

Effectiveness of a Culturally-Tailored Smoking Cessation Intervention for Arab-American Men

Linda G. Haddad, Ahmad M. Al-Bashaireh, Anastasiya V. Ferrell and Roula Ghadban

Supplementary files: NRT Screening Tool and Dosing Guide

Participant #: _____

Date: _____

Cigarettes per day (CPD): _____

Quit date: _____

RA: ask the participant the following questions.

1. Have you been hospitalized for a heart-related condition in the past 2 weeks?

Yes No

2. Have you had a heart attack (a myocardial infarction) in the past 2 weeks?

Yes No

3. Are you pregnant or breastfeeding, or do you plan to become pregnant in the next year?

Yes No

RA: Answer must be “No” to all 3 questions to dispense NRT. If participant answers “Yes” to any question, inform participants that they should consult with their doctor about use of NRT, and advise to try another method.

4. Have you ever tried any nicotine replacement therapy products, such as the nicotine patch, nicotine gum, nicotine inhaler, or nicotine lozenge?

Yes No ~~offer~~ offer monotherapy

↙
If yes: Which have you tried? _____

Was it helpful in reducing cravings? Yes ~~offer~~ offer monotherapy

NRT dispensed? Yes No

If yes—see dosing guide and note:

Nicotine patch dosage/weeks/boxes: _____

DOSING GUIDE FOR NRT

- All interested participants will be offered 6-10 total weeks of NRT (depending on CPD)
- All participants will be screened for contraindications
- All participants will be given specific directions at the first visit and 4-week visit, based on their CPD
- Choice of first line therapy will be based on prior experience and participant preference
- Subsequent quit attempts may involve combination therapies to address experiences during the past attempt

If participant has never used any NRT aids to help with quitting, start with one med by itself, typically the patch. If participant has used patch before and it was helpful in reducing cravings have him/her use patch again (even if previous quit attempt was unsuccessful **DOSING FOR PATCH ONLY:**

If greater than or equal to 10 CPD:

Dose	Time
21 mg	4 weeks
14 mg	2 weeks
7 mg	2 weeks

If less than 10 CPD:

Dose	Time
14 mg	4 weeks
7 mg	2 weeks

DOSING AT 4-week visit (for those who have already chosen NRT at Visit #1):

- 1) Continue current schedule (tapering dose as directed above) over the next 4-6 weeks
- 2) Continue with patch schedule Dose will be based on current CPD using worksheet

Modified patch dosing schedule for 6 weeks only, if greater than or equal to 10 CPD:

Dose	Time
21 mg	2 weeks
14 mg	2 weeks

7 mg	2 weeks
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If less than 10 CPD, dosing schedule for patch only for patch can be the same as the original schedule, as it is only a 6-week course.