

Module 1: Nicotine Addiction

Why people smoke?



ENSP

START

After completing the Course you will be able to:

01

Be knowledgeable about both the physical and psychological aspects of nicotine addiction.

02

Be familiar with the pathophysiology of nicotine addiction.

03

Understand typical withdrawal symptoms and cravings that can make quitting challenging.



I enjoy it

It helps me relax

It's part of my daily routine

It helps me think straight

It takes the stress away

Smoking gives me a pick-me-up



Why is it so difficult to stop smoking?

No

Yes!

Lack of willpower?

Physical
addiction/dependence?



Why people smoke?

Nicotine Addiction

Withdrawal & cravings

**Smoking triggers
& routines**

**Mood and mental
health illness**





The overwhelming majority (60-70%) of smokers who smoke today are addicted to nicotine.

Probability of dependence after trying a substance at least once

Tobacco	32%
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Heroin	23%
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Cocaine	17%
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Alcohol	15%
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Stimulants	11%
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Anxiolytics	9%
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Cannabis	9%
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Analgesics	8%
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Inhalants	4%
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**Nicotine
addiction**

Large variations exist in nicotine metabolism affecting quit efforts.

Slower metabolism allows brain and body to meet nicotine needs with:

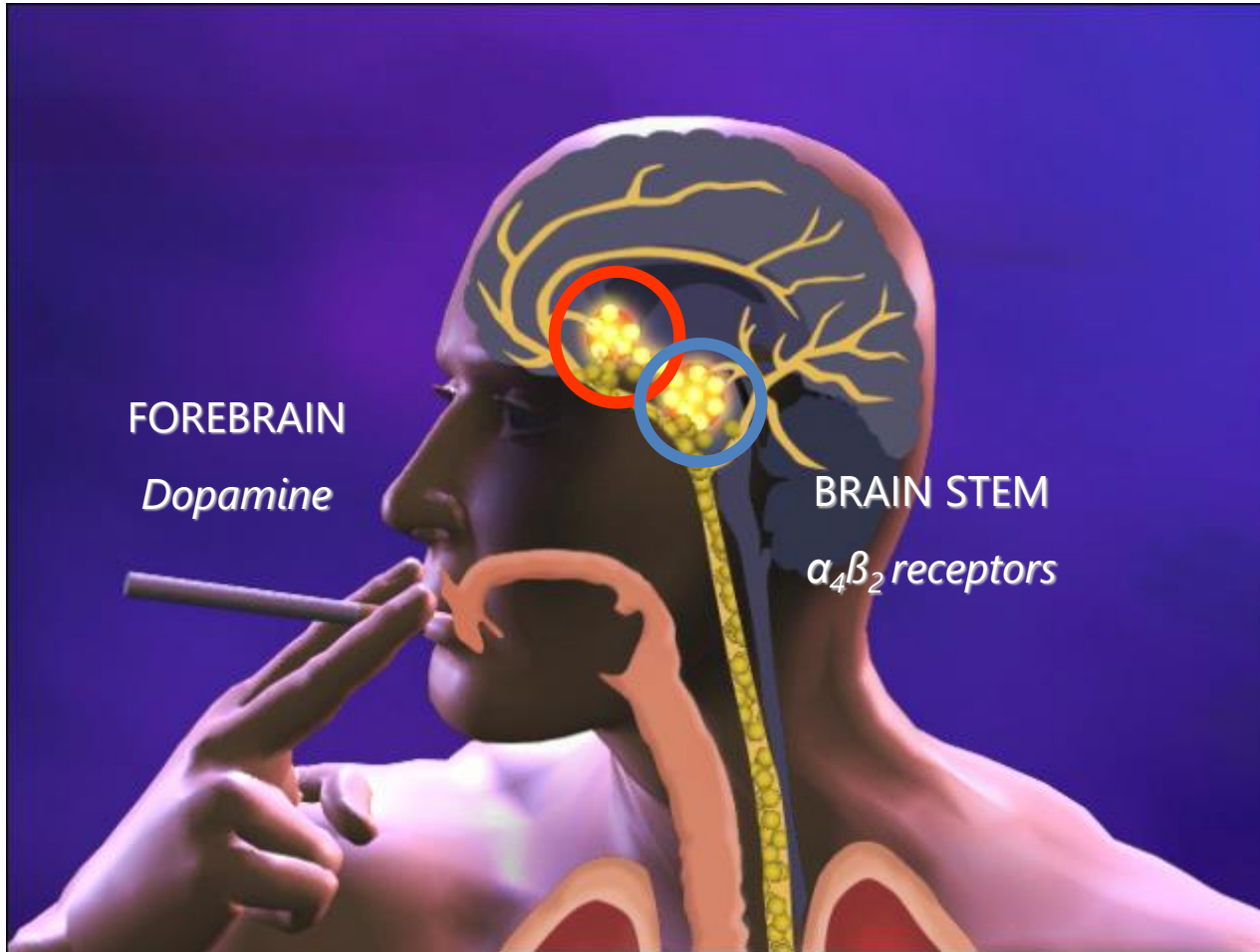
- ❑ Lower cigarette consumption
- ❑ Reduced smoking intensity
- ❑ Reduced withdrawal symptoms
- ❑ Higher quitting rates

