

Fagerstrom Test for Nicotine Dependence

Use the following test to score a patient's level of nicotine dependence once they have been identified as a current or recent smoker

Please tick (✓) one box for each question			
How soon after waking do you smoke your first cigarette?	Within 5 minutes	<input type="checkbox"/>	3
	5-30 minutes	<input type="checkbox"/>	2
	31-60 minutes	<input type="checkbox"/>	1
	60+ minutes	<input type="checkbox"/>	0
How many cigarettes a day do you smoke?	10 or less	<input type="checkbox"/>	0
	11 – 20	<input type="checkbox"/>	1
	21 – 30	<input type="checkbox"/>	2
	31 or more	<input type="checkbox"/>	3
Total Score			
SCORE	1- 2 = very low dependence 3 = low to mod dependence	4 = moderate dependence 5 + = high dependence	

- ⊗ Quitting smoking is the best possible thing you can do for your health.
- ⊗ Nicotine Replacement Therapy (NRT) at least doubles your chances of quitting.
- ⊗ Nicotine is the least harmful part of tobacco. (It is the Tar, Carbon Monoxide & 4000+ chemicals that cause disease. Nicotine is the drug of dependence that keep people smoking)
- ⊗ Nicotine from NRT is a low and slowly delivered dose compared to smoking. It is intended to "soothe" the mood centre rather than please it.
- ⊗ Addiction to NRT is very rare and much easier to break than smoking
- ⊗ Smoking while using NRT is safe and does not increase the risk of cardiac or other problems
- ⊗ It is common not to have many cravings/urges in hospital. The clinical environment and being unwell is an "anti Trigger" to smoke for many. The danger time is when feeling better and returning home. Using NRT while in hospital can increase you confidence to use it effectively at home.



Helping Smokers Quit- Lets get Serious!

Integrated Respiratory Service, Logan-Beaudesert

- ⊗ One of the first steps is making your house & car smoke-free.
- ⊗ Short bursts of **exercise** have been shown to reduce cravings.
- ⊗ NRT 24/24 patches take 6-10hrs to reach therapeutic levels. Consider bedtime application to give maximum protection against morning cravings.
- ⊗ NRT gum should be "kneaded" between the teeth 5-6times then parked in the cheek. 5mins later chew again and park in other cheek. Repeat for 30minutes. Aim is to let nicotine absorb through the cheek and for a very minimal amount to be swallowed. (Don't use it like PK or extra!). Don't drink for 30mins following oral NRT as it reduces absorption.
- ⊗ Oral NRT such as gum (lozenges, micro tab,) should be used **liberally** to treat cravings.
- ⊗ Smokers are known to be able to self-titrate their blood nicotine level in order to satisfy the brains mood centre. (*a cigarette can be smoked differently to achieve this - deeper puff, more puffs, breath-hold*). **Therefore once using NRT, if a person smokes they need less nicotine from that cigarette to satisfy the mood centre and Hence, they are exposed to fewer harmful poisons.** (This can be measured with a carbon monoxide meter in clinic.) **It is safer to smoke while using NRT than without, so don't take the patch off prior to a cigarette).**
- ⊗ If there is enough (low & slow) nicotine in the blood, a cigarette can become quite unenjoyable. This is negative reinforcement. This is good. If smoking is making you feel unwell, put it out!
- ⊗ There is no evidence that NRT should be weaned (eg Step 1, step 2)
- ⊗ It is advisable to keep using at least NRT patch for 8-12 weeks following the last cigarette.
- ⊗ Don't give-up giving-up! It can take multiple attempts to succeed.

