

Fagerstrom Test for Nicotine Dependence

Use the following test to score a patient's level of nicotine dependence once they have been identified as a current or recent smoker

Please tick (✓) one box for each question		
How soon after waking do you smoke your first cigarette?	Within 5 minutes	<input type="checkbox"/> 3
	5-30 minutes	<input type="checkbox"/> 2
	31-60 minutes	<input type="checkbox"/> 1
	60+ minutes	<input type="checkbox"/> 0
How many cigarettes a day do you smoke?	10 or less	<input type="checkbox"/> 0
	11 – 20	<input type="checkbox"/> 1
	21 – 30	<input type="checkbox"/> 2
	31 or more	<input type="checkbox"/> 3
Total Score		
SCORE	1- 2 = very low dependence 3 = low to mod dependence	4 = moderate dependence 5 + = high dependence

Offer appropriate level of NRT according to their level of dependence

- Remember to consider contraindications and precautions – refer to MO if appropriate.
- Patients previous quit attempts may also provide assistance in which products may be suitable

Dependence level	NRT Dosage	Combination Therapy
High	Patches: 21mg/24 or 15mg/16hr Inhaler: 6 –12 cartridges per day Lozenge: 4mg Gum: 4mg	Patches: 21mg/24hr or 15mg/16hr AND Lozenge or Gum: 2mg
Moderate	Patches: 21mg/24 or 15mg/16hr Inhaler: 6 –12 cartridges per day Lozenge: 4mg Gum: 4mg	Patches: 21mg/24hr or 15mg/16 hr AND Lozenge or Gum: 2mg
Low to moderate	Patches: 14mg/24hr patch or 10mg/16hr Inhaler: 6 –12 cartridges per day Lozenge: 2mg Gum: 2mg	Patches: 14mg/24hr or 10mg/16hr AND Lozenge or gum: 2mg
Low	May not need NRT Monitor for withdrawal symptoms Patches: 7mg/24hr patch or 5mg/16hr Lozenge: 2mg Gum: 2mg	