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# Substance Addictions

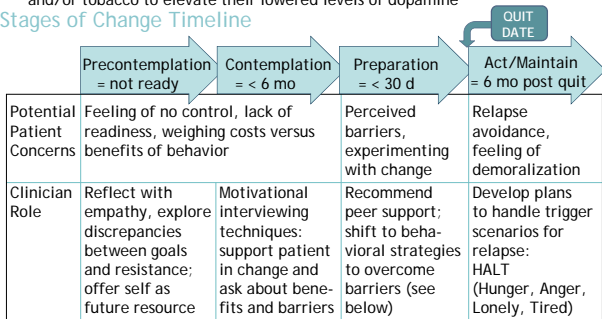
## Risk Factors for Chemical Dependency

- |   |   |
|---|---|
| <input type="checkbox"/> family history of addiction (child or sibling of addict) | <input type="checkbox"/> high-risk scenarios (gangs, sex-trade, raves)          |
| <input type="checkbox"/> abuse survivors (physical, emotional, sexual)            | <input type="checkbox"/> other addiction (gambling, internet, additional drugs) |
| <input type="checkbox"/> traumatic event or loss                                  | <input type="checkbox"/> other psychiatric diagnosis                            |

## Psychiatric Disorders & Substance Addiction Neurobiology

- Individuals with anxiety are prone to self-medicate with alcohol, heroin, and/or benzodiazepines to lower their elevated levels of norepinephrine
- Individuals with ADHD are prone to self-medicate with marijuana, cocaine, and/or tobacco to elevate their lowered levels of dopamine

## Stages of Change Timeline



## Tobacco Cessation Treatment Options

- Lifestyle** - 15 minute bursts of daily moderate activity; balanced diet
- Behavioral** - identify and modify triggers associated with tobacco, document strategies along with a start date, plan titration of tobacco use, craving substitution, address any modifiable risk factors listed above
- Nicotine Replacement Therapy** - gum plus inhaler, patch takes 3 days for steady state so add mouth spray (e-cigarettes may increase relapse rate)
- Medications** - Varenicline 0.5mg ODx3d, 0.5mg BIDx4d, then 1mg BIDx11wk  
Bupropion SR 150mg ODx3d, 150mg BIDx4d, then 150mg BIDx11wk
  - Patients taking olanzapine or clozapine require antipsychotic dosage reductions of 30-40% to reduce risk of toxicity during smoking cessation
  - Patients with schizophrenia or substance use disorders have smoking rates 70-80% (versus average rate 16-20% for Canadian adults and youth); expect and empathize with an increase in relapse rate

## Educational Resources

Patients: Health tab at [www.healthycanadians.gc.ca](http://www.healthycanadians.gc.ca) and 1-866-366-3667

Clinicians: CAN-ADAPTT through [www.nicotinedependenceclinic.com](http://www.nicotinedependenceclinic.com)

Key References: Zimmerman, G.L., et al., A 'stages of change' approach to helping patients change behavior. Am Fam Physician, 2000. 61(5): p. 1409-16; Cohen, S., et al., Disease Interrupted: Tobacco Reduction and Cessation- Psychosocial Interventions, ed. C. Els. 2012: CAN-ADAPTT. p. 103-130; Kalman, D., et al., Comorbidity of smoking in patients with psychiatric and substance use disorders. Am J Addict, 2005. 14(2): p. 106-23.