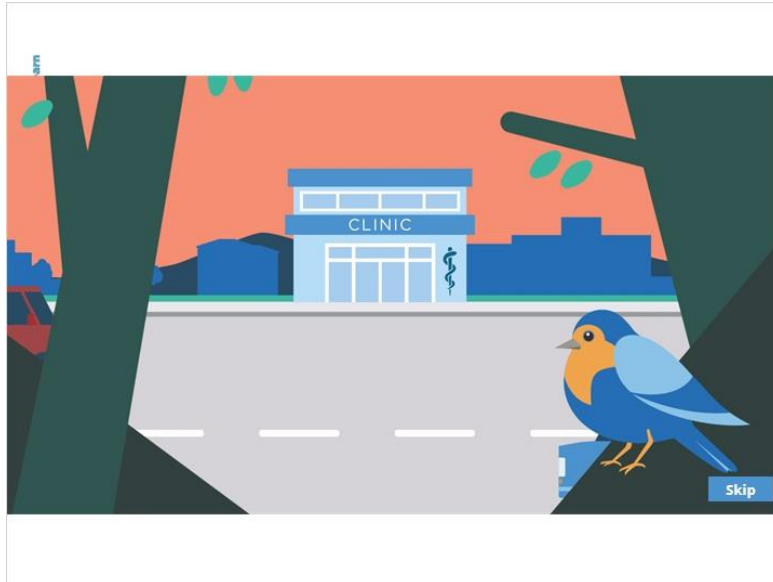


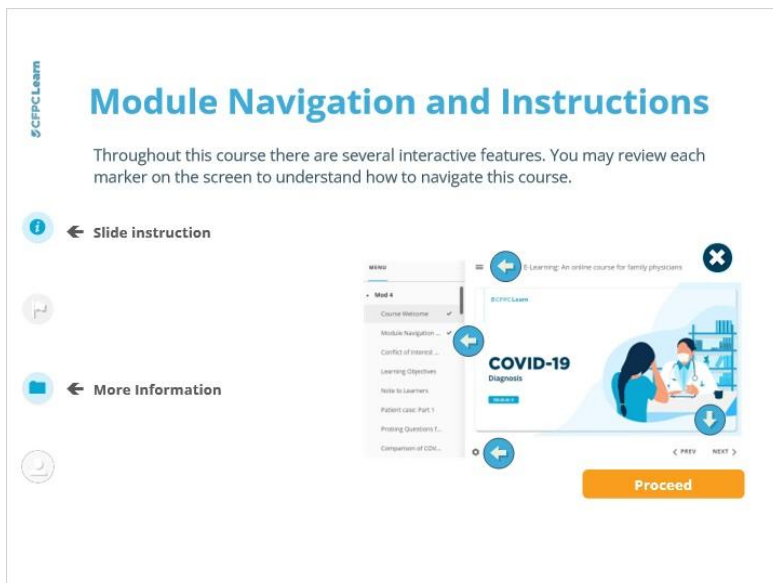
Case 33 Xiao Yun

1. Conflicts

1.1 Intro Video



1.2 Module Navigation and Instructions



1.3 Learning Objectives

CFPC Learn

1

2

3

4

Learning Objectives

At the end of this module participants should be able to:

1. Identify key factors/findings in family medicine to help establish common clinical diagnoses.
2. Evaluate best evidence/guidance and practice tools to determine preferred treatment options for patients.
3. Synthesize patient preference, evidence and experience to formulate comprehensive plans for patient cases.

Approximately 15 minutes to complete each patient case.

Proceed

2. Xiao Yun

2.1 Meet Xiao Yun

CFPC Learn

1

2

3

4


Xiao Yun, 68

You have been following Xiao Yun and his wife since you started your practice.

Xiao is a retired elementary school teacher who is active but also loves to relax with a cigarette. You have discussed smoking cessation numerous times with little success so far.

Conversation I **Conversation II**

Moving Forward



Xiao 1 (Slide Layer)

SCFCLearn

Xiao Yun, 68

X

Xiao: Did Li make an appointment with you? She had a mini-stroke last week and is supposed to follow up with you.

You: I'm sorry to hear that. I haven't seen her yet. What brings you in, Xiao?

