

Module 1: Nicotine Addiction

Why people smoke?



ENSP

START

After completing the Course you will be able to:

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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?



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Why people smoke?

Nicotine Addiction

Withdrawal & cravings

**Smoking triggers
& routines**

**Mood and mental
health illness**





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3%

Probability of dependence after trying a substance at least once

Tobacco	87%
Heroin	78%
Cocaine	67%
Alcohol	65%
Stimulants	66%
Anxiolytics	59%
Cannabis	59%
Analgesics	8%
Inhalants	9%



**Nicotine
addiction**

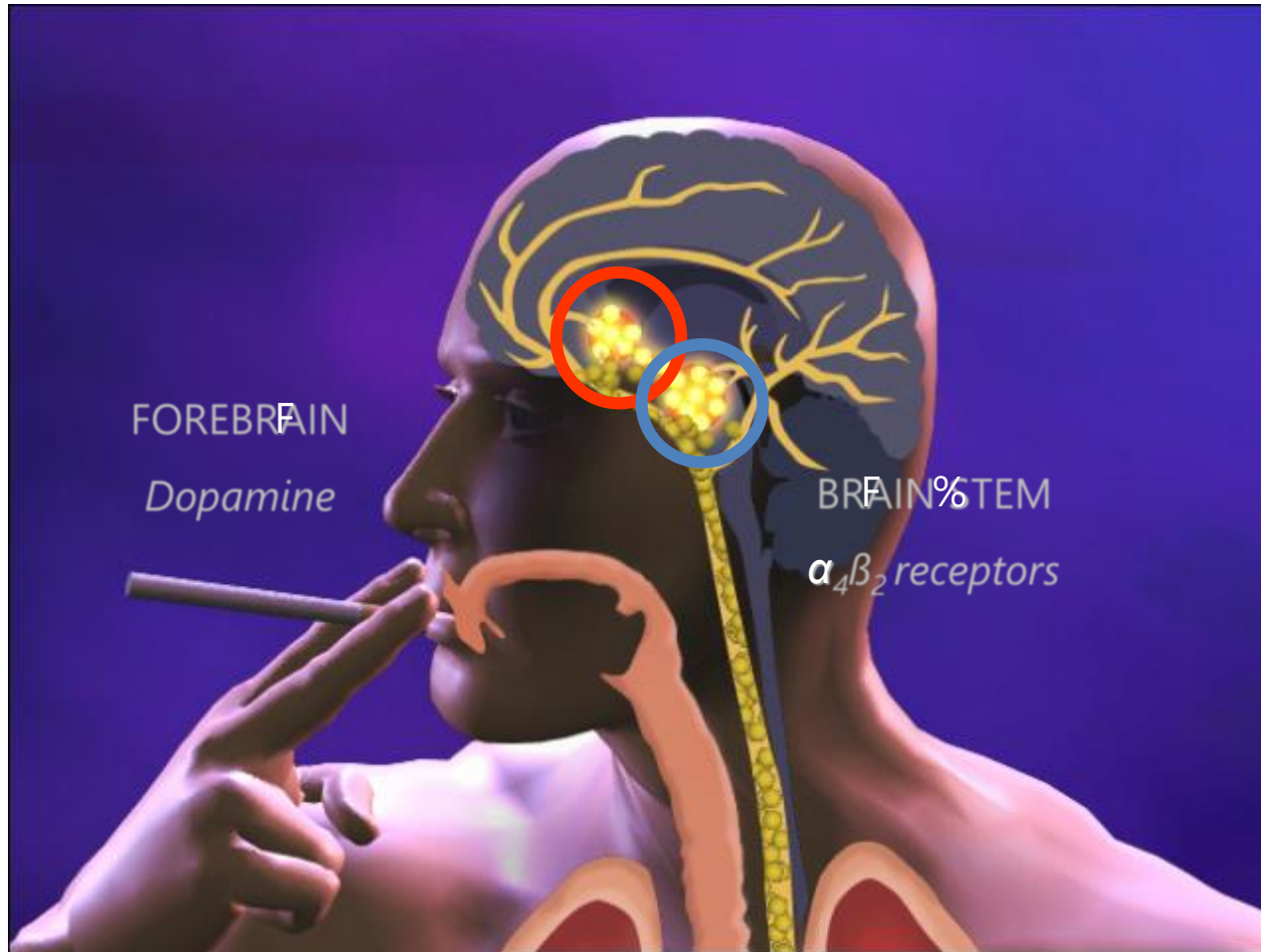
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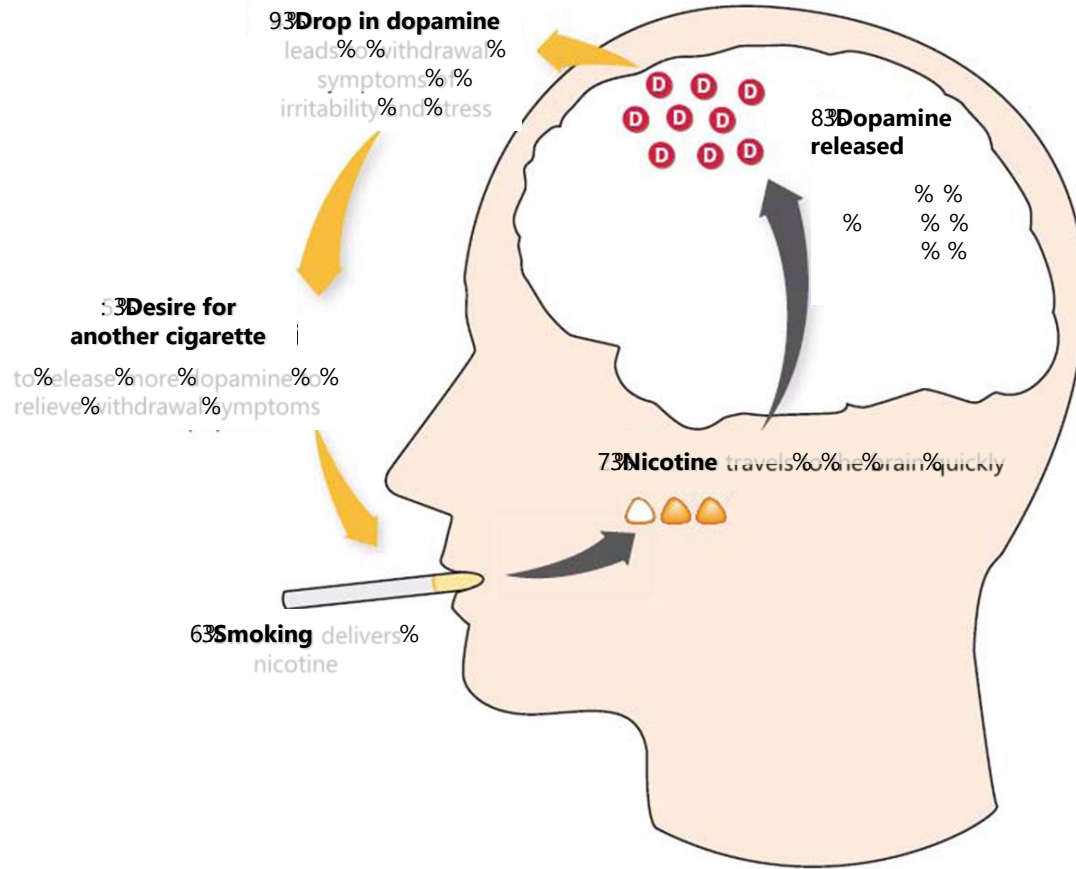


