

## Chapter 1 : Smoking Cessation for Persons with Mental Illness by Quantum Units Continuing Education - I

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Show videotapes that model skills. Practice requesting social support from family, friends and coworkers. Aid consumer in establishing a smoke-free home. Help consumer identify supportive others. Call the consumer to remind him or her to seek support. Inform consumers of community resources such as quitlines. Mail letters to supportive others. Invite others to cessation sessions. Prescribing Cessation Medications Utilize the frequency of mental health treatment visits as an opportunity for monitoring progress in smoking cessation. Additionally, smoking cessation strategies should be integrated and coordinated with treatments for mental illnesses. Since people with mental illnesses appear to have more withdrawal symptoms when they stop smoking than the general population, the use of nicotine replacement therapy NRT even in early cessation attempts is recommended. The optimal duration of NRT is not known. Some individuals appear to require long-term use of NRT e. Clinicians should closely monitor actions or side effects of psychiatric medications in smokers making quit attempts. Depression Consider bupropion and nortriptyline for consumers with diagnoses of depression. Bupropion-SR has been demonstrated to be the most effective in depressed patients. Patients who use bupropion-SR during a smoking cessation program are more likely to be abstinent at the quit date. However, relapse is high following the discontinuation of treatment Evins, et al. It should not be used in these populations McNeill, Additional research on smokers with a history of depression suggests the usefulness of the nicotine transdermal patch Thorsteinsson et al. Strongly consider behavioral therapies such as Cognitive Behavioral Therapy CBT , as smokers with depression are likely to fail with more minimal interventions Brown et al, Improved cessation outcomes with the addition of CBT have been reported for nortriptyline and nicotine gum Hall et al.

## Chapter 2 : Stop Smoking: Causes, Symptoms, Treatment & News | Everyday Health

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*Keywords searched included smoking, inflammatory bowel disease, Crohn's disease, and ulcerative colitis. Data were abstracted using predefined inclusion and exclusion criteria. Data were abstracted using predefined inclusion and exclusion criteria.*