# Emergency Department Action in Smoking Cessation (EDASC) Brief Assessment and Counseling

1. Ask about smoking status → Non-user (end)
2. Provide brief counseling message
   - (+ User)
3. Ask about willingness to quit in next 6 mo. → Precontemplator
   - (-)
   - Recommend follow-up with PCP when ready to quit
4. Ask patient about readiness to make quit attempt at this time → Contemplator
   - (-)
   - Enhance motivation
   - Give NCI brochure
   - Recommend follow-up with PCP when ready to quit
5. Assist in preparation for quitting
   - Give NCI brochure
   - Encourage use of drug therapy
   - Offer referral to Quitline Iowa
   - Offer support, encouragement

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# Selected FDA Approved Medications for Tobacco Addiction

<table>
<thead>
<tr>
<th>Name</th>
<th>Daily Dose</th>
<th>Duration</th>
<th>Side Effects</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Nicotine Replacement Products</strong></td>
<td></td>
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<tr>
<td>24 hour Transdermal Patch</td>
<td>21 mg/24 hrs, 14 mg/24 hrs, 7 mg/24 hrs</td>
<td>4 weeks, 2 weeks, 2 weeks</td>
<td>local skin irritation, insomnia, nausea, palpitations</td>
</tr>
<tr>
<td>Polacrilex Gum (OTC only)*</td>
<td>2-4 mg (use up to 24 pieces/day). Use 4 mg dose for highly dependent smokers (≥ 25 cpd).</td>
<td>up to 12 wks</td>
<td>mouth &amp; throat irritation, sore jaw, dyspepsia, hiccups</td>
</tr>
<tr>
<td>Polacrilex Lozenge (OTC only)*</td>
<td>2 mg or 4 mg (up to 20 pieces per day). Use 4 mg dose for those who smoke within 30 min of waking.</td>
<td>up to 12 wks</td>
<td>mouth and throat irritation, hiccups, dyspepsia, nausea</td>
</tr>
<tr>
<td>Nicotine Inhaler</td>
<td>6-16 cartridges/day, 4 mg/cartridge</td>
<td>up to 6 mos.</td>
<td>mouth and throat irritation, cough</td>
</tr>
</tbody>
</table>

**Oral Medication**

<table>
<thead>
<tr>
<th>Name</th>
<th>Daily Dose</th>
<th>Duration</th>
<th>Side Effects</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bupropion Sustained Release (Zyban, Wellbutrin SR)</td>
<td>150 mg qAM for 3 days (begin 1 week pre-quit), then 150 mg twice a day</td>
<td>7-12 weeks, up to 6 mos.</td>
<td>insomnia, dry mouth, anxiety, nausea</td>
</tr>
<tr>
<td>Varenicline tartrate (Chantix)</td>
<td>0.5 mg daily for 3 days (begin 1 week pre-quit), then 0.5 mg bid for 4 days, then 1 mg bid for 11 weeks</td>
<td>12 weeks, up to 6 mos.</td>
<td>nausea, insomnia, headache, depressed mood, agitation, constipation, vomiting, flatulence</td>
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</tbody>
</table>

*OTC = over the counter


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1. Example: “I know that it is difficult to quit, but stopping smoking is one of the most important things that you can do to protect your health.” Link cessation to patient’s current health problems or smoking-related health concerns.
2. Help the patient select a quit date (preferably within the next 30 days or a date that is personally meaningful). Setting a specific quit date enhances the smoker’s commitment to quitting.
3. Explore the 5 R’s of motivational enhancement with the patient (Relevance, Risks (of continued smoking), Rewards, Roadblocks, Repetition).
4. NCI Smoking Cessation brochures can be found in exam rooms.
5. Recommend pharmacotherapy in patients who are ready to quit (see reverse side).
6. Quitline Iowa referral forms are available in exam rooms — need patient’s written consent to be contacted by Quitline. Alternatively, refer the patient to his/her primary care physician for cessation counseling.