

Fagerström 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 <input type="checkbox"/> 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 medical officer if appropriate.
- Patients previous quit attempts may also provide assistance in which products may be suitable.

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

*Maximum of 12 lozenges or gum per 24 hours, when combined with patch. Minimum recommended is 4 per 24 hours if experiencing breakthrough cravings 1.

Nicotine Replacement Therapy product information

Nicotine Replacement Therapy	Fagerström score (dependence level)	Dose	Directions for use	Contraindications
Patch	High	21 mg/24 hr patch or 15 mg/16 hr patch	Do not use on adhesive or sensitive skin. Place on clean, non-hairy site on chest or upper arm. A new patch should be placed on a different site each day to prevent skin reaction. Ideally, patches should be placed on at night prior to sleep, as nicotine concentration reaches its peak after 8 hours.	Non-tobacco user; children (<12 yrs); hypersensitivity to nicotine; recent myocardial infarction; unstable or progressive angina pectoris; Severe cardiac arrhythmias; acute phase stroke.
	Moderate	21 mg/24 hr patch or 15 mg/16 hr patch		
	Low to moderate	14 mg/24 hr patch or 10 mg/16 hr patch		
	Low	May not need NRT 7 mg/24 hr patch or 5 mg/16 hr patch		
Lozenge	High	4 mg lozenges 1 lozenge every 1-2 hours	Place one lozenge in the mouth; periodically move from one side of the mouth to the other until dissolved (approx 20 – 30 mins). The lozenge should not be chewed or swallowed whole. Users should not eat or drink while lozenge is in the mouth.	Non-tobacco user; children (<12 yrs); those with hypersensitivity to nicotine; phenylketonurics; recent myocardial infarction; unstable or progressive angina pectoris; Severe cardiac arrhythmias; acute phase stroke.
	Moderate	4 mg lozenges 1 lozenge every 1-2 hours		
	Low to moderate	2 mg lozenges 1 lozenge every 1-2 hours. Users should not exceed 15 lozenges per day		
Gum	High	4 mg gum 6 – 10 per day	Chew slowly until the taste becomes strong (~1 min), then rest the gum between your cheek and gum. When the flavour fades, repeat the process. Continue for 30 minutes.	Non-tobacco user; children (<12 yrs); those with hypersensitivity to nicotine; recent myocardial infarction; unstable or progressive angina pectoris; Severe cardiac arrhythmias; acute phase stroke.
	Moderate	4 mg gum 6 – 10 per day		
	Low to moderate	2 mg gum 8 – 12 per day		
Inhaler	High	Self titrate dose according to withdrawal symptoms. A cartridge should be used when the user feels an urge for a cigarette.	Insert cartridge, close device to puncture. Do not use the inhaler while eating or drinking. Do not drink acidic beverages (such as coffee or soft drinks) for 15 minutes before using inhaler.	Non-tobacco user; children (<12 yrs); those with hypersensitivity to nicotine; hypersensitivity to menthol; recent myocardial infarction; unstable or progressive angina pectoris; Severe cardiac arrhythmias; acute phase stroke.
	Moderate			