non-smoker by looking over your reasons for quitting and get right back on track.
- Take a look at what triggered you to smoke again. Figure out a strategy to cope with that trigger the next time it comes around.
- Use the coping skills you have learned. People who know a least one coping skill are more likely to succeed at staying a non-smoker.
- Don't be afraid to ask for help. Talk to your friends or family members who know you are quitting smoking.





ROLE OF MEDICATIONS

- ▶ Cessation aids (medications) can be of real benefit as you quit smoking.
- ▶ Aids help deal with the physiological effects of nicotine discussed earlier.
- ▶ It's important to remember that medications are only one part of a larger quit plan.
- ▶ Those who use cessation aids are more likely to quit than those who do not, but many people do quit without the aids.




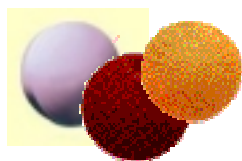
What medications <i>can</i> do	What medications <i>can't</i> do
<ul style="list-style-type: none"> ✓ Reduce desire to smoke ✓ Increase likelihood of successful quit ✓ Ease withdrawal symptoms 	<ul style="list-style-type: none"> ✓ Automatically result in quitting ✓ Provide a boost when you are bored ✓ Change the habit of socializing with friends during a cigarette break

TWO MAIN TYPES OF AIDS:

- ▶ **bupropion SR:** also known as Wellbutrin SR and Zyban
- ▶ **nicotine replacement therapies:** nicotine patch, gum, inhaler, spray

NICOTINE PATCH

<p>HOW IT WORKS</p>	<ul style="list-style-type: none"> ▶ Provides nicotine to the body in a continuous amount. ▶ Reduces withdrawal symptoms and may lessen craving for cigarettes. ▶ Purpose of the patch is to reduce withdrawal symptoms so the smoker can focus on making behavioral changes. 	
<p>HOW IT'S USED</p>	<ul style="list-style-type: none"> ▶ Must stop using all forms of tobacco when using the patch. ▶ Placed on the upper body (shoulder, arm or upper back) on clean, hairless skin. ▶ Location should vary so as not to irritate the skin. ▶ Patches should be applied each morning. ▶ Provider will determine appropriateness and strength of initial patch. 	
<p>WHO SHOULDN'T TAKE IT?</p>	<ul style="list-style-type: none"> ▶ Generalized skin disorder (such as psoriasis, eczema). ▶ Unstable or worsening angina (chest pain). ▶ Severe cardiac arrhythmia (irregular heart beat). ▶ Peripheral vascular disease ▶ Recent heart attack (past 2 weeks). ▶ High blood pressure not controlled with medication. ▶ Pregnant or nursing (must consult with MD/NP). 	
<p>POSSIBLE SIDE EFFECTS</p>	<ul style="list-style-type: none"> ▶ Insomnia. ▶ Skin irritation. ▶ Vivid dreams (patch can be taken off at night if a problem). ▶ Nausea (this is a symptom of nicotine overdose – take the patch off and contact your provider). 	
<p>PRESCRIPTION NEEDED?</p>	<ul style="list-style-type: none"> ▶ Not if purchased over-the-counter. ▶ A verification form from a Kaiser Permanente approved smoking cessation program and a prescription is required to purchase at regular co-pay. 	

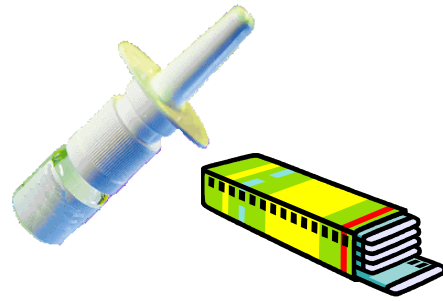


BUPROPION SR

Bupropion SR is also known as Wellbutrin SR and Zyban.

