Project TEACH

Tobacco Cessation With People Receiving Substance Abuse Treatment

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Outline

1) Implications of quitting smoking while in substance use treatment

2) Need for special treatment approach?

3) Which one to quit first?
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Background

➢ Patients with substance use disorders (SUDs) have higher rates of tobacco use 70-80%*

➢ In general population in 2014 it is at 16.8%

➢ In addition to (-) health effects of smoking, patients receiving SUD Tx who continue to smoke are at higher risk of relapse to SUD**

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** Tsoh JY, Chi FW, Mertens JR, Weisner CM. Stopping smoking during first year of substance use treatment predicted 9-year alcohol and drug treatment outcomes. Drug Alcohol Depend. 2011 Apr 1; 114(2-3):110-8
Background (2)

- SUD Tx facilities: 86% ask all new patients about smoking at intake
- 35% of organizations develop quit plans for motivated smokers, 12-20% offer medication *
- A longitudinal 2010 study: 17% of SUD-Tx offered counseling-based smoking cessation**

Barriers

- SUD treatment providers see tobacco cessation as a low priority, and as less harmful than the patient’s other substance use *
- Funding and insurance coverage **
- SUD treatment providers lack training & rates of smoking among them is around 20% ***

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Implication On SUD Recovery?

- A concern about integrating tobacco treatment into SUD Tx is that smoking cessation may threaten SUD recovery

- Several studies have refuted that concept *

- In 2003, a large longitudinal study: quitting smoking abstinent days 1 & 5 y. follow-up


Are SUD Patients Interested?

- Many SUD patients are interested in quitting or cutting down their tobacco use *
- Patients are interested in smoking cessation services being delivered by treatment agencies
- Those who receive cessation services from clinicians are likely to make a quit attempt **

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Can SUD Patients Quit Smoking?

Eight studies (5 based on NESARC). Adults with lifetime or past-year AUDs/SUDs were less likely to quit smoking in cross-sectional and longitudinal data *

If quit smoking but continue to use other substances, more likely to relapse to smoking**

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Do SUD Pts. Need Different Tx?

- Smokers with a history of alcoholism are more nicotine dependent than those without a history of alcoholism* are also less likely to quit smoking**

- Former alcoholics that seek to quit smoking request more pharmacotherapy than smokers without a history of alcoholism***

• (Hurt 2003; Ward 2012)
• (Hays 1999).
• (Hughes 2000)
A 2016 review of 17 RC studies; 12 did not report an effect, while 5 reported significant effects of smoking cessation Tx among SUD pts:

1) Nicotine patches improved C. abstinence, 6 m

2) Nicotine gum improved C. abstinence, 12 m
3) Counseling, Contingency Management, Relapse Prev. improved C. abstinence 6 & 12 m

4) CBT plus NRT improved PPA at 6 months

5) Combination of bupropion, NRT, counseling Contingency Management improved PPA, 6m

* Sarah L. Thurgood MSc1, Ann McNeill PhD2, David Clark-Carter PhD1, Leonie S. Brose PhD2. A Systematic Review of Smoking Cessation Interventions for Adults in Substance Abuse Treatment or Recovery. *Nicotine & Tobacco Research*, 2016, 993–1001
SUD Patients Relapse To Substance Use If They Quit Smoking?

In the same 2016 review of 17 studies:

- 2 studies showed some evidence of improved subs. use outcomes if patients quit smoking

- 8 studies did not show difference in substance use outcomes when patient quit smoking. None had (-) effect on substance use outcome

* Sarah L. Thurgood MSc1, Ann McNeill PhD2, David Clark-Carter PhD1, Leonie S. Brose PhD2. A Systematic Review of Smoking Cessation Interventions for Adults in Substance Abuse Treatment or Recovery. *Nicotine & Tobacco Research*, 2016, 993–1001
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Simultaneous OR Sequential?

- Studies are not conclusive, there does not seem to be a negative impact if done simultaneously*.

- If patient is ready to quit all together they would benefit from doing so.

Simultaneous OR Sequential? (2)

- The consensus is that patients ought to try tobacco (smoking) cessation as soon as they are comfortable and ready.

- Either simultaneously or after they quit their other substance of use, not wait for one year.
Take Home Points