

**Clinical Guidelines:**  
**Dispensing of Nicotine Replacement Therapy**  
**(Nicotine Patch and Nicotine Gum)**

Nicotine Replacement Therapies (NRT) are an essential component in successful smoking cessation. The Quit Clinic will provide free NRT (nicotine patch and nicotine gum) to Brant County residents. The Quit Clinic will not provide clients with other forms of stop-smoking medications beyond the NRT patch and gum.

Following client assessment the clinic nurse may determine that a trial of NRT would be beneficial (see Appendix 1 & 2). The clinic nurse can distribute NRT providing the appropriate assessment and health teaching has been completed. The NRT will be dispensed with appropriate labelling and manufacturer's instructions. Nurses can recommend the purchase of an over the counter (OTC) medication but the client is accountable in his or her actions in doing so. Clients who choose to use other forms of stop-smoking medications or therapies will still be eligible to receive individual counselling at the Quit Clinic.

A Registered Nurse (RN) employed by the Brant County Health Unit may dispense NRT, including nicotine patch and nicotine gum, for the purpose of tobacco cessation, without prior consultation with a physician provided the following conditions are met:

**Eligibility criteria to receive NRT products:**

- Client is a resident of Brant County.
- Client has a set quit date or plans to establish one as part of their quit plan.
- Client has agreed to attend counselling sessions at the Quit Clinic during NRT treatment.
- Client has expressed a preference for using NRT over other pharmacotherapy options.
- Client is not currently taking Varenicline or Bupropion SR.
- Client uses cigarettes or cigars daily (NRT not applicable for occasional users)
- A medical history must be completed with no identified contraindications to commencing NRT.

**Level 1 Contraindications to use:**

Clients with the following contraindications will be required to receive pharmacotherapy treatment from their health care provider. They may receive counselling at the Quit Clinic.

- Recent cardiovascular accident (<= 4 weeks)
- A recent heart attack (myocardial infarction) (<= 4 weeks)
- Pregnant or breastfeeding
- Unstable or worsening angina pectoris
- Severely irregular heart beat (arrhythmia)
- Under 18 years of age (≤17 yrs)

**Level 2 Contraindications to use:**

The RN will not dispense, without review and approval from an outside physician or RN(EC), any form of NRT products to clients in the presence of the following contraindications:

- irregular heart beat (arrhythmia)
- angina
- hypertension (high blood pressure)
- heart failure
- hyperthyroidism (overactive thyroid)
- stomach ulcers
- kidney or liver disease (renal or hepatic insufficiency)
- diabetes requiring insulin
- treatment for poor circulation
- peripheral vascular disease
- stroke, or treatment for circulation disorders of the brain (cerebral ischemia)

**The RN will not dispense NRT patch to clients with:**

- Skin sensitivity to adhesive (\*If client has expressed sensitivity to a specific NRT patch, the RN will avoid prescribing that specific brand. An alternate brand may be prescribed. If client has topical reaction to all brands, discontinue patch and provide nicotine gum instead.)

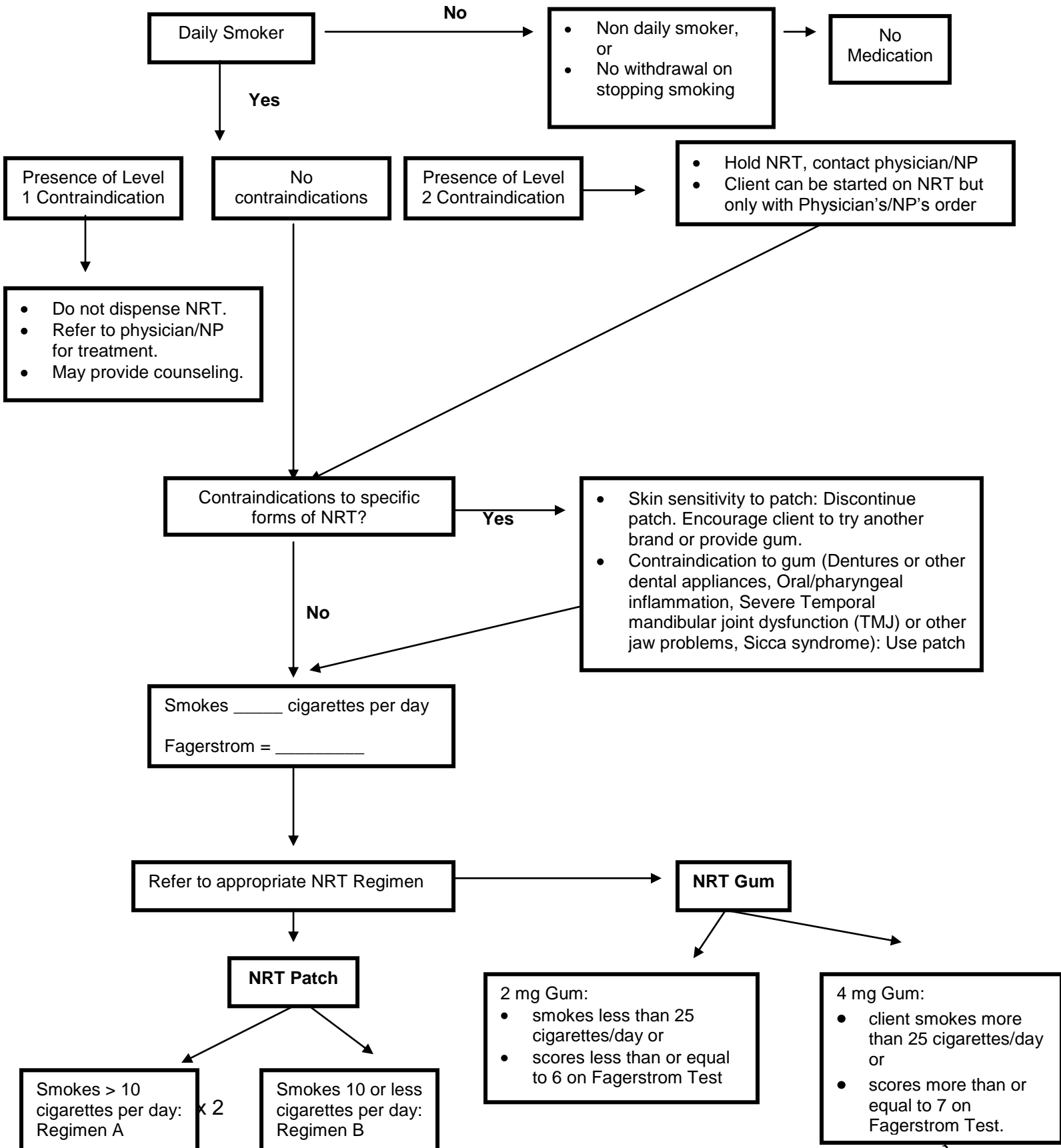
**The RN will not dispense NRT Gum to clients with:**

