

# BEHAVIORAL HEALTH TOBACCO TREATMENT CASE STUDY

## Presenter's Information

**Name:** Theresa Hankin

**Title/Role:** Tobacco Treatment Specialist, Smoking Cessation Education Coordinator, Registered Respiratory Therapist

**Credentials:** RRT, NCTTP

**Agency:** Upstate Cancer Center, Syracuse, NY

## Patient Demographic Information

**Age:** 60

**Gender:** Female

**Race/Ethnicity:** Caucasian

## Type of Service Provided

Outpatient tobacco treatment one on one counseling

## Psychological/Medical Information

**Diagnoses:** Colon Cancer, treated with surgery and chemotherapy, Uterine Cancer, and Bipolar 1 Disorder

**Current Medications:** Prilosec 20mg, Albuterol inhaler, Medical Marijuana, Lipitor 20 mg, Lasix 20 mg, Gabapentin 600 mg. behavioral health medications are unknown, not listed in her chart

## **Changes to psychiatric medications in the past 3 months?**

No changes  Yes, changes

If yes please provide details: Client was started on psychiatric medications that are not listed in her medical chart

## **Status of psychiatric symptoms in the last 3 months:**

Stable  Partially Stable  Unstable  Unknown

## Tobacco Use History

**Current Type of tobacco product/s used** (list all products and amount used):

Menthol cigarettes 12-20 cpd reported

## Diagnostic Codes Used:

F17.210 Nicotine dependence, cigarettes, uncomplicated

Z87.891 History of nicotine dependence

Z71.6 Tobacco abuse counseling

## Tobacco Treatment Medications

### **Tobacco Treatment Medications Used (Past and current):**

- Nicotine Gum       Nicotine Lozenge       Nicotine Patch       Nicotine Inhaler  
 Nicotine Nasal Spray       Bupropion SR/Zyban       Varenicline/Chantix  
 Combination Therapy

### **Please detail the specific medication regimen, including medication strength**

1<sup>st</sup> quit attempt: combination therapy with a 21 mg patch, 2 mg nicotine gum or nicotine nasal spray for short acting nicotine replacement, eventually up to two 21 mg nicotine patches, which client was resistant to at the beginning. At that point patient stated “that’s it I have been smoke free ever since”. Client continued to use short acting nicotine replacement.

2<sup>nd</sup> quit attempt: client smoking less at this time after relapsing

Tried 21 mg nicotine patch with 2 mg nicotine lozenges. She cut down but did not achieve smoke free days. Up to “double patching” one 21 mg and one 14 mg nicotine patch daily. Client achieved smoke free days within one month while continuing to be under extreme stress and escalating bipolar symptoms.

### Patient Barriers to Treatment:

Bipolar 1 Disorder with a long history of Substance Abuse Disorder and incarceration. Clean for 30 years when treatment initiated. Limited income. NRT not covered under her Medicare plan

### Providers Barriers to Treatment:

Barriers to treatment were removed with our Cancer Center Financial Hardship Programs  
Free Nicotine Replacement Therapy with unlimited amounts for combination therapy as long  
as seeing a Tobacco Treatment every two weeks, Unlimited counseling sessions after 8 visits  
per year covered under Medicare as long as she was receiving NRT thru the program

### Treatment overview:

- Met with client in 2015, not interested in quitting smoking at that time but became aware of the program available to her. In 2016 decided to see me twice, tried combination therapy quit for a few months then relapsed.
- In 2017-2018 we worked together intensively for 6 months before she became smoke free. Her goal was seeing a normal CO reading for the first time. She told me when we started working together in 2017 that “I needed to understand she needs to go slow and that she would not allow me to “rush” her. I agreed and she joined our Cancer Center Smoking Cessation Hardship Program to get her NRT for free, with the stipulation that she come in and meet with me every two weeks.
- After 6 months of working together she remained smoke free for 18 months. At that time an unfortunate event occurred in her life where she took in her alcoholic, nicotine addicted, abusive brother into her home so that he would not be homeless. Things escalated and her stress levels and exposure to cigarettes were high. She contacted me and told me of her relapse. She never went back to 30-40 cpd. She kept her smoking down to 6-10 cpd, somedays just puffs.

- So, in 2019 we began her journey gain this time starting with 21 mg nicotine patches and eventually going up to “double patching” as before when she became smoke free again continuing to use 2 mg nicotine lozenges for breakthrough cravings and high trigger points. My friend struggled for a while getting back on track with her smoke free lifestyle.
- In the meantime, one of her best friends passed away and her Bipolar symptoms ramped up. She decided to get help and start psychotherapy again as well as medications. Her brother continues to live with her till this day.

Treatment outcome as of last session:

As of our last session Zoe was maintaining a smoke free life