<p>HOW IT WORKS</p>	<ul style="list-style-type: none"> ▶ Affects brain chemistry in a way that helps people quit smoking ▶ Reduces withdrawal symptoms and may lessen craving for cigarettes ▶ Also prescribed for depression, but a person does not need to be depressed for it to be effective
<p>HOW IT'S USED</p>	<ul style="list-style-type: none"> ▶ Bupropion SR is taken 1 week before quitting smoking and then taken for approximately 7 more weeks.
<p>WHO SHOULDN'T TAKE IT?</p>	<ul style="list-style-type: none"> ▶ People with a seizure disorder (such as epilepsy) ▶ Already taking bupropion, Wellbutrin or Zyban ▶ Current or prior diagnosis of an eating disorder (bulimia or anorexia nervosa) ▶ Currently or recently (last 14 days) taking a monoamine (MAO) inhibitor (phenelzine/Zardil or tranylcypromine/Parnate or isocarboxazid/Marplan) ▶ Allergic to bupropion (Wellbutrin) ▶ Pregnant or nursing (must consult with MD/NP) <p><i>Members need to be properly screened before using this medication.</i></p>
<p>POSSIBLE SIDE EFFECTS</p>	<ul style="list-style-type: none"> ▶ Insomnia ▶ Dry mouth ▶ Drowsiness ▶ Nervousness ▶ In rare cases, seizure <p><i>If side-effects are strong, contact your provider.</i></p>
<p>PRESCRIPTION NEEDED?</p>	<ul style="list-style-type: none"> ▶ Yes, in all cases ▶ A verification form from a Kaiser Permanente approved smoking cessation program and a prescription is required to purchase at regular co-pay.

OTHER NICOTINE REPLACEMENT THERAPIES



Gum, Inhaler, Nasal Sprays

<p>HOW THEY WORK</p>	<ul style="list-style-type: none"> ▶ Provides nicotine to the body in a intermittent amounts. ▶ Reduces withdrawal symptoms and may lessen cravings. ▶ Purpose is to reduce withdrawal symptoms so the smoker can focus on making behavioral changes.
<p>HOW THEY ARE USED</p>	<ul style="list-style-type: none"> ▶ Must completely quit using all forms of tobacco before using. ▶ Gum is chewed and parked between the cheek and gums. ▶ Inhaler delivers nicotine into your system through your mouth; the spray through your nose.
<p>WHO SHOULDN'T USE?</p>	<ul style="list-style-type: none"> ▶ Unstable or worsening angina (chest pain) ▶ Severe cardiac arrhythmia (irregular heartbeat) ▶ Recent heart attack (past 2 weeks) ▶ Pregnant or nursing (must consult with MD/NP)
<p>SIDE EFFECTS</p>	<ul style="list-style-type: none"> ▶ For the gum, side effects can include mouth soreness, hiccups, indigestion, and jaw ache. ▶ For the inhaler, side effects can include nose and sinus irritation, irritation of mouth and throat, coughing, heartburn and nausea. ▶ For the spray, side effects include nasal irritation, nose bleeds, runny nose, sneezing, cough and watery eyes.
<p>PRESCRIPTION NEEDED?</p>	<ul style="list-style-type: none"> ▶ Gum: No – is purchased over-the-counter ▶ Inhaler/Spray: Yes – talk to your doctor or nurse practitioner if you are interested in the inhaler or spray.

ADDITIONAL RESOURCES

If you have questions or need more help after taking this class, try the resources below.

KAISER PERMANENTE RESOURCES

Fill in classes you offer here (relapse prevention, anxiety, etc.)

Discover Kaiser Permanente's Members-only web-site for information and services to help you manage your family's health care and simplify your busy life. Log on to: <http://www.kp.org> and click on the members only button.

Check your *Kaiser Permanente Healthwise Handbook*.

Listen to Kaiser Permanente Healthphone messages in English and Spanish by calling 1-800-33-ASK ME (1-800-332-7563). For people with impaired hearing, the TTY Healthphone number is 1-800-777-9059.

To get your free *Healthwise Handbook* and Healthphone directory, call 1-800-464-4000.

OTHER RESOURCES

The California Smokers' Helpline is a free telephone program that can help you quit smoking. They can also help you problem solve things that come up during the quit process. For English call 1-800-NO-BUTTS (1-800-662-8887). For Spanish call 1-800-NO-FUME (1-800-456-6386). There is also a helpline for chewing tobacco 1-800-844-CHEW (1-800-844-2439).

American Lung Association <http://www.lungusa.org> – This web site has information about the health effects of tobacco use, nicotine replacement therapy and tips on quitting smoking.

Nicotine Anonymous <http://www.nicotine-anonymous.org> – This web site has information on the twelve steps of nicotine anonymous, tips for chewers, and meeting locations.