Nicotine Dependence

- What is Nicotine Dependence?
- Why Do People Start to Use Nicotine?
- Why Do People Become Addicted to Nicotine?
- Symptoms of Nicotine Dependence
- Screening for Nicotine Dependence
- Assessing for Nicotine Dependence
  - Nicotine Dependency Tests
  - DSM Criteria for Nicotine Dependence
  - Assessment Tools
    - CAGE Questionnaire
    - Four C’s Test
    - Fagerström Test
- Assessing Co-Occurring Disorders
- Nicotine Dependence Risk Factors
  - Risk Factors
  - High-Risk Populations for Nicotine Dependence
    - Clients with Other Disorders
    - Mentally Ill
    - Teens

Why Quit Using Nicotine?

- Facts About Nicotine Dependence and Addiction
- Statistics: Fatalities Due to Smoking
- Health Effects of Nicotine Use
  - Smoking Tobacco Effects
    - Components of Tobacco Smoke
    - Harmful Effects of Smoking
  - Smokeless Tobacco Effects
  - Second-Hand Smoke Effects
  - Effects of Smoking on Life Expectancy
- Benefits of Quitting Nicotine Use
  - Health Benefits
  - Financial Benefits
  - Psychological Benefits
  - Social Benefits
  - Benefits for Loved Ones
Treatment Options for Nicotine Dependence

- Readiness to Change
  ✓ Customize Counseling According to Stages of Change
  ✓ Stages of Change Model
  ✓ Applying the Changes of Stage Model to Smoking
- Approach to Address Physical and Behavioral Aspects
- Brief Clinical Intervention by Primary Health Care Provider
  ✓ Brief Intervention
  ✓ Five A’s Approach
- Counselor Intervention to Stop Smoking
  ✓ Five R’s Approach
  ✓ FRAMES Approach
  ✓ Motivational Interviewing
  ✓ Five A’s Approach
  ✓ Behavioral Therapies
- Self-Help Groups
  A. Pharmacological Interventions
    ✓ Introduction
    ✓ Nicotine Replacement Therapy
    ✓ Non-Prescription Nicotine Medicine
      ▪ Nicotine Transdermal Patch
      ▪ Nicotine Lozenges
      ▪ Nicotine Gum
    ✓ Prescription-Only Nicotine Medicine
      ▪ Nicotine Inhalers
      ▪ Nasal Sprays
    ✓ Prescription-Only Non-Nicotine Medicine
      ▪ Bupropion SR
      ▪ Varenicline
    ✓ Nicotine Vaccination
    ✓ Selecting the Best Pharmacological Approach: Evidence Supporting Pharmacological Interventions

Obstacles to Cessation

- Withdrawal
  ✓ What is Withdrawal and Why Does It Occur?
  ✓ What Are Withdrawal Symptoms?
  ✓ Strategies to Overcome Withdrawal
C209: Pharmacological Approaches to Nicotine Dependence

Course Outline

- Behavioral and Psychological Dependence
- Presence of Other Disorders
- Treatment Facilities Banning Smoking

Relapse

- Introduction
- Risks of Relapse
- Relapse Prevention

Nicotine Dependence Prevention

- New Graphic Cigarette Packaging
- Smoke-Free Environments
- Youth Nicotine Use Prevention
- Some Success, But More Work to Do
- Bold Solutions to Stop Public Smoking

Course Closing

- Course Summary
- Resources for Professionals
- Bibliography