



Medical Directive for Nicotine Replacement Therapy

(Nicotine Patch, Gum, Lozenge, Inhaler and Combination system)

Subject: Medical Directive Title: The Authority to Provide Nicotine Replacement Therapy (NRT) <ul style="list-style-type: none"> ▪ Transdermal Nicotine Patch ▪ Chewing pieces ▪ Lozenge ▪ Nicotine Inhalation System ▪ Combination System (patch and chewing pieces) 	Number: Page 1 of 5
Approved by: Acting Medical Officer of Health	Date revised: October 9, 2014

Delegated Act: Regulated Health Professions Act, section 27 (2) 1991 Controlled Act # 8 “Prescribing, dispensing, selling or compounding a drug as defined in subsection 11(1) of the Drug and Pharmacies Act...”

Medical Directive:

The Acting Medical Officer of Health for Elgin St. Thomas Public Health authorizes trained* staff working for Elgin St. Thomas Public Health to offer Nicotine Replacement Therapy (NRT) according to the Policy and Procedure Nicotine Replacement Therapy (as outlined at the end of this medical directive), the following schedule for the specific type of NRT, and provided the conditions listed are met. Trained staff working for Elgin St. Thomas Public Health will maintain a current inventory of all nicotine replacement therapy products or coupons dispensed and to whom.

*At a minimum the training will include the cessation module of the Ontario Tobacco Research Unit course *Tobacco and Public Health: from theory to practice*, the eLearning: helping people quit smoking, Registered Nurses Association of Ontario and Basic Skills for Working with Smokers, University of Massachusetts Tobacco Treatment Specialist Training. If available, training should also include “Training Enhancement in Applied Cessation Counseling and Health (The TEACH Project): The Centre for Addiction and Mental Health (CAMH)”.

Schedule for Transdermal Nicotine Patch:

Number of Cigarettes Smoked	Step	Dosage	Schedule
15 + cpd or more	1	21mg	Use daily for 3-4 weeks
10-15 cpd	1 (21mg) or 2 (14mg) OR inhaler, gum lozenge	21mg or 14mg	Use daily for 6-8 weeks
For use after completing Step 2	3	7mg	Use daily for 3-4 weeks.

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Conditions: The medical directive may be applied when a client begins cessation counseling. Both group classes and one-on-one consultations apply.

Contraindications:

1. Client should check with a doctor if they are taking any prescription drugs or if they have or have had any of the following: heart attack (myocardial infarction), irregular heart beat (arrhythmia), high blood pressure, thyroid problems, stomach problems treatment of circulation disorder of the brain, heart disease, skin diseases, rashes from adhesive tape or bandages, allergies to drugs, heart pain (angina), stroke, kidney or liver disease, stomach ulcers, diabetes requiring insulin, blood circulation problems
2. Do not use if hypersensitive to any component of the patch (see monograph).
3. Do not use if you are under the age of 18 unless prescribed by a physician.

Precautions:

- Pregnant women should follow the recommendations provided – see Appendix A
- Not to be used when smoking, chewing tobacco or using snuff.
- Do not use the patch for more than 3 months.
- Remove the patch 2 hours before engaging in prolonged, strenuous exercise.

References:

1. Product Monograph

Schedule for Nicotine Chewing Pieces:

Number of Cigarettes Smoked per Day	Month 1		Month 2	Month 3	Month 4-6
	First 2 Weeks Pieces/Day	Second 2 Weeks Pieces/Day	Pieces/Day	Pieces/Day	Pieces/Day
20 plus	20	15	10	5	Chew one piece if the urge to smoke returns
15-19	16	12	6	3	
11-14	12	9	5	3	
10 or less	10	8	4	2	

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Precautions: Do not use the gum or lozenge for more than 6 months. The gum is not for use by patients with active jaw disorder, such as temporomandibular joint disorder.

Schedule for Nicotine Inhalation System:

Treatment	Duration	Recommended # of Cartridges per day
Initial Treatment	Up to 12 weeks	6-12 cartridges
General Reduction (if needed)	6-12 weeks	Reduce gradually When daily use is reduced to 1-2 cartridges, stop using the inhaler

Precautions: Use of the nicotine inhaler beyond 6 months is not recommended.

Schedule for Nicotine Lozenge:

Month 1-3		Month 4-6	
Weeks 1-6	Weeks 7-9	Weeks 10-12	Weeks 13-24*
1 lozenge every 1.5 to 2 hours	1 lozenge every 2 to 4 hours	1 lozenge every 4 to 8 hours	1 to 2 lozenges per day only if the urge to smoke returns <small>*ESTPH does not distribute NRT treatment beyond 10 weeks per client</small>

Schedule for the Nicorette® Combined Solution:

16 week program	
16 hour Patch	Gum
Weeks 1-12 Apply one 15mg patch every morning. Remove patch before going to bed.	+ 2mg Gum Chew 1 piece of 2mg gum when there's an urge to smoke. Use no more than 12 pieces in one day.
Weeks 13-14 Apply one 10mg patch every morning. Remove patch before going to bed.	
Weeks 15-16 Apply one 5mg patch every morning. Remove patch before going to bed.	