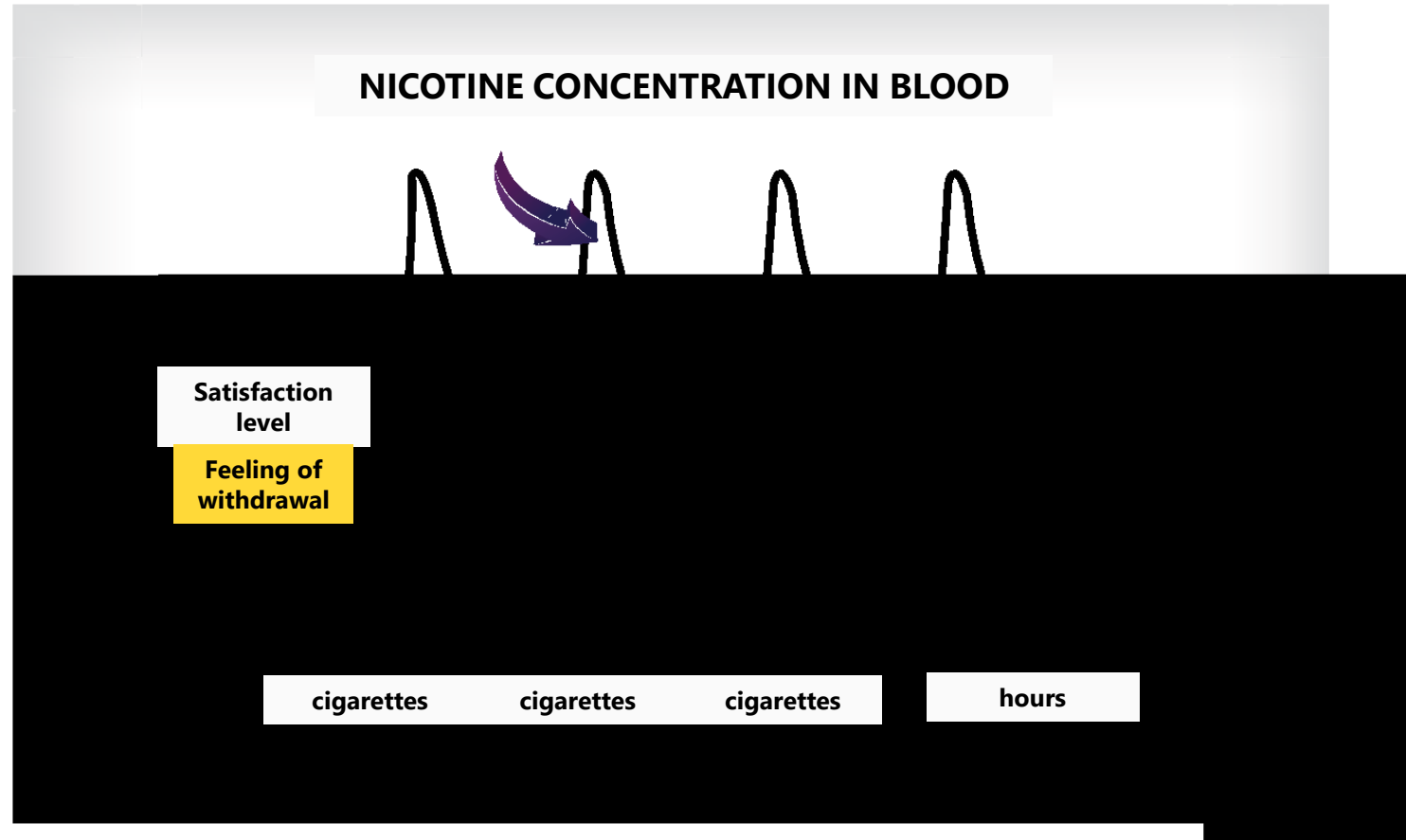
What's in a cigarette?

