

### 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?

### 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