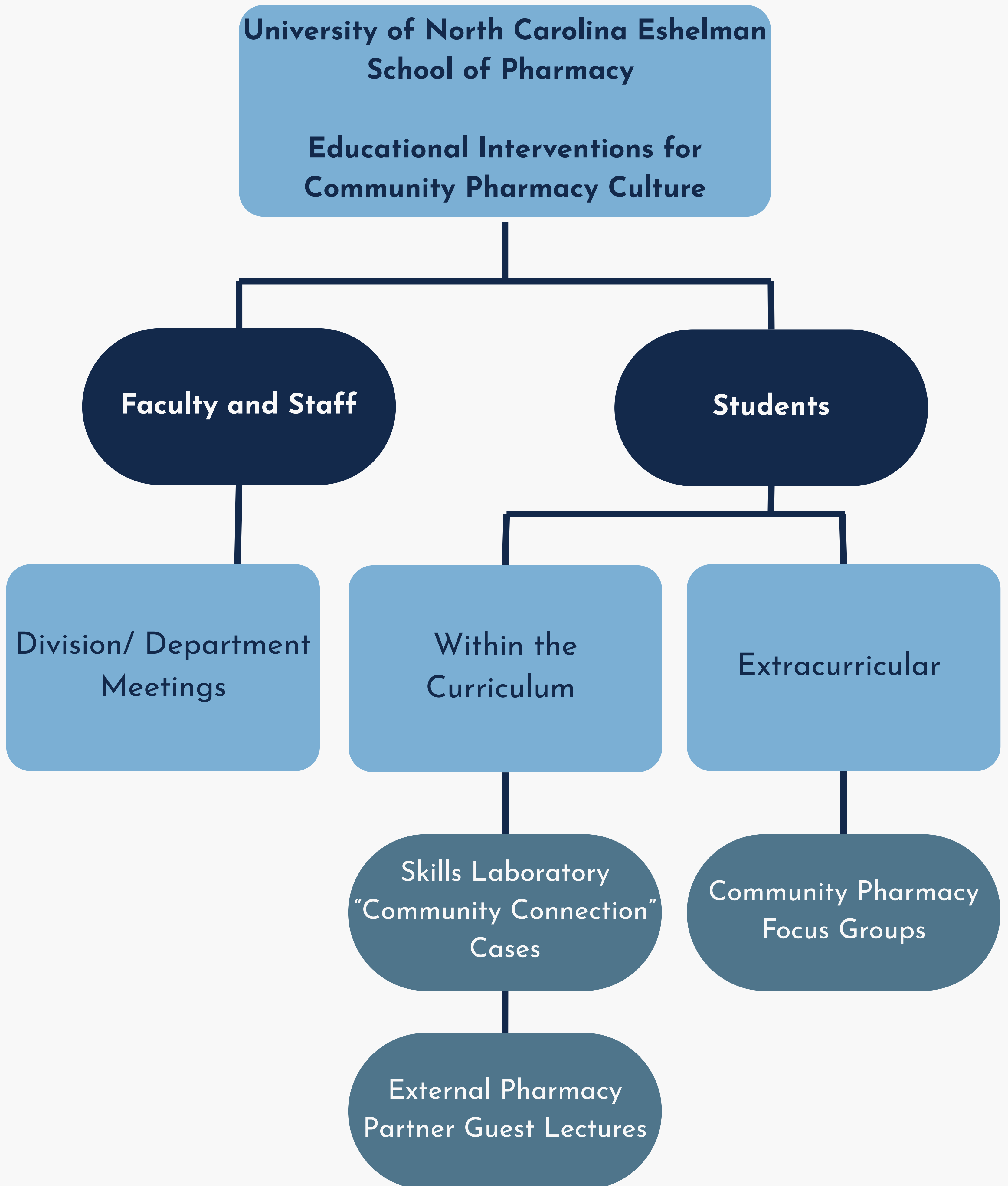


Rewriting the Script: Educating Toward a New Community Pharmacy Culture



Drug Information Activity KEY: Smoking Cessation

PHCY 601

Goals of the activity:

- Apply critical thinking to select appropriate, patient-centered treatment options.
- Build confidence in choosing NRT or counseling patients.
- Identify practical treatment approaches, recognizing multiple solutions may be appropriate.

For each patient, determine:

- Whether the proposed treatment is appropriate or if a better option exists
- Key education points based on the patient's lifestyle or behaviors
- Responses to any additional scenario-specific questions

Activity Description: NRT Product Review

- Review the NRT products assigned by your TA. Physical products are available for review.
- Using the resources provided in Canvas and any other drug databases or package inserts, make sure you feel comfortable counseling on any of the OTC products or oral smoking cessation aids.

Remember: When “advising,” we should be sharing a strong, objective, PERSONALIZED message.

Note for TAs: Assign each student 1 or 2 smoking cessation products: gum, lozenges, patches, nasal spray, or inhalers.

Community Connection

- **Accessible patient education:** Community pharmacists counsel patients on smoking cessation, help select appropriate NRT products, and provide ongoing support at the point of care.
- **Medication management & follow-up:** Pharmacists assess nicotine dependence, recommend OTC or prescription options, monitor effectiveness, and manage side effects.
- **Preventive care integration:** Smoking cessation services align with pharmacists' roles in chronic disease prevention, immunizations, and health screenings.

1.) Ray is a 32-year-old in good health, interested in an OTC tobacco cessation attempt. He has been smoking 1-1.5 PPD and has been unable to cut back. He works as a facilitator to lead strategic planning sessions for business groups. He is concerned that his biggest problem will be withdrawal symptoms and urges.

Solution: lozenges; pick the appropriate dose (we may not know all the information about Ray, so some of these suggestions will come with caveats) → 1st cigarette $\leq$ 30 minutes after waking = 4mg; if 1st cigarette is $>$ 30 min after waking = 2mg; Weeks 1-6: 1 lozenge every 1-2 hours (max. 5 lozenges every 6 hours; 20 lozenges/day)

Patches can't be titrated to acutely manage withdrawal symptoms.

What behavioral strategies could Ray utilize to help deal with urges that may be brought on due to job stress?

Anticipate upcoming challenges at work and develop a substitute plan for tobacco use during times of stress (e.g., use deep breathing, take a break or leave the situation, call a supportive friend or family member, use NRT, don't take a break with co-workers who smoke, don't take cigarettes to work).