

Moving Toward Wellness: Smoking Cessation

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Assumptions

- Interview style ground in MI spirit
 - Fundamental belief in patient autonomy
 - Using OARS
- Basic understanding of neurological basis of tobacco addiction
- Good grounding in pharmacologic methods for smoking cessation (e.g., bupropion, Chantix)
- Desire to better assist your patients who:
 - Are thinking about quitting
 - Are ready to quit

Quick Facts

- Persons with mental illness or substance abuse are nicotine dependent 2-3 more than general population.
- 200,000 of the 435,000 annual death from smoking occur among pts with mental illnesses.
- Persons with mental illness want to quit and want information on cessation.

WITHIN 20 MINUTES OF QUITTING SMOKING...

YOUR BODY BEGINS A SERIES OF CHANGES THAT CONTINUE FOR YEARS.

20 MINUTES
YOUR HEART RATE DROPS.



2 WEEKS - 3 MONTHS
YOUR HEART ATTACK RISK BEGINS TO DROP.
YOUR LUNG FUNCTION BEGINS TO IMPROVE.



1 YEAR
YOUR ADDED RISK OF CORONARY HEART DISEASE IS HALF THAT OF A SMOKER'S.



10 YEARS
YOUR LUNG CANCER DEATH RATE IS ABOUT HALF THAT OF A SMOKER'S.
YOUR RISK OF CANCERS OF THE MOUTH, THROAT, ESOPHAGUS, BLADDER, KIDNEY, AND PANCREAS DECREASES.



12 HOURS
CARBON MONOXIDE LEVEL IN YOUR BLOOD DROPS TO NORMAL.



1-9 MONTHS
YOUR COUGHING AND SHORTNESS OF BREATH DECREASE.



5 YEARS
YOUR STROKE RISK IS REDUCED TO THAT OF A NONSMOKER'S 5-15 YEARS AFTER QUITTING.



15 YEARS
YOUR RISK OF CORONARY HEART DISEASE IS BACK TO THAT OF A NONSMOKER'S.



Stages of Change Model (TTM)

Stage	A tobacco user in this stage...
Precontemplation	Gives no thought to quitting use, and has no intention to quit in the near future (i.e., within next 6 months)
Contemplation	Has begun to examine their tobacco use and desire to quit; Is weighing the pros and cons of quitting tobacco
Preparation	Has made a commitment to quit (usually within next 30 days), and has begun developing a plan for quitting
Action	Has put their plan for quitting tobacco into action (< 6 months)
Maintenance	Has successfully sustained abstinence for at least 6 months

NRT + Behavioral Therapy

- Highest success is behavioral therapy + NRT (Baker et al., 2006)
 - Even brief (<10m) increase smoking cessation rates in some studies (USPSTF)
- Strong dose-response relationship (USPSTF)
 - Minimum 3 sessions, most successful groups meet for 7-10 weeks
- Motivational Interviewing showed abstinence at 6 mos (Lai et al., 2010)
 - 1-4 sessions, 15-45m long

NRT + Smoking Reduction Instruction

- Physician advice increase cessation rates (USPSTF)
 - Both minimal (<20 minutes in 1 visit) and intensive (≥20 minutes plus >1 follow-up visit)
- Increased quitting success for unmotivated smokers (Wennike et al., 2003):
 - Smokers instructed to substantially and persistently reduce daily smoking (“as much as possible)
 - While taking NRT (gum)

5 A's

ASK	“Do you ever smoke or use any type of tobacco products?”
ADVISE	“I want to let you know that quitting smoking is the most important thing you can do for your health now and in the future.”
ASSESS	Assess readiness to change Is pt in a crisis, more pressing problem” Would cessation worsen psychiatric d/o? Ability to mobilize coping resources to quit?
ASSIST	NOT READY: pros/cons (decisional balance); elicit concerns for smoking; MI READY: set quit date; tell supportive others; anticipate triggers; remove tobacco products; recommend NRT and behavioral counseling
ARRANGE	Remind pt of relapse as part of process; assess NRT and medication problems; give reinforcement for attempts to quit and harm reduction

