

# Guide to Prescribing Nicotine Replacement Therapy (NRT)



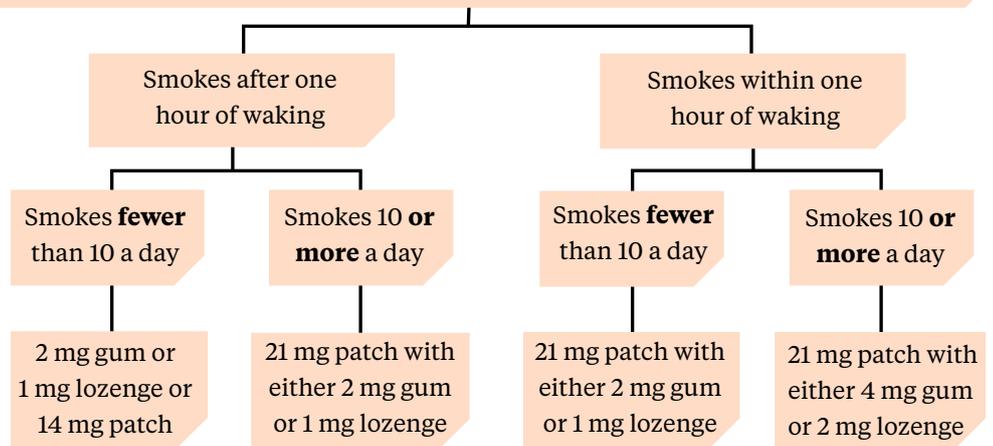
**Step 1: Explain how NRT works and the products available**

NRT provides some of the nicotine that a person gets from smoking. Nicotine is the addictive part of cigarettes but does not cause the harm associated with smoking. NRT works to reduce craving and other withdrawal symptoms associated with stopping smoking.

**Step 2: Assess the time when the first cigarette is smoked (see note 1)**

**Step 3: Assess how many cigarettes are smoked (see note 2)**

**Step 4: Recommend which product and dose to use and explain how to use the product (see below)**



	Subsidised NRT products			Unsubsidised NRT	
Product information	<b>Patch*</b> Three strengths (21 mg, 14 mg, and 7 mg)	<b>Gum*</b> Two strengths (4 mg and 2 mg)	<b>Lozenge*</b> Two strengths (2 mg and 1 mg)	<b>Inhalator</b> 15 mg cartridge	<b>Mouth spray</b> 1 mg nicotine/spray dose
Instructions for correct use	Apply patch to clean, dry and hairless skin. Remove the old and apply new patch daily, alternating sites. Some redness under the patch may occur – this is normal. The patch can be removed overnight if sleep is disturbed.	Recommend regular use. Bite to release the peppery taste and then rest in the side of the mouth (between cheek and gum). Chew again when the taste starts to fade. Chew for about 30 minutes then discard.	Recommend regular use. Suck to release the peppery taste, and then rest in the side of the mouth (between cheek and gum). Suck again when the taste starts to fade.	Recommend regular use. Puff for 20 minutes each hour and replace the cartridge every 3 hours. People tend to under-dose (1 cigarette puff = 10 inhalator puffs).	Recommend regular use, but it can also be used when craving occurs. Prime the spray and point nozzle into the mouth, spraying towards the side of the mouth. For best results, do not swallow for a few seconds after spraying.

\* The patch, gum and lozenges are subsidised if supplied on prescription or via the Quit Card Programme. Otherwise, all NRT products (including the inhalator and mouth spray) can be purchased over the counter from supermarkets or pharmacies for the normal retail price.

# Filling in a Quit Card

Here is a scenario that identifies how you should fill in a Quit Card.

Henry is a 42-year-old man who currently smokes 15 cigarettes per day. Henry usually smokes his first cigarette within 15 minutes of waking up in the morning. He has used NRT gum before and is happy to use it again.



Name and residential address of client			A4
Name <u>Henry Bloggs</u>			
Address <u>123 Orange Place</u>			
<u>Orangevale</u>			
Date of birth <u>29/1/1972</u>			NHI no., if available
			Client ID: (Quitline only)
Product	Dosage	Period of supply	
Nicotine patch	<input checked="" type="checkbox"/> 21 mg <input type="checkbox"/> 14 mg <input type="checkbox"/> 7 mg Use one patch per day	<input type="checkbox"/> 4 weeks <input checked="" type="checkbox"/> 8 weeks	
	<input checked="" type="checkbox"/> 4 mg <input type="checkbox"/> 2 mg Use up to 12 pieces per day	<input checked="" type="checkbox"/> 4 weeks <input type="checkbox"/> 8 weeks	
	<input type="checkbox"/> 2 mg <input type="checkbox"/> 1 mg Use up to 12 lozenges per day	<input type="checkbox"/> 4 weeks <input type="checkbox"/> 8 weeks	
Provider's details			
Full name <u>Sally Doe</u>			
Identifier/registration no. <u>MC 99999</u>			
Address <u>Good Health Clinic, 345 Green Road, Greenwood</u>			
Contact phone no. <u>(00) 123 4567</u>			
Signature <u>S.Doe</u>		Date <u>1/5/2014</u>	

NHI No: This is the client's National Health Index number. Fill in if available.

Client ID: This is for Quitline only.

Identifier/registration No. Prescribers to use their own registration number. All other Quitcard providers to use MC99999.

Pharmacist: please address enquiries to the provider who issued this card.

## Notes

- Time to first cigarette is used as a measure of tobacco dependence. If a person smokes within one hour of waking they have a higher degree of dependence and are likely to benefit from higher doses of NRT and more intensive stop-smoking support.
- If a client has recently cut down then use their previous daily consumption.
- The dose of NRT can be increased if the user has inadequate relief of withdrawal symptoms (eg, urges to smoke, irritability, restlessness).
- All products should be used for 8 to 12 weeks, or longer for some people.
- Lower strength patches are generally used only for weaning. Their use is not strictly necessary.
- Note that these recommended doses differ from those listed on the product packaging. These recommendations simplify NRT dosage and try to ensure that people are getting enough nicotine replacement.
- Most people who smoke do not use enough NRT, but rarely some have too much and then feel sick. If someone feels sick using NRT they should reduce the frequency or dose of the product.
- NRT can be used by pregnant or breastfeeding women if they would otherwise continue to smoke. Do a risk-benefit assessment – can she quit without NRT? If not, NRT is safer than smoking. If a patch is used by pregnant women it should be removed overnight.
- NRT is safe to use for people with cardiovascular disease. No dosage adjustment is needed.
- NRT can be used in adolescents (aged 12 and over). Use the product best suited to their needs.
- There are no drug interactions with NRT. However, because of the impact of tobacco smoke on the liver's metabolism, the doses of some medicines (eg, some psychiatric medicines) may need to be adjusted when people stop smoking.
- When using a combination of the patch and oral NRT, an 8-week supply of patches and a 4-week support of the oral product is usually enough. However, ongoing need should be assessed and more NRT given as required.