**Community mental health tobacco treatment training**

Day 2: Handout 2

Individualised dosing of nicotine-containing products

**Based on the information detailed below about John’s current smoking and quitting 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 using nicotine-containing products?

Graphical user interface, timeline

Description automatically generated  
 **Heaviness of Smoking Index**

Number of cigarettes per day = 50

Time to first cigarette   
= straight after wakening

**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