



Study Questions

Module 11: Pharmacotherapy for the Treatment of Tobacco Use Disorder

1. Which of the following nicotine replacement products are available without a prescription (circle only one):
 - a) gum, patch, inhaler
 - b) inhaler, nasal spray, patch, gum
 - c) patch, gum
 - d) nasal spray, gum
2. What is the preferred initial therapy to support tobacco cessation for a person with diabetes?
 - a) all tobacco treatment medications
 - b) patch or varenicline
 - c) varenicline or bupropion
 - d) behavioral therapy only
3. What is the preferred initial therapy to support tobacco cessation in a pregnant woman?
 - a) patch
 - b) gum or lozenge
 - c) bupropion
 - d) behavioral therapy only
4. What pharmacotherapy options are acceptable for people with coronary artery disease?
 - a) It is best to start with a low-dose patch
 - b) Varenicline is preferred first choice
 - c) Bupropion should be avoided
 - d) Combination patch plus short acting NRT can be used
5. List the major precautions for use of bupropion:
6. Persons taking varenicline (Chantix) should be monitored for evidence of behavior or mood changes. List at least four symptoms to watch for:



7. How does nicotine replacement therapy work?
 - a) By completely replacing the levels of nicotine in the body normally achieved by smoking.
 - b) By reducing withdrawal symptoms.
 - c) By replacing the pleasurable sensation of smoking.
 - d) By blocking all of the reinforcing effects of smoking.
8. Which form of NRT is absorbed most rapidly?
 - a) patch
 - b) gum
 - c) spray
 - d) inhaler
9. What is evidence-based advice for someone who slips while using the nicotine patch?
 - a) Continuing use of patch will help prevent a full relapse
 - b) Remove the patch immediately and review the treatment plan
 - c) Continue use of the patch while switching to varenicline
 - d) Stop all nicotine replacement and switch to bupropion or varenicline
10. List the initial dosing schedule for use of varenicline:

Application Questions

11. Jane Smith is a 30 year old woman who has been smoking 1 pack a day for 15 years. She has a slight cough but is otherwise in good health. She has tried to quit at least 5 times over the past 10 years, but has never made it more than 2 days. The last time she quit she had severe withdrawal symptoms. She has never used NRT, Chantix or Zyban. She is ready to make another quit attempt but wants to better understand what is going on in her body when she quits and how she can cope better with withdrawal.

- a. What pharmacotherapy would you recommend, describe why?
- b. What other issues need to be explored to refine the pharmacotherapy choice?

12. Matt is a 58 yr old man who has been using chewing tobacco to quit smoking. He has been smoking since age 18 and prior to 1 month ago, he was smoking 2 ppd. In the last month, he has begun using chewing tobacco (1 tin over 2 days) during work hours and smokes a total of 1ppd before and after work. He feels like he is “really making progress” since he is “down” to 1ppd.

- a. What pharmacotherapy would you recommend, describe why?
- b. What other issues need to be explored to refine the pharmacotherapy choice?