Smoking Cessation
Teaching Points for Inpatient RN

The inpatient nurse has an important role in promoting tobacco cessation and providing education in the hospital, including the following:

- **Screening for tobacco use, interest in quitting, and interest in nicotine replacement therapy on admission** (questions found in the PADB)
- **Providing all tobacco users with the Smoke and Tobacco Free Resources handout PH490 on admission**
- **For patients interested in quitting, facilitating viewing of the EMMI video, Smoking Cessation: Thinking about Quitting**
- **Documenting education provided under the Tobacco Use title in the Education section in Epic**
- **Administering and providing education on nicotine replacement therapy medications**:  
  - **Nicotine replacement therapy** reduces withdrawal symptoms and cravings by delivering nicotine to the body, but these medications must be used correctly. Below is a list of nicotine replacement therapy offered in the hospital and special administration instructions:
    - **Nicotine patch**: Applied once a day to a clean, dry area of upper body
    - **Nicotine gum**: The gum should be chewed until a tingling or peppery sensation occurs, then the gum should be ‘parked’ between the gum and cheek until the sensation subsides. Chew to get the taste back, then “park” again. Instruct patient to repeat this process for 30 minutes.
    - **Nicotine lozenge**: Patients are to suck on the lozenge until fully dissolved, without biting, chewing or swallowing it.

It is important to note, even if a patient is not ready to quit long-term, short-term abstinence is still beneficial and should be encouraged.

**This process excludes the NMBU and Senior Behavioral Health units**

**Source**: Laura Giambattista

**Source**: Nicole Bohannon RCA/Sig Events Specialist