

## Smoking Cessation Article Review

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When counselling patients on tobacco cessation, it is important to evaluate what types of withdrawal symptoms the patient experiences AND their severity of tobacco dependence. This information is extremely useful and can help tailor the treatment approach. Common withdrawal symptoms include cravings, irritability, poor sleep, anhedonia, change in appetite, restlessness, anxiety and poor concentration. The Fagerström Test for Nicotine Dependence<sup>1</sup> is a simple, useful tool that can be completed very quickly and is listed below. Baldassarri et al<sup>2</sup> published an informative review of tobacco dependence interventions that is a great resource for asthma educators. Pharmacologic therapy alone is often not effective and most patients benefit from a multifaceted treatment approach.

Questions	Answers	Points
How soon after you wake up do you smoke a cigarette?	Within 5 minutes	3
	6-30 minutes	2
	31-60 minutes	1
	>60 minutes	0
Do you find it difficult to refrain from smoking in places where it is forbidden?	Yes	1
	No	0
Which cigarette would you hate most to give up?	The first one in the morning	1
	All others	0
How many cigarettes/day do you smoke?	<10	0
	11-20	1
	21-30	2
	>30	3
Do you smoke more frequently during the first hours after waking than during the rest of the day?	Yes	1
	No	0
Do you smoke if you are so sick that you are in bed most of the day?	Yes	1
	No	0
	Classification of Dependence	Total points = 0-2 very low 3-4 low 5 moderate 6-7 high

		8-10 high
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## References

<sup>1</sup> Heatherton TF, Kozlowski LT, Frecker RC, Fagerström KO. The Fagerström Test for Nicotine Dependence: a revision of the Fagerström Tolerance Questionnaire. *Br J Addict.* 1991 Sep;86(9):1119-27.

<sup>2</sup> Baldassarri SR, Toll BA, Leone FT. A Comprehensive Approach to Tobacco Dependence Interventions. *J Allergy Clin Immunol Pract.* 2015 Jul-Aug;3(4):481-8.