Conversation I Conversation II

Moving Forward

Xiao 1 - Copy (Slide Layer)

SCFCLearn

Xiao Yun, 68

X

Xiao: Well, with Li having a stroke and all, I figure she'll never stop smoking unless we do it together. So here I am!

You: I'm happy to hear you want to quit smoking. It is probably the best thing you can do for your health.

I know! You've told me that before!

Conversation I Conversation II

Moving Forward

2.2 True or False 1

(Multiple Response, 10 points, 1 attempt permitted)

Correct (Slide Layer)

The screenshot shows a quiz slide titled "Is this statement true or false?". The statement is "Assume advice to an smoker". The "True" radio button is selected. A modal box is displayed in the center with a green checkmark icon, the word "Correct", the text "That's right! You selected the correct response.", and a "Continue" button. A "Submit" button is visible at the bottom right of the slide.

SCFPCLearn

Is this statement true or false?

Assume advice to an smoker

☒ True
☐ False

Correct

That's right! You selected the correct response.

Continue

Submit

Incorrect (Slide Layer)

The screenshot shows the same quiz slide as above. The "True" radio button is selected. A modal box is displayed in the center with a red X icon, the word "Incorrect", the text "You did not select the correct response.", and a "Continue" button. A "Submit" button is visible at the bottom right of the slide.

SCFPCLearn

Is this statement true or false?

Assume advice to an smoker

☒ True
☐ False

Incorrect

You did not select the correct response.



Continue





Submit

2.3 Review

CFPCLearn

Review





Answer: True

Brief interventions

Advice and follow up



Click on the buttons to view additional information





Moving Forward

Evidence (Slide Layer)

CFPCLearn

Review





Answer: True

Brief interventions

Advice and follow up



A Cochrane review showed that brief interventions increase the rate of quitting (relative risk (RR) 1.66). This includes asking patients whether they want to quit and giving pamphlets, or providing five minute counselling sessions. Assuming an unassisted quit rate of 2-3%, brief interventions would lead to an additional 1-3% of patients quitting smoking.


Moving Forward





Advice (Slide Layer)

SCFPCLearn


Review



**Answer:** True



Brief interventions
Advice and follow up



Intensive advice is more effective than minimal advice (RR 1.84). There is also a small benefit of follow-up visits.



Moving Forward






2.4 Recommendation

(Multiple Response, 10 points, 1 attempt permitted)

SCFPCLearn

Which intervention has the least supporting evidence?





☐ Nicotine patch
☐ Nicotine patch and as needed nicotine gum / lozenge / inhaler
☐ Bupropion
☐ Varenicline
☒ Nortriptyline

Submit

Correct	Choice
	Nicotine patch
	Nicotine patch and as needed nicotine gum / lozenge / inhaler

Correct	Choice
	Bupropion
	Varenicline
X	Nortriptyline

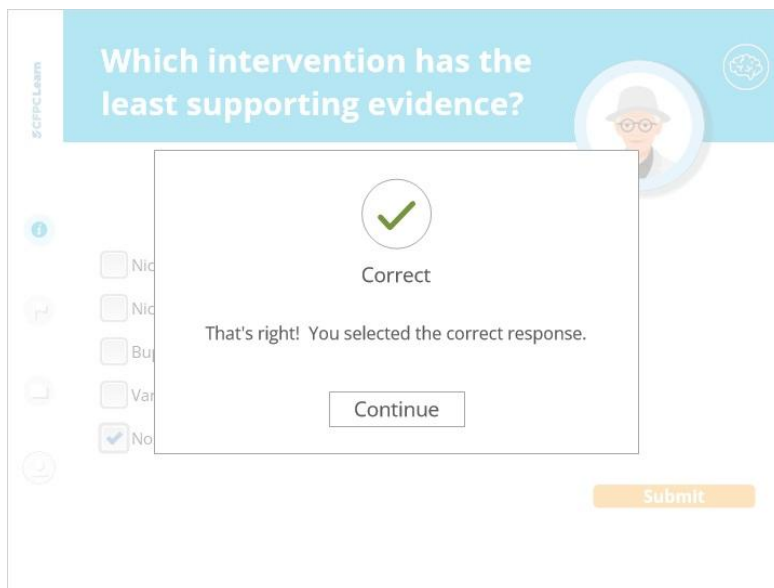
Feedback when correct:

That's right! You selected the correct response.

Feedback when incorrect:

You did not select the correct response.