Rewards and Roadblocks

- **Possible Rewards:** food taste better, money saved, perform better in physical activity, reduce aging of skin, improved sense of smell
- **Possible Roadblocks:** fear of failure, weight gain, depression, lack of support



Triggers: People, Places, Things



Quit Date, Taper, Monitoring

- Set a Quit Date
- Encourage a taper
 - Mirror taper with Chantix if taking it
 - Discuss NRT strategy as taper cigarettes
- Monitoring/rationing
 - Calendar, log
 - Baggies, 2nd pack

Tips and Tricks

- Stock up on supplies
- Rally the troops (i.e., cheerleaders)
- Remove smoking reminders
- How to cope with specific triggers
- First 2 weeks are most crucial
 - Stay busy, keep hands busy, drink water, lean heavily on social support
 - Avoid high risk situations
 - Talk to yourself (“one day at a time” “I’m doing this because”)
- Tailor to the individual



TEMPORARY PHYSICAL SIDE EFFECTS OF STOPPING SMOKING

sleep changes

insomnia, vivid dreams,
fatigue, drowsiness

skin changes

blemishes, itchiness,
hives

circulation

dizziness, stiffness/pain,
tingly fingers & toes,
bloating, water weight
gain

mouth

soreness & bleeding gums



respiratory issues

congestion, cough, phlegm,
hoarseness, breathlessness

digestion

heartburn,
gas/flatulence,
nausea

headache

weight gain

hormone changes

FIVE KEYS FOR QUITTING

YOUR QUIT PLAN



1. GET READY.

- ▶ Set a quit date and stick to it—not even a single puff!
- ▶ Think about past quit attempts. What worked and what did not?

1. YOUR QUIT DATE:



2. GET SUPPORT AND ENCOURAGEMENT.

- ▶ Tell your family, friends, and coworkers you are quitting.
- ▶ Talk to your doctor or other health care provider.
- ▶ Get group or individual counseling.
- ▶ For free help, call 1-800-QUIT NOW (784-8669) to be connected to the quitline in your State.

2. WHO CAN HELP YOU:



3. LEARN NEW SKILLS AND BEHAVIORS.

- ▶ When you first try to quit, change your routine.
- ▶ Reduce stress.

3. SKILLS AND BEHAVIORS YOU CAN USE:

Smokefree.gov/build-your-quit-plan

Create My Quit Plan



QUITTING STARTS NOW.

MAKE A PLAN.

Quitting is tough, but

BEING PREPARED

boosts your chances of success. Build a quit plan to get ready and find out what to expect along the way. Complete 7 easy steps to get your personalized quit plan.

Build your quit plan now



Create your own quit plan by following the steps below. You can download, print, and add your quit plan to your online calendars.

PDF of Personalized Quit Plan

My Quit Plan



My Quit Date
11-05-2018

My Smokefree Rewards

My Feel-Good Activities

My Reasons for Quitting

Review your reasons for quitting whenever you need a boost of inspiration.

Practice...

Dealing with relapse/slip

- Maintain therapeutic relationship: “I’m here for you no matter your progress”
- View as a learning opportunity, normalize
- Be kind to yourself
- Recommit to reasons for quitting
- Same principles helped with quitting 1st time
 - Identify triggers and avoid
 - NRT
 - Return to initial smoking cessation plan



Maintenance

- Quit smoking 1 day at a time
- Self-care
- Rewards and reinforcement (big and small)
- Alert to vulnerable times (crisis, happiness, loneliness, boredom)
- Start thinking about yourself as a non-smoker

Taking Texas Tobacco Free

- Excellent, brief videos on how to use NRT, medications, using the 5A's and myths about quitting smoking

<https://www.takingtexas tobacco free.com/copy-of-videos>

Additional Resources

- Quiteline: (877) YES-QUIT
- Nicotine Anonymous
- Non-smoking AA or NA meetings
- Taking Texas Tobacco Free trainings
 - Bryce Kyburz, MA
 - (512) 440-4091; Bryce.kyburz@integralcare.org
- Fresh Start guide (under Kristina's folder)



Questions?

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