A Guide for Choosing Smoking Cessation Medication for Patients with Serious Mental Illness

Tailoring based on research evidence
(Bader 2009; Fiore 2008; Piper 2009; Evins 2010; Hitsman 2009)

1. In the past year, was this patient:
   - Suicidal
   - Homicidal
   - Significantly depressed
   - Violent
   - Unwilling to attend regular doctor’s appointments to monitor medications
   - Under 18 years old

   Yes to any

2. Does patient have a history of:
   - Mania
   - Anxiety disorder
   - Seizure
   - Eating disorder
   - Under 18 years old

   Yes to any

3. Does patient:
   - Smoke 20 or more cigarettes a day
   - Have a history of failure at serious quit attempts
   - Have nicotine withdrawal when patient stops smoking, or
   - Failure on single daily low dose of NRT

   Yes to any No to all

4. Does patient:
   - Smoke 20 or more cigarettes a day
   - Have a history of failure at serious quit attempt
   - Have nicotine withdrawal when patient stops smoking, or
   - Failure on single daily low dose of NRT

   Yes to any No to all

Combination Nicotine Replacement Therapy (NRT):
High dose NRT: 21mg patch plus immediate release
Low dose NRT: 14mg patch plus immediate release
Immediate release: gum, lozenge, spray or inhaler up to 8 X day at appropriate strength for patient’s needs. (Gum and lozenge come in either 2mg or 4 mg strength.)

VARENICLINE
BUPROPION plus High dose combination NRT
BUPROPION plus Low dose combination NRT
High dose combination NRT
Low dose combination NRT