Correct (Slide Layer)



Incorrect (Slide Layer)

The screenshot shows a quiz interface with a blue header bar. On the left, a vertical sidebar contains icons for a home page, a list of questions, and a progress indicator. The main content area has a blue header with the text "Which intervention has the least supporting evidence?". Below this, a list of options is visible, with "Nortriptyline" selected. A large white modal box is centered on the screen, featuring a red "X" icon, the word "Incorrect", and the message "You did not select the correct response.". A "Continue" button is at the bottom of the modal. In the bottom right corner of the main area, there is a "Submit" button. A small circular icon with a person's face is in the top right corner of the main area.

Which intervention has the least supporting evidence?

Incorrect

You did not select the correct response.

Continue

Submit

2.5 Review

The screenshot shows a review interface with a blue header bar. On the left, a vertical sidebar contains icons for a home page, a list of questions, and a progress indicator. The main content area has a blue header with the text "Review". Below this, the text "Answer: Nortriptyline" is displayed. A list of four buttons is shown: "Nortriptyline I", "Nortriptyline II", "Meta-Analysis", and "EAGLES RCT". A light blue box contains the text "Click on the buttons to view additional information". A "Moving Forward" button is at the bottom right. A small circular icon with a person's face is in the top right corner of the main area.

Review

Answer: Nortriptyline

Nortriptyline I

Nortriptyline II

Meta-Analysis

EAGLES RCT


Click on the buttons to view additional information

Moving Forward

Nortriptyline (Slide Layer)

SCFPCLearn

Review



Answer: Nortriptyline

Nortriptyline I

Nortriptyline II

Meta-Analysis

EAGLES RCT

• This is a bit of trick question. Nortriptyline has the least evidence but still has ten randomized controlled trials (RCTs) demonstrating its effectiveness for smoking cessation (relative risk 2.03).


• In comparison, there are 65 RCTs of bupropion.

Moving Forward

meta-analysis (Slide Layer)

SCFPCLearn

Review



Answer: Nortriptyline

Nortriptyline I

Nortriptyline II

Meta-Analysis

EAGLES RCT

• In a meta-analysis, cessation rates were 13% with a nicotine patch alone versus 16% for nicotine patch combined with as needed short acting nicotine replacement therapy (NRT).


• RCTs looking at effectiveness of these interventions usually provide behavioral support, which also increases cessation rates (20% versus 17% at 6 months).

Moving Forward

EAGLES RCT (Slide Layer)

SCFPCLearn

Review



Answer: Nortriptyline

Nortriptyline I

Nortriptyline II

Meta-Analysis

EAGLES RCT


- EAGLES RCT: After 12 weeks of treatment, abstinence rates between weeks 9 to 24 were 22% for varenicline, 16% for bupropion, 16% for the nicotine patch and 9% for placebo. Varenicline was statistically superior to bupropion and the nicotine patch.
- There are no statistically significant increases in serious neuropsychiatric or cardiovascular adverse events with varenicline and bupropion. The FDA warning from 2009 for cardiovascular and psychiatric adverse events was removed after EAGLES was published.

Moving Forward

Nortriptyline - Copy (Slide Layer)

SCFPCLearn

Review



Answer: Nortriptyline

Nortriptyline I

Nortriptyline II

Meta-Analysis

EAGLES RCT

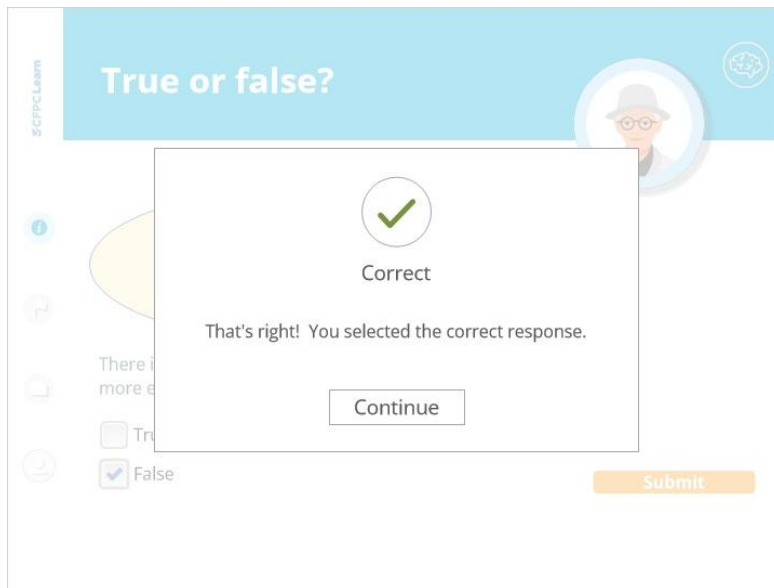
- There are three RCTs (417 patients) that compare nortriptyline and bupropion showing no difference in efficacy.
- There are no direct comparison between nortriptyline and NRT.
- Nortriptyline is not approved by Health Canada for smoking cessation.
- No other anti-depressants are shown to be efficacious for smoking cessation.

