

Coronavirus Disease 2019 and Smoking

How and Why We Implemented a Tobacco Treatment Campaign

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e-Appendix 1. Facebook Message Posted on the McDonald Army Health Center Page

March 17, 2020

McDonald Army Health Center and our Health Management Clinic is committed to supporting the health and wellness of our active duty service members, their families, Veterans, Retirees, DA Civilians, and Contractors

.
Smoking has been shown to increase the 90-day mortality in hospitalized patients with viral pneumonia. Smoking may also increase the risk of pulmonary complications from the new Coronavirus (COVID-19).

We advise those interested in quitting smoking tobacco, vaping, or other tobacco products to seek assistance.

For all MCAHC beneficiaries interested in quitting now, please contact the MCAHC Health Management Clinic via email below (with your name, *DOD ID, and contact phone number) and a Provider will contact you to assist.

e-Appendix 2. Tobacco/Vape Use History

Tobacco/Vape Use History

Name: _____ Date of Birth: _____ Date: _____

1. What type of tobacco/nicotine do you currently use and how much do you use? (check all that apply & fill in the blank space)

Cigarettes _____cigarettes/day

Chewing Tobacco, Snuff, Dip, Snus _____cans/week

Pipe _____times/day

Cigars, Cigarillos, Little Cigars, Bidis _____

Electronic Cigarettes, E-cigarettes, Vape _____times/day nicotine content ____%

Pipe _____times/day

Dissolvable Tobacco Products _____

Hookahs, Waterpipes _____

2. How old were you when you started using regularly? _____ years old

3. When do you usually use tobacco/vape or what might trigger you to want to use? (select all that apply)

Stress Upon Waking Being Around Others Who Are Using

Boredom Before Bed Seeing Others Use (TV, etc.)

Alcohol After Meals Smelling Tobacco/Vape

Driving/In The Car Before Meals

Other use times/triggers: _____

4. Does anyone in your life currently use tobacco/vape? (friends, coworkers, spouse, etc.)

YES (If yes, who: _____) NO

5. Do you use caffeine? YES (if yes complete below) NO

Coffee _____ cups/day Tea _____ cups/day

Energy Drinks _____ cans/day Soda _____ sodas/day

Other _____

6. Do you have a history of any of the following? (check all that apply)

Depression Eating Disorder Kidney Disease

Anxiety TMJ (problem with jaw) Severe Head Trauma/Traumatic Brain Injury

PTSD Dentures Seizures or Family History of Seizures

Bipolar Braces

7. Have you tried to quit tobacco/vape in the past? YES (if yes check & circle all that apply below) NO

Cold Turkey Quit for ____/did not quit

Nicotine Replacement Quit for ____/did not quit Side Effects: _____

Patch

Gum

Lozenge

Bupropion (Zyban/Wellbutrin) Quit for ____/did not quit Side Effects: _____

Varenicline (Chantix) Quit for ____/did not quit Side Effects: _____

8. Have you set a quit date? YES (if yes, Date: _____) NO

Health Management Clinic
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e-Appendix 3. Tobacco/Vape Treatment Plan

Medication Plan

- Medications
 - Initiate Varenicline starter pack today
 - Initiate Nicotine 2mg lozenge up to every 1 hour as needed for urges/cravings or when you might expect to have an urge/craving
 - See **page 2-3** for medication use instructions
- Plan on at least 3 months of therapy

Utilize Coping Mechanisms/Behavioral Modifications

This is very important for long-term quit success.

- Today we have discussed some ways to cope with your triggers:
 - when you are **stressed** it helps you take a walk, call your friend, watch a youtube video
 - when you are **bored** it helps you to clean the garage or workout
 - **while driving** it may help to utilize toothpicks in your mouth
 - **in the morning** you can set your alarm 5 minutes later than usual and brushing your teeth should be the first thing you do in your routine
- You may also utilize coping mechanisms to help with nicotine withdrawal symptoms that you may experience. These are listed for you on **page 4**

Discard nicotine related products when you quit and consider letting others know you're attempting to quit

- related products include lighters, ash trays, old packs of cigarettes
- wash clothes that have that smell of cigarettes, detail car
- letting others know may improve your support systems and make others less likely to offer you nicotine products

Consider utilization of electronic resources

- see **page 5** for the options we have discussed

Limit alcohol use, May need to decrease caffeine intake by up to 50%

- alcohol interacts with varenicline as discussed and alcohol is also one of your triggers for using cigarettes
- we have reviewed that decrease nicotine use may result in higher levels of caffeine in your system, therefore causing some side effects from caffeine like upset stomach, shakiness/anxiety and rapid heart beat

Follow-up Appointment Date:

Please remember you can call the clinic below with any questions, concerns, side effects to medications or struggles during your treatment. Our contact information is below.

