

A Guide for Choosing Smoking Cessation Medication for Patients with Mental Illnesses

Tailoring based on research evidence

(Anthenelli et al., 2016; Evins 2010; Bader 2009; Hitsman 2009; Piper 2009; Fiore 2008)

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

No to all

VARENICLINE

Yes to any

2. Does patient have a history of:

- Mania
- Anxiety disorder
- Seizure
- Eating disorder
- Under 18 years old

No to all

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

Yes to any

BUPROPION plus
High dose
combination NRT

BUPROPION plus
Low dose
combination NRT

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

High dose combination NRT

Low dose combination NRT

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.)