Incorporating Nicotine Dependence into Addiction Treatment Programs

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Smokefree policies and procedures

- Smoking by staff
- Smoking by visitors
- Smoking by patients
- What is nicotine?
- Integration
- Managing violations
Smoking by staff
Senior counselors in the staff lounge
Smoking by staff

- No restrictions
- Staff cannot smoke with patients but may smoke in staff areas.
- Staff may smoke in designated areas
- Staff may not smoke during working hours.
- All staff members must be nonsmokers
Smoking by visitors
Visitors’ smoking area
Smoking by visitors

- No restrictions on visitors
- Visitors may smoke in designated areas
- Visitors may smoke on the hospital grounds
- Visitors may not smoke anywhere
- Visitors are searched and tobacco products taken from them
Smoking by patients
Nancy Hild. *Let’s Quit Smoking*
Smoking by patients

- No restrictions
- No smoking in counseling sessions
- Smoking OK in free time
- Smoking allowed in a designated area
- Tobacco and lighters held by staff
- Smoking OK at certain times
Smoking by patients

- A specific number of cigarettes are permitted per patient per day
- Smoking only permitted outside
- No smoking anywhere on the property
- No smoking at any time
- Significant consequences for smoking
- Same consequences for smoking as for using other addicting drugs
What is nicotine?
Nicotine is only made by the tobacco plant
“Nicotine is not addictive”
“Cigarette Smoking and Disease in Smokers: We agree with the overwhelming medical and scientific consensus that cigarette smoking causes lung cancer, heart disease, emphysema and other serious diseases in smokers. Smokers are far more likely to develop serious diseases, like lung cancer, than non-smokers. There is no "safe" cigarette. “
"Cigarette Smoking and Addiction: We agree with the overwhelming medical and scientific consensus that cigarette smoking is addictive. It can be very difficult to quit smoking, but this should not deter smokers who want to quit from trying to do so. “
What is nicotine?

- Nicotine is not addicting.
- Nicotine may have some addicting properties.
- Nicotine is addicting, but it’s different.
- Nicotine is addicting. Period.
Integration
Audrey Flack. Royal Flush
Integration

- Self-help and educational materials available for patients
- Nicotine dependence education and/or therapy available on a voluntary basis
- Mandatory nicotine education groups
- Mandatory nicotine dependence therapy groups

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Integration

- Individual counseling for nicotine dependence available
- Nicotine dependence part of Step I and other treatment material
- Patients admitted specifically for nicotine dependence treatment
- Recovery from nicotine dependence expected as from other addictions
Violations of the smoking policies
Violations of the smoking policies

- Violations are ignored
- Patients are counseled and are encouraged to comply
- Patients receive modest consequences for violations

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Violations of the smoking policies

- Repeated violations lead to escalating consequences
- Repeated violations lead to dismissal
- Violations of the smoking rules are treated as any other relapse
Some of the pioneers
Alina Lodge, New Jersey

- First addiction treatment program in the United States to insist that clients quit smoking
- 12-Step approach
- Success due to charisma of the program director, Geraldine Delaney
Veterans Administration Hospital, Minneapolis

- Became smokefree in June 1988
- Patients allowed to smoke outside
- Multimodality approach
- Success due to commitment of medical director, Vince Pletcher
- Public health considerations of primary concern for the VA
CPC Parkwood Hospital, Atlanta

- Became smokefree in October 1989
- Multimodality approach
- Success due to personal commitment of Paul Earley and Michael Fishman
- No organizational commitment to staying smokefree
Gateway Rehabilitation Center, Aliquippa, PA

- Became smokefree in 1989
- 12-Step approach
- Success due to personal commitment of Abraham Twerski and Neil Capretto
- Lack of staff consensus and lack of EAP support
Mayo Clinic, Rochester

- National leader in developing inpatient and outpatient models of nicotine dependence treatment
- Aggressive integration with medical care system
Stuyt (1997)
Am J Addictions, 6:159-167

- Going smokefree did not affect census or program completion
- Nonsmokers had longer sobriety than smokers following treatment
  - 48% of nonsmokers stayed sober one year
  - 14% of smokers stayed sober one year

- Treating nicotine dependence in recovering alcoholics did not affect relapse to alcohol
- 27% quit smoking for one year, regardless of method used
Addiction Treatment Program, Houston

- Became smokefree in 1991
- Evaluation from September 1, 1990 through July 1, 1995
- 2445 consecutive patients evaluated

Period I

- September 1990-June 1991
- Smoking permitted, longer LOS
- 263 admissions
Period II

- July 1991-February 1993
- Smoking not permitted, longer LOS
- 692 admissions
Period III

- March 1993-June 1995
- Smoking not permitted, shorter LOS
- 1490 admissions
Results

- 46 percent overall program completion
- No significant differences between smokers and nonsmokers
- No significant differences between men and women
- No significant differences between ethnic groups

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Results

- Voluntary patients: 59.1 percent completed
  - No significant differences between smokers and nonsmokers
- Involuntary patients: 25.0 percent completed
  - No significant differences between smokers and nonsmokers

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Results

• Average completion rates
  • Period I: 49.4 percent
  • Period II: 44.7 percent
    • First 3 months: 30.7 percent
    • Next 14 months: 43.1 percent
    • Next 3 months: 62.3 percent
  • Period III: 46 percent
Four phases in going smokefree

- Making the decision to become smokefree
- Preparing for the change
- Implementing the change
- Coping with the results of the change
Making the decision to become smokefree

- Requires a committed decision by a charismatic leader
- The decision is based on what is right, not on what makes sense
- Don’t look back
Preparing for the change

- Staff education
- Make all departments part of the change
- Create a program design based on the successful designs of others
Coping with the results of the change

- Client’s feelings will be more available, so counseling sessions will be more unstable
- Staff is dealing with an additional addiction, and therefore has more to do
- Staff must re-examine their own behavior
What influences professionals to adopt new modalities?

• Research data
• Professional recommendations
• The experience of experts
• The experience of professional peers
• Personal experience
What influences patients to accept new ideas?

- Personal experience
- The experience of friends and relatives
- Professional recommendations
- Recommendations of experts
- Research data
- The experience of experts
- The experience of professional peers
- Personal experience

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Four principles for tobacco-free facilities

- Ask questions rather than giving orders
- Prepare people for advice before giving advice
- Agree with angry clients
  - Acknowledge the affect when you can’t agree with the content
- Make observations, not interpretations
Six essential counseling strategies

- Focus counseling on the client’s stage of readiness to change
- No, no Nanette
- Projective identification
- Example of one
- Explore the relationship with nicotine, tobacco and smoking
- Adult-to-adult communication
“Now you listen, I like smoking and I don’t want to quit.”

Precontemplation
“This isn’t a good time for me to quit.”
“I’m not ready to quit, but I’m planning to cut down.”

Preparation
“I’ve already switched to a light cigarette.”

Early action
Going smokefree

For more information, join the discussion group Tobacco Free 2003 by sending an email, subject line “subscribe” to:

TobaccoFree2003@yahoogroups.com

Materials and information are available at:

www.quitandstayquit.com
Community resources for smoking cessation

- American Cancer Society QuitLine
  - (877) YES-QUI T
  - 1-877-937-7848

- American Lung Association Freedom From Smoking
  - Online at http://www.ffsonline.org
  - 212-315-8700
American Cancer Society QuitLine
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