

Key Definitions

Abstinence

- voluntary restraint from using tobacco for a defined period of time (e.g. duration of hospitalization)

Addiction

- a chronic, relapsing condition in which there is continued use of a substance or behavior in spite of evidence of negative effects

Cessation

- process of discontinuing the use of tobacco products

Health Care Provider

- refers to the broad range of health care professionals who work in a variety of settings, including acute care, primary care, home care, public health and long term care

Patient/Client

- refers to those receiving services across diverse clinical settings where smoking cessation treatment and nicotine withdrawal management are provided, recognizing that some sectors have additional terms to identify recipients of service (e.g. resident, consumer, participant)

Tobacco Use

- the practice of purposively using tobacco for its perceived physical and psychological benefits—e.g., mental alertness, relaxation, weight control. Repeated use often leads to addiction. Product may be taken into the body by inhaling the smoke from burning tobacco or by chewing a variety of smokeless tobacco products.¹⁴

Tobacco Dependence

- an addiction to tobacco products caused by the drug nicotine and characterized by:
 - o Continued use despite knowledge of tobacco's harmful health effects
 - o Increasing tolerance to the substance
 - o Using up cigarette supply more quickly than intended
 - o Spending a good deal of time using the substance, including foregoing important activities because of smoking restrictions
 - o A well-defined withdrawal syndrome.¹⁵

Guiding Principles

- To facilitate an appropriate response to tobacco use and dependence, it is necessary to recognize the addictive nature of tobacco
- Effective management of tobacco use and dependence requires a coordinated interdisciplinary approach, including collaboration with the patient/client in order to provide patient-centred care
- Recognize practice setting-specific needs and priorities
- Recognize and respect cultural differences with respect to tobacco use
- Frame the activities undertaken within a context of excellence in client care, patient safety, and integration