

Day 1, Handout 6

Individualised dosing of nicotine-containing products

Case Study 1: Melina

Based on the information detailed below about Gemma's current smoking and stopping history, please discuss and answer the following questions in your group:

1. What is Melina's Heaviness of Smoking Index (HSI) score?
2. What would you take into consideration when considering which nicotine-containing product and dose may be most helpful to Melina
3. What nicotine-containing product options and at what dosage would you recommend for Melina?
4. What key points would you explain to Melina about using nicotine-containing products?

Heaviness of Smoking Index

Number of cigarettes per day = 15

Time to first cigarette

= after 30 minutes of waking

Heaviness of Smoking Index (HSI)

1. On the days that you smoke, how soon after you wake up do you have your first cigarette?

☐ Within 5 minutes (3 points) ☐ 6–30 minutes (2 points)

☐ 31–60 minutes (1 point) ☐ After 60 minutes (0 points)

2. How many cigarettes do you typically smoke per day?

☐ 10 or fewer (0 points) ☐ 11–20 (1 point)

☐ 21–30 (2 points) ☐ 31 or more (3 points)

Scoring ☐ 0 ☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6

Less dependent More dependent

Past experience with nicotine-containing products

- Tried patch a couple of years ago and vapes
- Has stopped during pregnancies and tried about a month ago

Past experience with withdrawal

- Strong cravings but coped okay with them
- Irritability and a little low mood

Case Study 2: John

Based on the information detailed below about John's current smoking and stopping history, please discuss and answer the following questions in your group:

1. What is John's Heaviness of Smoking Index (HSI) score?
 2. What would you take into consideration when considering which nicotine-containing product and dose may be most helpful to John
 3. What nicotine-containing product options and at what dosage would you recommend for John?
 4. What key points would you explain to John about stop smoking aids and instructions for use of nicotine-containing products?
-

Heaviness of Smoking Index

Number of cigarettes per day = 50

Time to first cigarette
= straight after waking

Heaviness of Smoking Index (HSI)

1. On the days that you smoke, how soon after you wake up do you have your first cigarette?

<input type="checkbox"/> Within 5 minutes (3 points)	<input type="checkbox"/> 6–30 minutes (2 points)
<input type="checkbox"/> 31–60 minutes (1 point)	<input type="checkbox"/> After 60 minutes (0 points)

2. How many cigarettes do you typically smoke per day?

<input type="checkbox"/> 10 or fewer (0 points)	<input type="checkbox"/> 11–20 (1 point)
<input type="checkbox"/> 21–30 (2 points)	<input type="checkbox"/> 31 or more (3 points)

Scoring

0	1	2	3	4	5	6
Less dependent						More dependent

Past experience with nicotine-containing products

- Tried patch, tried gum, didn't really work for him
 - Returned to smoking within a couple of days, on one attempt was able to stay quit for a week
 - Has never tried a vape before
-

Past experience with withdrawal

- Frequent and strong urges to smoke
 - Felt 'on edge' and irritable
 - Difficulty concentrating
-