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# Tobacco Abuse

Patient name: \_\_\_\_\_

Admission: \_\_\_\_\_

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- I. The client/caregiver can describe physical changes caused by tobacco.**
- Tobacco products include cigarettes, cigars, pipe tobacco, and chewing tobacco.
  - All tobacco products contain tar, carbon monoxide, and nicotine.
  - Tar in the tobacco increases the risk of lung cancer, emphysema, and other bronchial problems.
  - The carbon monoxide in tobacco smoke increases the chance of cardiovascular diseases. The Environmental Protection Agency has done studies that indicate second-hand smoke can cause lung cancer in adults and greatly increases the risk of respiratory illnesses in children and sudden infant death.
  - Nicotine is the drug in tobacco that causes addiction. Nicotine restricts blood vessels, causing increased blood pressure and circulatory problems. Nicotine can reach the brain within 8 seconds after inhalation.
  - The Centers for Disease Control and Prevention states this:
    - The use of tobacco products is the leading preventable cause of death in the United States.
    - More than \$75 billion dollars have been used for direct medical costs related to smoking in 1 year.
- II. The client/caregiver can list ill effects of tobacco abuse.**
- Coughing, shortness of breath, bad breath, and stained teeth
  - Financial problems (heavy smokers can spend \$1,000 per year on cigarettes).
  - Addiction
  - Disease
    - Cancer (all tobacco contains tar, a cancer-causing substance)
    - Vascular diseases (nicotine causes blood vessels to constrict)
    - Heart disease

- Stroke
  - A constant oxygen deficiency in body
  - Chronic bronchitis
  - Gum disease
  - Stomach ulcers
  - Women who smoke increase the risk of
    - Earlier menopause
    - Stillborn or premature infants
    - Having low birth weight infants
  - Nutritional problems. Smokers use vitamin C twice as fast as nonsmokers. Vitamin C is one of the useful antioxidants.
- III. The client/caregiver can list signs and symptoms of withdrawal.**
- Anxiety
  - Nervousness and possibly anger
  - A loss of concentration
  - Headaches
  - An intense craving for nicotine
  - A rise in blood pressure
  - Stomach pain
- IV. The client/caregiver can list methods to stop smoking.**
- Counseling or behavioral training. Do not exchange one addiction for another, such as eating.
  - Nicotine-replacement products
    - Gum
    - Inhaler
    - Patch
  - Nonnicotine medications as prescribed by physician
  - Realistic goals because repeated attempts to stop smoking may be needed.
  - Many community programs that assist in smoking cessation. They offer group and personal support.
  - Keep busy. Find new things to do. Avoid situations or activities that can tempt you to smoke.
  - The Centers for Disease Control and Prevention has an online program ([www.smokefree.gov](http://www.smokefree.gov)) to help. It has a

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- five-step plan to use when you decide to quit smoking.
- S = Set a quit date.
  - T = Tell family, friends, and co-workers that you plan to quit.
  - A = Anticipate and plan for the challenges you will face while quitting.
  - R = Remove cigarettes and other tobacco products from your home, car, and work.
  - T = Talk to your doctor about getting help to quit.
- H. Explore complementary treatments such as
- Acupuncture or acupressure
  - Hypnosis, meditation, or guided imagery
  - Aromatherapy
- V. **The client/caregiver can list methods to avoid weight gain.**
- A. Eat low-calorie foods, including plenty of fresh fruits and vegetables.
  - B. Increase exercise. Take a walk. Seek activities that interest you, such as gardening.

## RESOURCES

Health care professionals  
American Cancer Society  
[www.cancer.org](http://www.cancer.org)

American Lung Association  
[www.lungusa.org](http://www.lungusa.org)

American Heart Association  
[www.americanheart.org](http://www.americanheart.org)

Government Internet sites  
[www.surgeongeneral.gov/tobacco](http://www.surgeongeneral.gov/tobacco)  
[www.cdc.gov/tobacco/how2quit.htm](http://www.cdc.gov/tobacco/how2quit.htm)  
[www.smokefree.gov/](http://www.smokefree.gov/)  
[wsw.nlm.nih.gov/medlineplus/smokingcessation](http://wsw.nlm.nih.gov/medlineplus/smokingcessation)

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