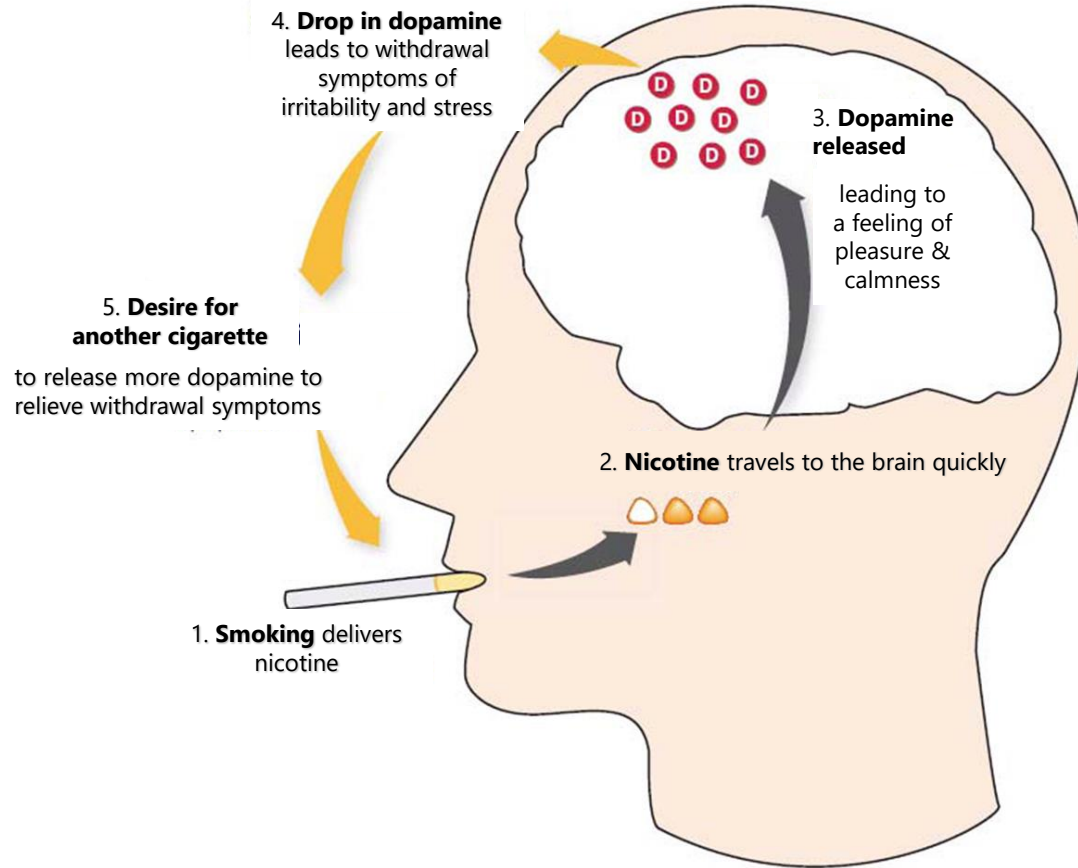


