

## **Supporting smoking cessation during pregnancy -**



## Definitions

CO – carbon monoxide

Faster-acting NRT includes lozenge, mini lozenge, gum, inhalator and mouth spray

GORD – Gastroesophageal reflux disease

HSI – Heaviness of Smoking Index

NICU - neonatal intensive care unit

NRT – nicotine replacement therapy

PBS – Pharmaceutical Benefits Scheme

PKU – phenylketonuria

## Background

Tobacco smoking during pregnancy has been associated with an increased risk of obstetric complications, adverse birth outcomes and infant mortality (1, 2).

The benefits of smoking cessation during pregnancy include reduced rates of low birth weight, preterm birth and neonatal intensive care unit (NICU) admission (3).

Women should be encouraged to stop smoking as early as possible using effective, evidence-informed treatments.

## Ask, Advise, Help

The 'Ask, Advise, Help' model is an approach that promotes cessation and aims to connect people who smoke to best practice tobacco dependence treatment (such as multi-session behavioural intervention) (Appendix 1).

### 'Ask' – Asking about smoking status

At every antenatal appointment and during any hospital admission, ask all women about their tobacco smoking status and document this in the medical record.

Smoking status:

- Currently smokes
- Quit because of pregnancy (spontaneously quit)





Document the discussion in the woman's medical record and provide ongoing follow up care and support at all subsequent appointments.

## **Assessment prior to smoking cessation**

### **Review underlying medical conditions**

Relevant underlying medical conditions should be taken into consideration when a woman stops smoking and prior to the commencement of NRT. Consult a medical practitioner if the woman has any of the following:



### Other considerations

There are other considerations for some medical conditions/scenarios. Certain NRT formulations will not be suitable for some women, and an alternative should be considered.

Table 3. Additional considerations that may require alternative formulations of NRT.

<b><u>Consideration</u></b>	<b><u>Recommendation</u></b>
Phenylketonuria (PKU)	Avoid faster-acting NRT containing aspartame in women with PKU.
Dentures or complicated dental work	Avoid the use of nicotine gum as it may stick to and damage the dentures or dental work. Consider an alternative NRT formulation.

Asthma



## Treatment

### Assessing nicotine dependence

Nicotine dependence in women who smoke cigarettes can be assessed using the Heaviness of Smoking Index (HSI) (Table 4) (19).

Table 4: The Heaviness of Smoking Index (HSI)

Question	Answer	Score
How many cigarettes do you smoke each day?	10 or fewer	0
	11 to 20	1
	21 to 30	2
	31 or more	3
How soon after waking do you smoke your first cigarette?	After 60 minutes	0
	31 to 60 minutes	1
	6 to 30 minutes	2
	Within 5 minutes	3
Total Score		

### Treatment recommendations:

Treatment recommendations are based on HSI, taking into consideration previous quit attempts.



NRT can be introduced early in pregnancy.







## **NRT formulation**









## Appendices

### Appendix 1: Summary of the smoking cessation pathway - 'Ask, Advise, Help' model

#### **Ask all women about their tobacco smoking status and document in the medical record**

## **Ask**

"Do you currently smoke?"

- Currently smokes
- Quit because of pregnancy (spontaneously quit/recently quit) – Congratulate and continue pathway
- Previously smoked –



**Appendix 2:** Examples of clinically significant drug interactions with cigarette smoking -0.01992 Tc /R5956( 0 Td 0 (27)-3



Theophylline	Increased clearance, decreased half-life	Consider dose reduction and monitor trough plasma concentrations, clinical effectiveness, and adverse effects
Tricyclic antidepressants (amitriptyline, clomipramine, and imipramine)	Increased clearance, decreased plasma concentration	Monitor for clinical effectiveness and adverse effects. Consider dose reduction if clinically indicated
Warfarin	Increased clearance, decreased plasma concentration; no measurable effect on prothrombin time	Monitor INR and adjust dose accordingly

Document title

Supporting smoking cessation during pregnancy - nicotine replacement therapy (NRT)