Chemical	Also found in:
F	% % % % % %
F	% P% % %
F	F % %
	P% % %
H	
% %	% % % % %
%	F %
% %	H % %
	P%
	P% P%











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Nicotine Withdrawal Symptoms



	I	
%	A%	: 5
I	A%	5
	A%	5
%	A%	5
% %	C%	<5
2	A% %	65
2 %	A%	7:
H	C%	6<
%	C%	95
% %	C%	<5

Smoking Routines & Triggers



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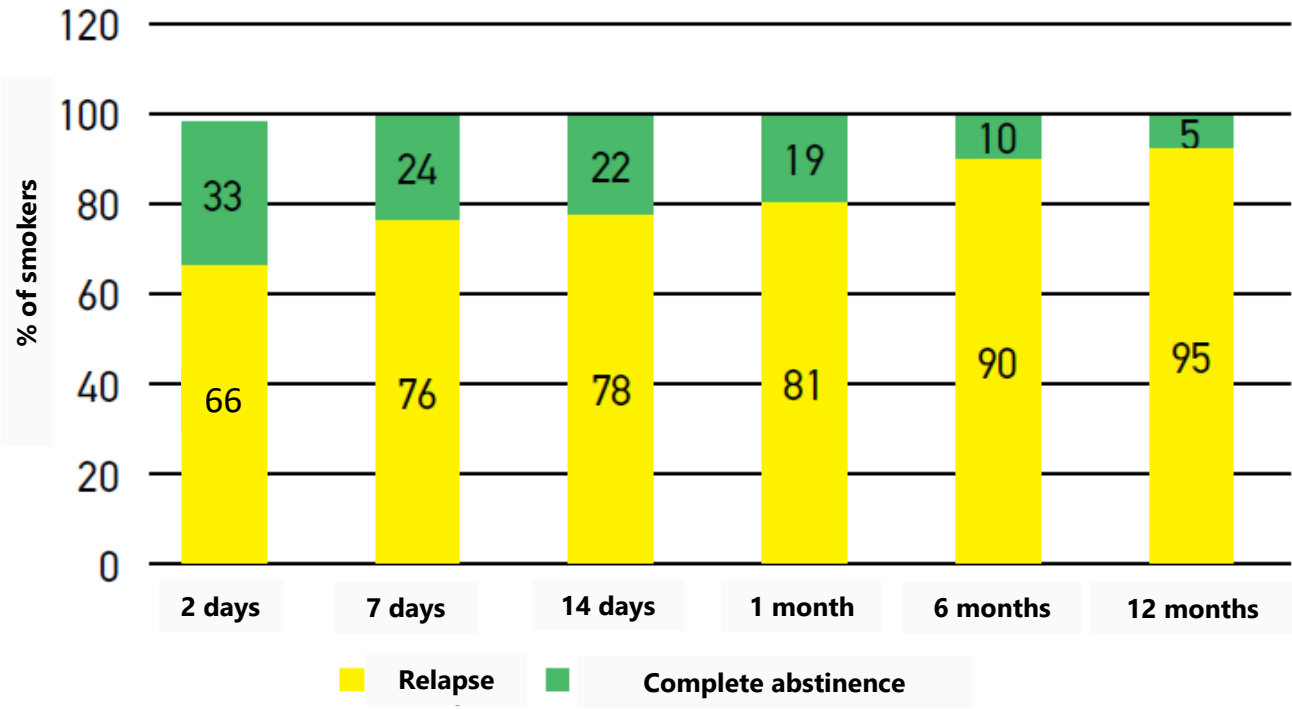
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Relapse Curve First Year - Unaided



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