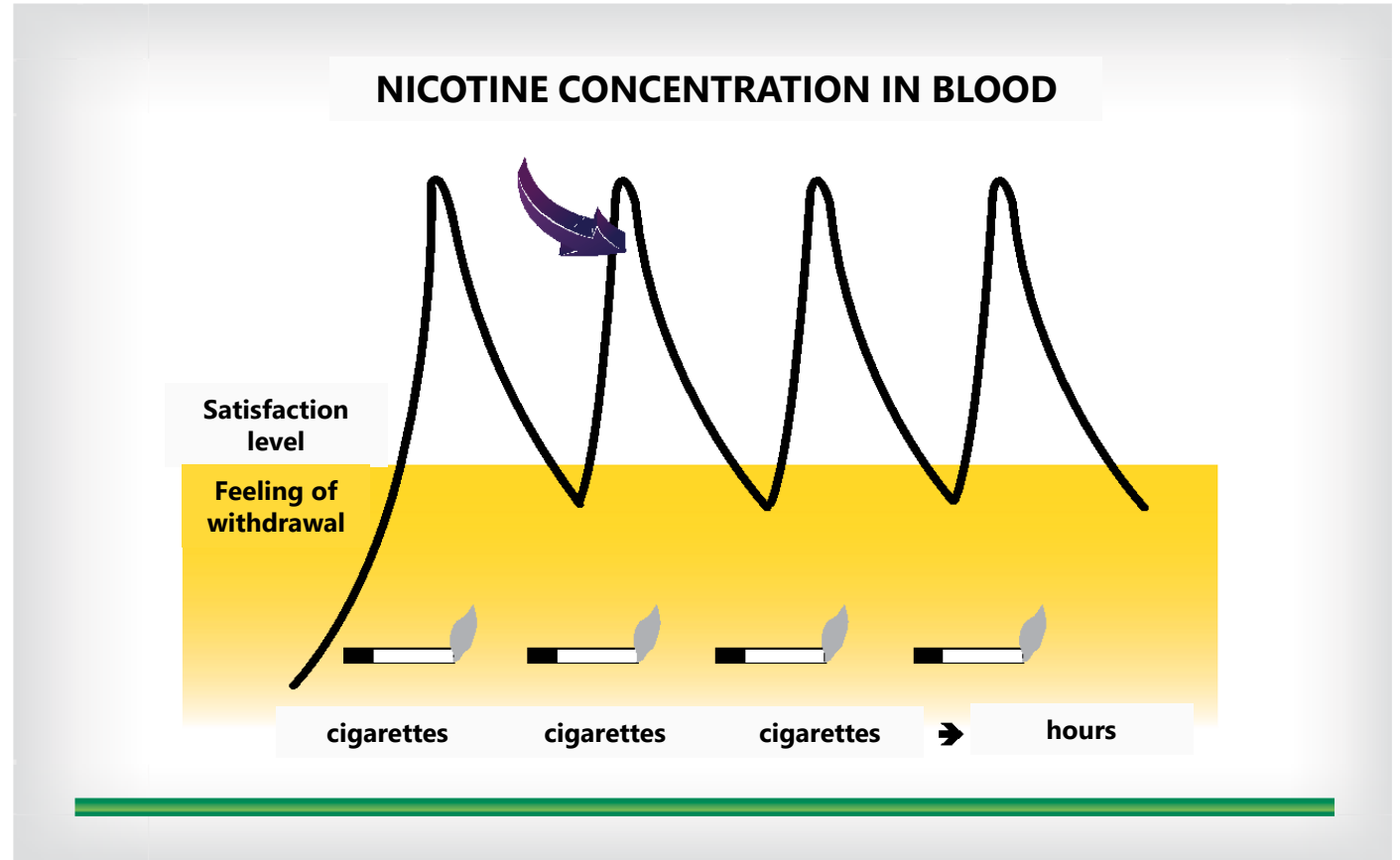
What's in a cigarette?