Policy:

- The Acting Medical Officer of Health for Elgin St. Thomas authorizes trained* staff working for Elgin St. Thomas Public Health to distribute nicotine replacement therapy products or coupons for those individuals who engage in cessation counseling.
- NRT will be discussed as a stop smoking aid to be used as one component of a comprehensive smoking cessation program. Trained staff will encourage clients to thoroughly read and understand the directions for use according to the NRT package label.
- Specific medical questions that cannot be answered in the scope of cessation counseling will be directed to the appropriate physician or pharmacist before use to ensure optimal safety and effectiveness.
- For pregnant or breastfeeding women, as well as youth under the age of 18, Elgin St. Thomas Public Health staff will request and receive, before distributing NRT, a signed medical note from the client's physician detailing the recommended type and/or combination of NRT and any potential contraindications that might prevent use by the client.

Procedure:

- Individuals will sign up for either a one-on-one consultation or a group cessation class offered by Elgin St. Thomas Public Health.
- The attached Intensive Tobacco Use Assessment Form (EHU 561) will be used to assess nicotine dependence and to confirm the eligibility of each client who would like to receive NRT.
- Once the assessment form is complete, eligibility is confirmed, and the medical note (if applicable) is received, the NRT consent form must be signed. Once the form is read, understood and signed, then NRT can be distributed.
- After initial counseling has been provided, the client is ultimately responsible for choosing the type of nicotine replacement therapy that is best suited for them. Clients will be asked to pay \$5 for small packs of gum or lozenge, \$10 for a box of (7) patches, \$15 for the inhaler or the combination system and \$20 for a large pack of gum. The NRT fee can be waived based on financial hardship at the discretion of Elgin St. Thomas Public Health staff.
- Follow-up appointments to assess the client's progress are recommended and scheduled if possible. Cash and/or debit are the acceptable forms of payment. A receipt can be provided if requested.
- Funds collected from NRT fees will be kept in the locked cabinet of the Tobacco Control Coordinator. The cabinet will be locked every night and when the Tobacco Control Coordinator is not at the desk. All fees received will be recorded in an excel spreadsheet and the revenue will be given to the Accounting Supervisor at the end of every month.
- For documentation purposes, all clients who accept NRT product or coupon must provide their name and contact information to the staff person dispensing the product.
- A maximum of 8-10 weeks of NRT or the equivalent amount in coupons will be provided to each client at a maximum of 3 times per year. Trained* staff will keep an inventory of all NRT products and coupons distributed within the fiscal year.
- Staff may use their own discretion in deciding if and when it is appropriate to cease treatment based on the client's demonstrated commitment to his or her program. Missed appointments, inappropriate use of NRT, and/or resistance to modify lifestyle behaviours necessary for a successful quit attempt are all grounds for dismissal.

Authority:

Dr. Franklin Warsh, Acting Medical Officer of Health

Signature: _____

Date: _____ **subject to annual review*

Appendix A – Excerpts from Nicotine Replacement Therapy Use in Pregnancy and Postpartum (CAMH, 2011) & Expecting to Quit: A Best Practices Review of Smoking Cessation Interventions for Pregnant and Postpartum Girls and Women (BC Centre of Excellence for Women’s Health, 2011)

Recommendations:

The Centre for Addiction and Mental Health provides the following recommendations:

1. Try quitting using behavioural interventions, such as setting a quit date, reviewing past quit attempts, identifying challenges and planning ahead with coping strategies.
2. Use NRT in combination with behavioural interventions. Treatment should start as early as possible in the pregnancy*.
3. Use the lowest effective dose of NRT.
4. Use the patch for 16 hours instead of 24 hours to give the fetus a brief nicotine-free period.
5. For women who are breastfeeding, minimal amounts of nicotine are found in breast milk. It is safe to use NRT while breastfeeding.
6. Breastfeeding is also recommended for women who continue to smoke or relapse as the benefits of breastfeeding are substantial.

***The BC Centre of Excellence for Women’s Health provides the following recommendations:**

1. Offer nicotine replacement therapies to women who are unable to quit smoking during pregnancy ***after twelve weeks gestation*** to reduce damage caused by inhaled smoke to both the woman and the fetus.
2. Encourage women to continue breastfeeding even if they smoke or are using NRT’s to aid their cessation.