Nicotine Decision Tree

CULTURAL SAFETY & EQUITY

- *People use nicotine for different reasons. "What are your main reasons?" Ask follow up questions.*
- *Use supportive, non-judgmental language and avoid stigmatizing terms such as smoker, addict, non-compliant.*
- *Understand that for many people, reducing use, not just quitting completely, is a meaningful achievement.*
- *Respect and acknowledge traditional or ceremonial tobacco use when applicable.*

1. ASK

"Are you currently using nicotine products?" (ie: vaping, smoking, pouches, or gum)

2. ADVISE

For former users or never users, remind them that remaining a non-smoker improves overall health and quality of life while significantly reducing the risk of premature death and chronic diseases.



For current users:

Emphasize why quitting is relevant to their health.
"Quitting smoking or vaping nicotine is the best thing you can do for your health"

- Risks of smoking
- Rewards of quitting
- Roadblocks to be expected (e.g., withdrawals, cravings, mood changes)
- Repetition: revisit goals around quitting nicotine at every visit



3. ASSESS

"How important is quitting nicotine products? (0 is not at all important and 10 is extremely important)"[1]

NOT READY TO QUIT — READY TO QUIT

0 1 2 3 4 5 6 7 8 9 10

0-5 *discuss harm reduction*

6-10 *Move onto next step, ASSIST*

DISCUSS HARM REDUCTION

Consider harm reduction if they are not ready to quit. Assist client to create a harm reduction plan. Ensure to follow screening process at every visit by Asking, Assessing, and Advising.

Discuss lung cancer screening with patient.

4. ASSIST



Develop a plan, offer tools, and provide support. ***"When do you want to reduce/quit?"***
Provide patient with the Lung Health Foundation's *Journey to Quit* booklet.
Discuss options for quitting including:

Non-Pharmacotherapy options:

- Refer to free quit group programs such as Smokers Helpline or Health 811 to connect with a registered nurse for free, secure and confidential health advice.
  - www.smokershelpline.ca for online programs and text-message support
- Cold turkey, counselling, or behavioural strategies to assist them

Pharmacotherapy options:

- Nicotine Replacement Therapy (NRT), varenicline, buproprion, cytisine. May use a combination of NRT + pharmacotherapy
- *Briefly explain to patients how to properly dose NRT*

5. ARRANGE

"Quitting smoking or vaping can be hard and I'm here to support you - when would be a good time to check in again about your progress?"

- Document nicotine use status and supports offered in chart; ensure notes are shared with any specialists
- Offer follow-up appointment in any format (in person, virtual, or phone)

Discuss lung cancer screening with all patients regardless of readiness to quit if they are:

- *Between 55-80 years of age and*
- *Has smoked cigarettes for 20 years – periods of smoking can be intermittent within the 20 years*

lung health™ foundation

REFERENCES

ASK

Why Do I Smoke Quiz:
chrome-extension://efaidnbmnnnibpcajpcglclefindmkaj/
https://www.camh.ca/-/media/professionals-files/
conditions-and-disorders/why-do-i-smoke-quiz-2021-pdf

Pk/Yr Calculator (for cigarettes only):
https://calc4health.net/pack_year/

ASSESS

Decision Balance Sheet:
chrome-extension://efaidnbmnnnibpcajpcglclefindmkaj/
https://www.camh.ca/-/media/professionals-files/
conditions-and-disorders/decisional-balance-sheet2021-pdf.pdf

Tracking Smoking:
chrome-extension://efaidnbmnnnibpcajpcglclefindmkaj/
https://www.camh.ca/-/media/professionals-files/
conditions-and-disorders/smoking-diary2021-pdf.pdf

Cost Calculator:
https://health.canada.ca/en/forms/cigarettes-cost-calculator

ADVISE

Treatment Options:
https://www.camh.ca/en/professionals/
treating-conditions-and-disorders/smoking-cessation/
smoking-cessation---treatment/
smoking-cessation---overview-of-nicotine-replacement-therapy

Pharmacology Algorithm:
chrome-extension://efaidnbmnnnibpcajpcglclefindmkaj/
https://intrepidlab.ca/en/teach/Documents/
Pharmacotherapy%20Algorithm%20JAN2018%20updated.pdf

ASSIST

Find Quit Supports near you!
https://cancer.ca/en/living-with-cancer/how-we-can-help/
get-help-to-quit-smoking

Free program to support Indigenous People:
https://cancer.ca/en/cancer-information/reduce-your-risk/
explore-prevention-programs/connect-to-change

Patient Workbook:
chrome-extension://efaidnbmnnnibpcajpcglclefindmkaj/
https://lunghealth.ca/wp-content/uploads/2021/05/Journey_to_Quit.pdf

Patient Self-help Resources:
https://intrepidlab.ca/en/Pages/Patients-Caregivers-alternate.aspx

Quit Planner:
https://www.canada.ca/en/health-canada/campaigns/quit-smoking/
planner.html

Managing Withdrawal Symptoms:
https://www.cdc.gov/tobacco/campaign/tips/quit-smoking/
7-common-withdrawal-symptoms/index.html?utm_source=chatgpt.com

Maintaining a healthy weight:
chrome-extension://efaidnbmnnnibpcajpcglclefindmkaj/
https://intrepidlab.ca/en/PublishingImages/Pages/Self-Help/
Fact%20Sheet%20-%20Tobacco%20Use,%20Nutrition,%20Weight.pdf

In person and virtual Nicotine Dependence Clinic:
https://intrepidlab.ca/en/Pages/NDC.aspx

Tools for a smoke-free life:
https://www.canada.ca/en/health-canada/campaigns/quit-smoking.html

ARRANGE

STOP on the Net (SOTN):
https://intrepidlab.ca/en/stop/stop-on-the-net

CAMH Nicotine Dependence Clinic (NDC):
https://intrepidlab.ca/en/Pages/NDC-Referral.aspx

Smoker's Help Line:
http://www.smokershelpline.ca/

Group /Individual Programs at Community Health Centres (CHC's):
https://www.ontario.ca/page/community-health-centres

RESOURCES SPECIFICALLY FOR PEOPLE WITH CANCER

Quitting is possible:
https://cancer.ca/en/cancer-information/reduce-your-risk/
live-smoke-free/quitting-is-possible?utm_source=chatgpt.com

Canadian Cancer Society Online Community:
https://cancer.ca/en/living-with-cancer/how-we-can-help/
connect-with-our-online-community

Find Quit Supports near you!:
https://cancer.ca/en/living-with-cancer/how-we-can-help/
get-help-to-quit-smoking

Benefits of cessation for people with Cancer:
https://www.cdc.gov/tobacco/hcp/patient-care-settings/
cancer.html?utm_source=chatgpt.com

Community Services Locator:
https://csl.cancer.ca/en/Detail/
613fb318-81fe-e811-a98d-000d3a36f968?utm_source=chatgpt.com