How to calculate “PACK YEARS” for your COPD patients

1) Cigarettes

15 cigarettes a day for 1 year = ¾ pack year
20 cigarettes a day for 1 year = 1 pack year
40 cigarettes a day for 1 year = 2 pack years

2) Pipe Smoker

1 pipe = 2.5 cigarettes

e.g. 2 pipes a day = 5 cigarettes a day. If they smoked this amount for 1 year = ¼ pack year.
4 pipes a day = 10 cigarettes a day. If they smoked this amount for 1 year = ½ pack year.

3) Cigars

1 Café Crème = 1.5 cigarettes a day
1 Hamlet (or similar) = 2.5 cigarettes a day
1 Havana = 4 cigarettes a day

e.g. 4 Hamlet cigars a day = 10 cigarettes a day. If they smoked this amount for 1 year = ½ pack year.

4) Roll Ups

25 grams (1 ounce) = 50 cigarettes

Ask your patient how many ounces per week smoked?

e.g. 25 grams tobacco (1 oz) per week = 50 cigarettes, divided by 7 days = approx 7 cigarettes per day
50 grams tobacco (2 oz) per week = 100 cigarettes, divided by 7 days = approx 14 cigarettes per day
75 grams tobacco (3 oz) per week = 150 cigarettes, divided by 7 days = approx 21 cigarettes per day
and so on ........................

Formula

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\text{No of cigarettes smoked per day} \times \frac{\text{no of years smoked}}{20} = \text{no of pack years}
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e.g. smokes 40 cigarettes a day for 30 years

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\frac{40}{20} \times 30 = 60 \text{ pack year history}
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