Moving Forward

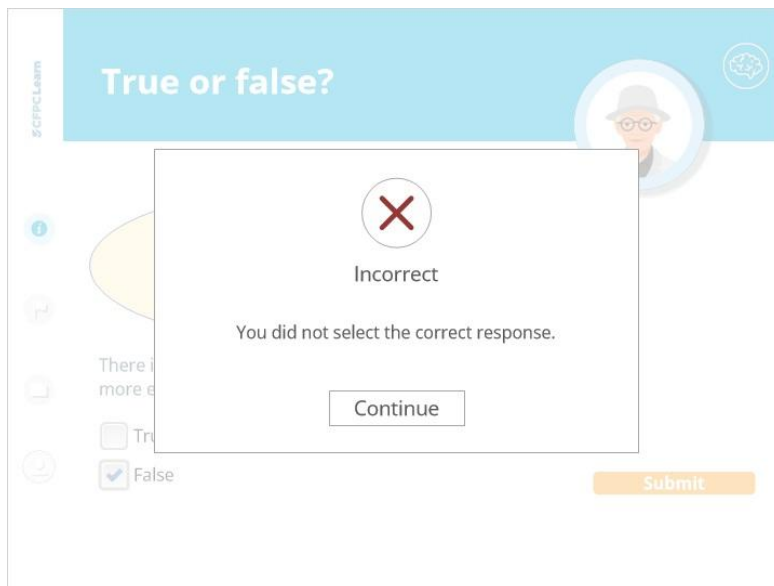
2.6 True or False 2

(Multiple Response, 10 points, 1 attempt permitted)


Correct (Slide Layer)




Incorrect (Slide Layer)




2.7 Review

CFPCLearn

E-cigarettes: Evidence review





Answer: False

Evidence I

Evidence II

Click on the buttons to view additional information

Moving Forward

Evidence (Slide Layer)

CFPCLearn

E-cigarettes: Evidence review





Answer: False

Evidence I

Evidence II

There is no high quality RCT comparing e-cigarettes to varenicline or bupropion.

A 2021 Cochrane review showed that quit rates were higher in people receiving electronic cigarettes compared to NRT (RR 1.53). Most common adverse events are mouth irritation, headache, cough and nausea. There was no evidence of serious harms but follow-up was limited to 2 years.

Moving Forward

Evidence II (Slide Layer)

SCFPCLearn

E-cigarettes: Evidence review

Answer: False

Evidence I

Evidence II

- In one RCT (2022), patients unable to stop smoking with usual treatments were more likely to achieve abstinence at 6 months with e-cigarettes (19.1% vs 3% with NRT).
- Nicotine e-cigarettes appear to be more effective than non-nicotine e-cigarettes.
- In some trials, continued use of e-cigarettes has been high, up to 80% of participants. For this reason, e-cigarettes remain controversial and are usually used as a harm reduction strategy.

Moving Forward

2.8 Multiple choice question

(Multiple Response, 10 points, 1 attempt permitted)

SCFPCLearn

Choose the correct statement.

Xiao: I don't know. It's been 50 years. I'm scared to disappoint Li if I can't quit. I'm not sure I'm ready now. I need a bit more time... Are you sure you are giving me the strongest thing? Can I start the pills now?

