

# SBIRTRAINING

## NURSING TOBACCO INTERVENTIONS RESOURCES

### Part I

- [Guide to Quitting Smoking](#) This printable booklet explains why quitting is hard, benefits of quitting, resources available to help with the mental and physical aspects of addiction, other methods of quitting, success rates, and concerns related to quitting, such as weight gain.
- [Help for Smokers and Other Tobacco Users](#) This booklet provides support for tobacco users. It describes good reasons for quitting, the right time to quit and preparation for quitting, as well as medicine and help available to quit and stay quit.
- [Helping Smokers Quit – A Guide for Clinicians](#) A website that explains the 5 A's for tobacco cessation.
- [NIAAA Alcohol Screening and Brief Intervention for Youth](#) NIAAA guide for practitioners on alcohol screening and brief interventions for youth
- [Patient Handout: Basics of Nicotine](#) Patient handout with information on the basics of nicotine.
- [Reasons Why Different People Might Want to Quit](#) Reasons why different people might want to quit tobacco: symptomatic adults, asymptomatic results, people with family history of cancer or heart disease, long-term users, new users, parents, women, pregnant women, teenagers, and any users.
- [Substance Use Screening, Brief Intervention, and Referral to Treatment for Pediatricians](#) Published online October 31, 2011 PEDIATRICS Vol. 128 No. 5 November 2011, pp. e1330-e1340 (doi:10.1542/peds.2011-1754)
- [Tobacco Use Assessment Form](#) Tobacco Use Assessment Form
- [Treating Tobacco Use and Dependence: 2008 Update](#) Treating Tobacco Use and Dependence: 2008 Update, sponsored by the Public Health Service, includes new, effective clinical treatments for tobacco dependence that have become available since the 2000 Guideline was published. This update will make an important contribution to the quality of care in the United States and to the health of the American people. (From Their Website)

### Part II

- [Bupropion Hydrochloride SR \(Zyban®\)](#) See FDA insert for more information
- [Handout: Patient Needs Influence Drug Selection](#) This table lists patient needs/characteristics that need to be considered when determining which smoking cessation medication is optimal.
- [Helping Smokers Quit - A Guide for Clinicians](#) A website that explains the 5 A's for tobacco cessation.
- [Nicotine Gum](#) See FDA package insert for more complete information
- [Nicotine Inhaler](#) See FDA package insert for more complete information
- [Nicotine Lozenge](#). See FDA package insert for more complete information.
- [Nicotine Nasal Spray](#) See FDA package insert for more complete information
- [Nicotine Patch](#) See FDA package insert for more complete information
- [Public Health Advisory: Important Information on Chantix \(varenicline\)](#) This public health advisory, issued by the FDA in 2008, warns about the possibility of severe changes in mood

and behavior in patients taking Chantix.

- [Relapse Prevention](#) Working to prevent relapse.
- [Treating Tobacco Use and Dependence: 2008 Update](#) Treating Tobacco Use and Dependence: 2008 Update, sponsored by the Public Health Service, includes new, effective clinical treatments for tobacco dependence that have become available since the 2000 Guideline was published. This update will make an important contribution to the quality of care in the United States and to the health of the American people. (From Their Website)
- [Varenicline \(Chantix®\)](#) For more complete information, please refer to the FDA package insert.