

**After reading this section, individuals will be able to:**

- To review a list of new coping strategies for dealing with stressful situations.
- Understand that they should choose what coping strategies they feel will work best for them, then try it instead of smoking

**Suggested Approach:**

- Ask group if they are satisfied using smoking as their main/ only/ primary coping mechanism.
- Discuss how it will feel to try new coping strategies.
- Encourage group to review list of new coping skills or think of others that they would like try.

**Chapter 18:**

**What happens when I quit smoking without help? (cold turkey)  
(Consumer's Handouts Section 5: Chapter 18)**

**Objectives for this Chapter:**

- To teach group that quitting cold turkey causes many unpleasant withdrawal symptoms.

**After reading this section, individuals will be able to:**

- Understand that most smokers have a physical addiction to smoking.
- Recognize that when they stop smoking, that they will develop nicotine withdrawal symptoms.

**Suggested Approach:**

- Ask group how it felt to experience nicotine withdrawal.
- Help group to understand that nicotine withdrawal can be prevented or minimized if they use medications for future quit attempts.

**Chapter 19:**

**How do medications help me quit smoking?  
(Consumer's Handouts Section 5: Chapter 19)**

**Objectives for this Chapter:**

- To teach group about the 7 medications that are available to help them stop smoking.

- To understand that medications are safe and effective and make someone twice as likely to be successful in quitting smoking.

**After reading this section, individuals will be able to:**

- Identify the medications which are effective and available for quitting smoking.
- Learn different characteristics of the nicotine replacement treatment and other medications that help you to quit.

**Suggested Approach:**

- Discuss the past experiences that the group has had with medications. If the experiences have not been positive, ask members how long they used medications and if it was in conjunction with psychosocial treatment. Smokers are encouraged to try something new if they think it will work for them, but even a retrial of a medication can be effective. Better compliance or using a medication as part of a comprehensive treatment approach, can make it more effective.
- How Nicotine Replacement Works
  - ✓ Nicotine medications treat nicotine withdrawal symptoms and nicotine cravings. These are difficult symptoms that 70% to 90% of smokers say is their only reason for not giving up cigarettes.
  - ✓ By using a nicotine medication, a smoker's withdrawal symptoms are reduced. Lack of success is often related to the onset of withdrawal symptoms. By reducing these symptoms with the use of nicotine replacement therapy, smokers who want to quit have a better chance of being successful.
  - ✓ For smokers, nicotine blood levels will vary, depending on individual smoking patterns such as the time between cigarettes, how deeply the person inhales, the number of cigarettes smoked per day, and the brand smoked. Smoking delivers nicotine to the bloodstream very quickly - within a few seconds. Nicotine replacements generally work more slowly, and the amount of nicotine in the bloodstream is less than that from smoking. That makes nicotine medications much safer for the body, with fewer health risks and also much less addicting than cigarettes.
  - ✓ The most effective time to start nicotine replacement is at the beginning of an attempt to quit. Often smokers first try to quit on their own, and then decide to try nicotine replacement. Never use nicotine replacement therapy if you plan to continue to smoke or use another tobacco product. The combined dose of nicotine could be dangerous to your health.
  - ✓ Smokers who are pregnant or have heart disease should consult with their doctor before using over the counter nicotine replacement.

- Some people use Bupropion, a non-nicotine medication to help them quit smoking. Bupropion can be used alone or in combination with nicotine replacement medications to improve your chances of quitting. It is usually a personal choice to use non-nicotine medications, some people use varenicline, others use non-nicotine medication to help them quit. Varenicline is effective at eliminating nicotine withdrawal and reduces the pleasure associated with smoking cigarettes. Some people are unable to take nicotine or prefer to take a pill medication to help them quit smoking.

## **Chapter 20: Which medications should I use? (Consumer's Handouts Section 5: Chapter 20)**

### **Objectives for this Chapter:**

- To provide group with information that will help them to decide which medications are best for them to use.

### **After reading this section, individuals will be able to:**

- Understand some key aspects of each of the tobacco treatment medications.
- Recognize which medications are available over the counter and which need a doctor's prescription
- New evidence suggests varenicline is more effective than the other medications.

### **Suggested Approach:**

- This group may require 2 sessions to cover all the medications information.
- Help group to understand that all medications are effective and that personal choice is a factor.
- Have group do a role play in which they request a prescription for nicotine inhaler, bupropion or varenicline from their doctor.
- See also Section 3 for more information on tobacco dependence treatment medications.

## **NOTES FOR INSTRUCTORS Descriptions of Various Medications**

### **Nicotine Patch:**

Patches provide a measured dose of nicotine through the skin. Over the course of weeks, by switching the patch to a lower strength, you can lower the doses of nicotine the