Nicotine Gum

How to Use:

- **Chew** and **Park** the gum.
 - **Chew:** Unlike regular gum, chew slowly until you have a peppery taste and slight tingling in your mouth (after about 15-30 chews).
 - **Park** the gum between your cheek and gum. Leave it there for about one (1) minute to absorb until taste or tingle is gone.
 - Repeat the steps of Chew and Park until the taste or tingle is gone. One piece of gum lasts 20-30 minutes
 - Do not eat or drink for 15 minutes before and during use. Doing so may prevent the gum from working correctly.

Possible Side Effects:

- May cause mouth soreness, oral irritation, hiccups, jaw aches, nausea and vomiting. Proper gum use can help to avoid these side effects.
 - If you have any intolerable side effects, please stop the gum and contact your provider.

Nicotine Lozenge

How to Use:

- Let the lozenge dissolve in your mouth near your cheek and gum.
- Rotate lozenge to different parts of the mouth. One lozenge lasts 20-30 minutes.
- Do not chew or swallow the lozenge.
- Do not eat or drink for 15 minutes before and during use. Doing so may prevent the lozenge from working correctly.

Possible Side Effects:

- May cause indigestion, upset stomach, nausea, hiccups, headache, mouth irritation and difficulty sleeping. Proper lozenge use can help to avoid these side effects.
 - If you have any intolerable side effects, please stop using and contact your provider.

Nicotine Patch

How to Use:

- Apply only one (1) patch when you wake up and remove the old patch.
- If you miss a dose, use it as soon as you can.
- Peel the back off the patch and put it on clean, dry, hair-free skin on the upper arm, chest or back. Press patch firmly in place for 10 seconds so it will stick well to your skin.
- You can bathe, shower or swim while wearing the patch.
- You can put tape over the patch if needed to help it stay on.
- Avoid wearing the patch on the same area more than once a week.
- Do not cut patch.
- To dispose of patch, fold the old patch in half with the sticky sides together and throw it in the regular trash away from children or pets.
- Remove the patch before a magnetic resonance imaging (MRI) procedure.
- You can use tobacco/vape while using this medication. If you quit and then slip up and use tobacco/vape while taking the medicine, don't give up. Continue to take the medicine and try not to use tobacco/vape.

Possible Side Effects:

- May cause minor burning, itching or redness of skin.

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- If you have skin irritation more than 4 days OR if you have severe burning or hives, stop using, remove the patch and contact your provider right away. Some patients are allergic to adhesive material.
- Sleep problems or vivid dreams may occur. If this occurs, you may remove the patch before going to sleep.
 - If you have any intolerable side effects, please stop using and contact your provider.
- If you have any concerning changes in thoughts, feelings, behaviors or mood while on this medicine please stop the medication and contact your provider immediately or seek other immediate medical attention

Varenicline

How to Use:

Dosing:

Day 1-3	0.5mg tablet daily
Day 4-7	0.5mg tablet twice daily
Day 8-onwards	1mg tablet twice daily

- Take each dose about 20 minutes after a meal and with a full glass of water

- Start the medication at least 1-2 weeks prior to quitting as it can take that amount of time to take full effect.
- The medication is typically used for 3-6 weeks. Even if you have already stopped smoking after 3 months of medication, your prescriber may keep you on this medication for longer to increase your chances of staying quit long-term.
- If you miss a dose, take it as soon as you can. If it is almost time for the next dose, wait until then to use the medicine and skip the missed dose, do not double up.
- You can use tobacco/vape while using this medication. If you quit and then slip up and use tobacco/vape while taking the medicine, don't give up. Continue to take the medicine and try not to use tobacco/vape.

Possible Side Effects:

- Common side effects include nausea, vomiting, constipation, headache, dreams that feel very real, and trouble sleeping. If these issues are bothersome to you, please contact your provider.
 - Nausea and vomiting may be relieved by taking the medicine about 20 minutes after a meal and with a full glass of water.
 - This medicine may cause drowsiness, dizziness or problems with concentration. Make sure you know how you react to this medicine before you drive or use heavy machinery.
 - If you experience serious types of allergic reactions - itching, rash, hive-like swelling, trouble breathing, or chest tightness - stop taking the medicine right away and contact your provider.
 - If you have any concerning changes in thoughts, feelings, behaviors or mood while on this medicine please stop the medication and contact your provider immediately or seek other immediate medical attention
- This medication can increase the adverse effects of alcohol. You should limit or avoid using alcohol during treatment with this medication.

