

## Day 1, Handout 5

### Individualised dosing of nicotine-containing products

#### Case Study 1: Gemma

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 Gemma'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 Gemma?
3. What nicotine-containing product options and at what dosage would you recommend for Gemma?
4. What key points would you explain to Gemma about using nicotine-containing products?

#### Heaviness of Smoking Index

Number of cigarettes per day = 20-30

Time to first cigarette  
= within 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 and using a vape on and off a couple of years ago
- Has stopped for a month before

#### Past experience with withdrawal

- Strong cravings but coped okay with them
- Irritability and a little low
- Fall out with family member and returned to smoking

## Case Study 2: Michael

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

1. What is Michael'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 Michael?
3. What nicotine-containing product options and at what dosage would you recommend for Michael?
4. What key points would you explain to Michael 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?

☐ 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, tried gum, didn't really work for him
- Returned to smoking within a couple of days, on one attempt was able to stay stopped for a week

### Past experience with withdrawal

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