☐ Adding NRT products to varenicline has no additional benefits

☒ If patients are not ready to quit today but may be in 3 months, one should start varenicline or NRT today

Submit

Correct Choice

Adding NRT products to varenicline has no additional benefits

Correct Choice

- X If patients are not ready to quit today but may be in 3 months, one should start varenicline or NRT today

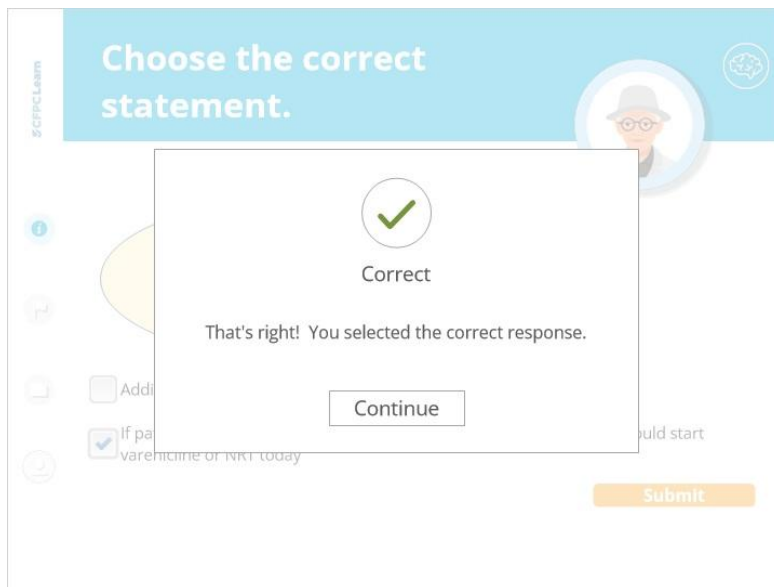
Feedback when correct:

That's right! You selected the correct response.

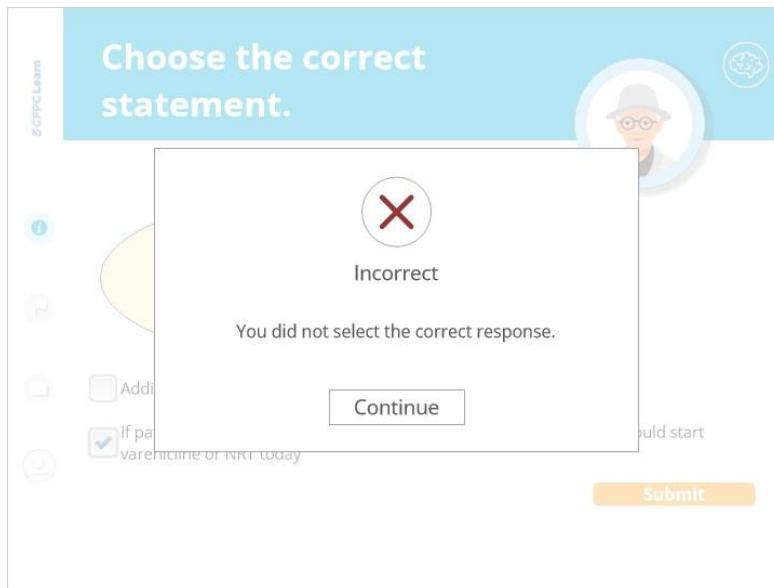
Feedback when incorrect:

You did not select the correct response.

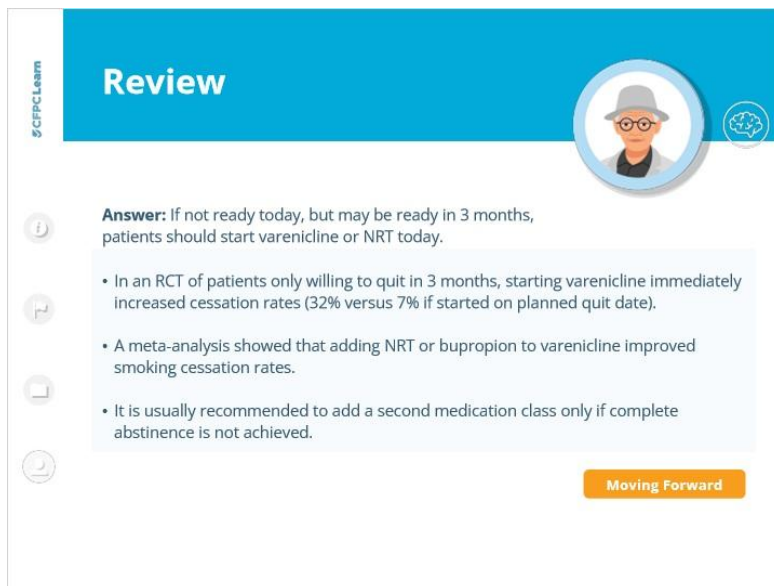
Correct (Slide Layer)



Incorrect (Slide Layer)





2.9 Review



Cochrane (Slide Layer)

SCFPCLearn

Review



Answer: If not ready today, but may be ready in 3 months, patients should start varenicline or NRT today.