Bupropion

How to Use:

- Dosing
 - Take 1 tablet daily for 3 days, then increase to 1 tablet twice daily.
 - Take at a similar time each day, allowing approximately 8 hours in between doses.
 - Don't take bupropion past 5pm to avoid trouble sleeping.
- This medicine may be taken with or without food.
- If you miss a dose, skip the missed dose and take the next dose at the regular
- The medication is typically used for 3-6 weeks. Even if you have already stopped smoking after 3 months of medication, your prescriber may keep you on this medication for longer to increase your chances of staying quit long-term.
- You can use tobacco/vape while using this medication. If you quit and then slip up and use tobacco/vape while taking the medicine, don't give up. Continue to take the medicine and try not to use tobacco/vape.

Possible Side Effects:

- Common side effects include trouble sleeping, dry mouth and constipation. Although uncommon, side effects such as rash, itching or hives should be reported to your provider.
- This medicine may cause dizziness. Make sure you know how you react to this medicine before you drive or use heavy machinery.
- This medication can increase the risk of seizures and should not be used in patients with a history of seizures. Taking more medication than prescribed or taking two doses at once can increase the risk of a seizure. Alcohol can also increase the risk of seizures, so taking this medication with alcohol can further increase risk.
- If you have any concerning changes in thoughts, feelings, behaviors or mood while on this medicine please stop the medication and contact your provider immediately or seek other immediate medical attention

***Adapted from the VA Mental Health Patient Tobacco Treatment Medication Guides**

Possible Nicotine Withdrawal Symptoms

Withdrawal Symptoms	Recommendations
<ul style="list-style-type: none"> Chest tightness (tension created by the body's need for nicotine) 	<ul style="list-style-type: none"> Practice relaxation techniques Nicotine replacement may be helpful
<ul style="list-style-type: none"> Stomach pain Constipation Gas 	<ul style="list-style-type: none"> Drink fluids Avoid stress Increase fiber in diet
<ul style="list-style-type: none"> Depressed mood (normal process for a short period) 	<ul style="list-style-type: none"> Increase pleasurable activities Get support from family/friends Discuss with provider
<ul style="list-style-type: none"> Difficulty concentrating (body needs time to adjust to not having constant nicotine stimulation) 	<ul style="list-style-type: none"> Avoid stress Plan work accordingly
<ul style="list-style-type: none"> Dizziness (body is getting more oxygen) 	<ul style="list-style-type: none"> Be cautious the first few days
<ul style="list-style-type: none"> Fatigue 	<ul style="list-style-type: none"> Take naps Do not push yourself Nicotine replacement may be helpful
<ul style="list-style-type: none"> Hunger (cravings for a cigarette can be mistaken for hunger) 	<ul style="list-style-type: none"> Drink lots of water Eat low-calorie snacks
<ul style="list-style-type: none"> Insomnia (nicotine affects brain wave function and sleep patterns) 	<ul style="list-style-type: none"> Limit caffeine (reduce by 50%) Practice relaxation techniques
<ul style="list-style-type: none"> Irritability (body's craving for nicotine) 	<ul style="list-style-type: none"> Exercise Practice relaxation techniques Take a hot bath

***From the VA Primary Care & Tobacco Cessation Handbook: A Resource for Providers**

Resources

Tobacco Treatment Clinic

For those currently undergoing treatment or who want to request treatment

Clinical Pharmacist X Clinic xxx-xxx-xxx

Behavioral Therapy/Coping Mechanisms

For those struggling to find new activities to replace tobacco/vape use or adjusting to life without using

Psychologist X Clinic xxx-xxx-xxxx

Nutritional Assistance/Weight Loss

For those concerned about or struggling with being overweight or gaining weight

Dietitian Y Clinic xxx-xxx-xxxx

Wellness Center Building A xxx-xxx-xxxx

Spiritual Services

For those seeking spiritual assistance to help them through the quit process

Chaplain Building 101 xxx-xxx-xxxx

Mobile Applications

QuitNow!, quitSTART, QuitGuide, Stay Quit Coach, DipQuit, Quiter's Circle

Texting Service

Smokefree TXT: Text "QUIT" to 47848

Smokefree TXT en español: Text "ESP" to 47848

Dipfree TXT: Text "SPIT" to 333888

E-cigarette Quit Program TXT: Text "DITCHJUUL" to 88709

Online Chat

'National Cancer Institute' Live Help (M-F 0900-2100): https://livehelp.cancer.gov/app/chat/chat_launch

'You Can Quit 2' 24/7 Quit Tobacco Live Chat: <https://www.ycq2.org/live-chat/>

Telephone Line

Quit Now (24/7 in Virginia): 1-800-Quit-Now (1-800-784-8669)

Online Resources

CDC Tips From Former Smokers: <https://www.cdc.gov/tobacco/campaign/tips/index.html>

Smokefree.gov: <https://smokefree.gov/>

YouCanQuit2: <https://www.ycq2.org>