

Nicotine Addiction – Individualized Treatment

New Brunswick's health networks follow the guidelines of the Ottawa Model for Smoking Cessation (OMSC; <http://ottawamodel.ottawaheart.ca>) to help patients who smoke to quit successfully. It is important to accurately evaluate nicotine addiction to ensure that everyone receives the treatment that is appropriate to their daily smoking.

Important information to consider

- *How fast the person smokes a cigarette.*
- *Does the person pinch the filter?*
- *Does the person drink coffee?*
- *The number of cigarettes that the person smokes per day.*
- *The time the person smokes their first cigarette of the day.*

Using the above information, the appropriate nicotine replacement therapy (NRT) for the number of cigarettes smoked can be determined. It is quite possible that a patient may need more than one nicotine patch as well as combined therapy involving nicotine gum, lozenges, and inhalers.

For example, Mr. and Mrs. Turcotte, who are a couple, each smoke 25 cigarettes per day. Mr. Turcotte smokes his cigarettes very quickly while Mrs. Turcotte tends not to smoke each of her cigarettes completely. Mr. and Mrs. Turcotte are both being followed by a smoking cessation counsellor in their region.

- An appropriate treatment for Mr. Turcotte would be two 21 mg nicotine patches every day for six weeks followed by a gradually reduced dose if he is quite comfortable with the treatment. The use of nicotine lozenges as needed is also recommended to overcome occasional cravings.
 - o Reason for treatment: Since he smokes very quickly, he absorbs more nicotine than his wife.
- For her part, Mrs. Turcotte would only need one 21 mg nicotine patch for six weeks followed by a gradually reduced dose if she is quite comfortable with the treatment. She could, as needed, use a nicotine inhaler to overcome her occasional cravings.
 - o Reason for treatment: She smokes more slowly than her husband and does not completely smoke her cigarettes.

If you are planning to quit smoking or have recently quit, we advise you to contact a smoking cessation clinic in your area for advice. Doing so will triple your chances of success. To get the phone numbers for the smoking cessation clinics, visit Vitalité Health Network's website at <http://www.vitalitenb.ca/en/points-service/smoking-cessation-clinic-0>.

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