- In an RCT of patients on increased cessation rate
- A meta-analysis showed smoking cessation rates
- It is usually recommend abstinence is not achiev

There is no high quality RCT comparing e-cigarettes to Varenicline or Bupropion.

A 2021 Cochrane review showed that quit rates were higher in people receiving electronic cigarettes compared to NRT (RR 1.53). Most common adverse events are mouth irritation, headache, cough and nausea. There was no evidence of serious harms but follow-up was limited to 2 years.

Moving Forward

Nicotine e-cigarettes (Slide Layer)

SCFPCLearn

Review



Answer: If not ready today, but may be ready in 3 months, patients should start varenicline or NRT today.

- In an RCT of patients on increased cessation rate
- A meta-analysis showed smoking cessation rates
- It is usually recommend abstinence is not achiev

In a 2022 RCT, patients unable to stop with usual treatments were more likely to achieve abstinence at 6 months with e-cigarettes (19.1% vs 3% with NRT). Nicotine e-cigarettes appear more effective than non-nicotine e-cigarettes.



In some trials, the continued use of e-cigarettes have been high, up to 80% of participants. For those reasons e-cigarettes remain controversial and are usually used as a harm reduction strategy.

Moving Forward





2.10 Create a Plan






CFPC Learn

Let's Make a Plan



Using what you have learned write a plan for Xiao. It can include any/all of the following: lifestyle intervention(s), prescription intervention(s), lab(s)/test(s) required, follow up appointment time frame, and referral required.







Fill in your plan for the patient here

See how your plan compares





2.11 Plan Answers

CFPC Learn

Xiao Yun



This is the proposed plan for Xiao. How does your plan compare?



Quit

Medication

Counselling

Follow Up



Select details on the left to see suggested recommendations


What's in a name?

Quit (Slide Layer)

SCFPCLearn

Xiao Yun









This is the proposed plan for Xiao. How does your plan compare?

Quit


Medication


Counselling

Follow Up



What's in a name?



 Xiao agrees to quit smoking in 3 months.




Medication (Slide Layer)

SCFPCLearn

Xiao Yun









This is the proposed plan for Xiao. How does your plan compare?

Quit


Medication


Counselling

Follow Up



What's in a name?



 You do not wait for his quit date. Instead, you start him on varenicline 0.5mg PO daily x 3 days then 0.5mg PO BID x 4 days then 1mg PO BID.








Counselling (Slide Layer)

SCFPCLearn

Xiao Yun





This is the proposed plan for Xiao. How does your plan compare?


Quit

Medication

Counselling

Follow Up



What's in a name?






 You also refer him to the local resource for counselling support to assist with cessation.

Follow Up (Slide Layer)

SCFPCLearn

Xiao Yun





This is the proposed plan for Xiao. How does your plan compare?


Quit

Medication

Counselling

Follow Up

What's in a name?

 You book a follow-up appointment for in 3 months.

Name (Slide Layer)

The screenshot shows a slide titled "Xiao Yun" with a character icon of a man in a hat and glasses. On the left is a vertical navigation bar with icons for Home, Previous, Next, and a circular icon. The main content area has the text "This is the proposed plan for Xiao. How does your plan compare?" followed by four blue buttons: "Quit", "Medication", "Counselling", and "Follow Up". A light blue callout box on the right contains the text "Meaning behind Xiao Yun's name: Xiao Yun means 'cloud.'" with a close button (X). At the bottom left, there is a green button labeled "What's in a name?".

2.12 References

The screenshot shows a slide titled "References" with a blue header bar. The character icon of the man in a hat and glasses is on the right. The main content area has the text "Thanks for visiting the clinic!" followed by "References are available [here](#)." and "This activity is eligible for up to 0.25 Mainpro+ credits." The vertical navigation bar on the left is identical to the previous slide.