Chemical	Also found in:
Acetone	Paint stripper and nail polish remover
Ammonia	Window cleaner, bathroom cleanser
Arsenic	Ant killer
Benzene	Ink, paint remover
Cadmium	Batteries
Hydrogen cyanide	Poison used in gas chambers
Tar	Asphalt
Mercury	Thermometers
Carbon monoxide	Car exhaust
Lead	Paint, batteries
Toluene	Explosives, rubber, adhesives











Symptoms of nicotine withdrawal typically peak within 3 to 5 days after quitting



Symptoms	Duration	Prevalence
Irritability / aggression	< 4 weeks	50%
Depression	< 4 weeks	60%
Restlessness	< 4 weeks	60%
Poor concentration	< 2 weeks	60%
Increase appetite	> 10 weeks	70%
Light-headedness	< 48 hours	10%
Night-time awakenings	< 1 week	25%
Constipation	> 4 weeks	17%
Mouth ulcers	> 4 weeks	40%
Urges to smoke	> 2 weeks	70%

Smoking Routines & Triggers

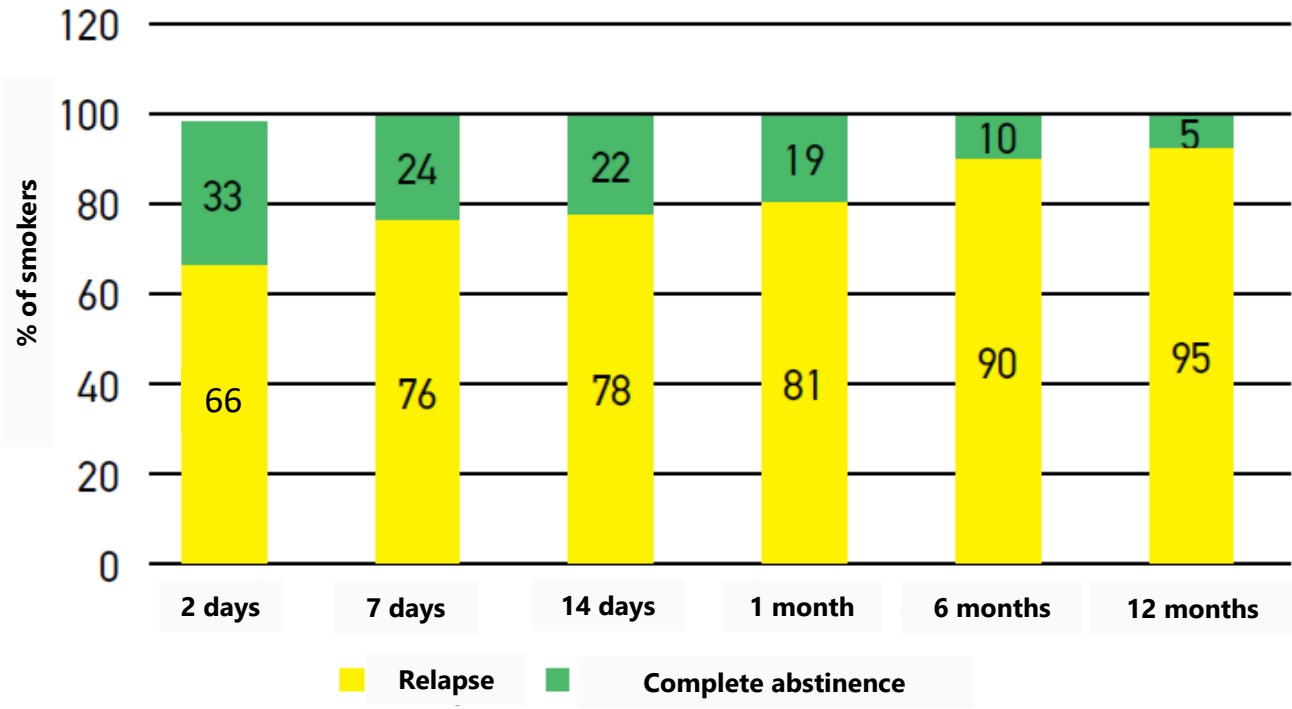


Many tobacco users have been using tobacco to cope with stress or mood disorders.



Nicotine addiction is a chronic relapsing condition

Relapse Curve First Year - Unaided



**There is nothing more powerful you can do
for your patient who smokes than help them
quit.**