- Dentures or other dental appliances
- Oral/pharyngeal inflammation
- Severe Temporal mandibular joint dysfunction (TMJ) or other jaw problems
- Sicca syndrome

**Clients will be referred to an outside MD or RN (EC) in the following instances:**

- If client possesses Level 1 contraindications and chooses to use pharmacotherapy → for pharmacotherapy prescription and dosing from their MD or RN (EC).
- If client possesses Level 2 contraindications → for review and approval to receive NRT at the Quit Clinic. A copy of the signed approval form from the MD or RN (EC) must be included in the chart for these clients.
- If the client prefers to use Burpropion SR or Varenicline.

### Algorithm for Nicotine Replacement Therapy



## Nicotine Replacement Therapy Regimen

### NICOTINE PATCH

Regimen A:

Smokes > 10 cigarettes per day.

Dose Regimen
21 mg x 4 weeks
14 mg x 2 weeks
7 mg x 2 weeks

21 mg x 4 weeks

- 7 patches per week
- 28 patches in a 4 week period

14 mg x 2 weeks

- 7 patches per week
- 14 patches in a 2 week period

7 mg x 2 weeks

- 7 patches per week
- 14 patches in a 2 week period

Regimen B:

Smokes 10 or less cigarettes.

Dose Regimen
14 mg x 6 weeks
7 mg x 2 weeks

14 mg x 6 weeks

- 7 patches per week
- 42 patches in a 6 week period

7 mg x 2 weeks

- 7 patches per week
- 14 patches in a 2 week period

### NICOTINE GUM – 2mg

*If client smokes less than 25 cigarettes/day or scores less than or equal to 6 on Fagerstrom Test, then they should use the 2 mg gum strength.*

**Client smokes 20+ cigarettes /day.**

<b>Dose Regimen</b>
20 pieces/day x 2 weeks= 280 pieces
15 pieces/day x 2 weeks = 210 pieces
10 pieces/day x 4 weeks = 280 pieces
5 pieces /day x 4 weeks = 140 pieces

**Client smokes 15-19 cigarettes /day.**

<b>Dose Regimen</b>
16 pieces/day x 2 weeks= 224 pieces
12 pieces/day x 2 weeks = 168 pieces
6 pieces/day x 4 weeks = 168 pieces
3 pieces /day x 4 weeks = 84 pieces

**Client smokes 11-14 cigarettes/day.**

<b>Dose Regimen</b>
12 pieces/day x 2 weeks= 168 pieces
9 pieces/day x 2 weeks = 126 pieces
5 pieces/day x 4 weeks = 140 pieces
3 pieces /day x 4 weeks = 84 pieces

**Client smokes 10 cigarettes or less.**

<b>Dose Regimen</b>
10 pieces/day x 2 weeks= 140 pieces
8 pieces/day x 2 weeks = 112 pieces
4 pieces/day x 4 weeks = 112 pieces
2 pieces /day x 4 weeks = 56 pieces

**NICOTINE GUM – 4 mg**

***If client smokes more than 25 cigarettes/day or score more than or equal to 7 on Fagerstrom Test, then they should use the 4 mg gum strength.***

Client smokes 20+ cigarettes /day.

<b>Dose Regimen</b>
20 pieces/day x 2 weeks= 280 pieces
15 pieces/day x 2 weeks = 210 pieces
10 pieces/day x 4 weeks = 280 pieces
5 pieces /day x 4 weeks = 140 pieces

**Client smokes 15-19 cigarettes/day.**

<b>Dose Regimen</b>
16 pieces/day x 2 weeks= 224 pieces
12 pieces/day x 2 weeks = 168 pieces
6 pieces/day x 4 weeks = 168 pieces
3 pieces /day x 4 weeks = 84 pieces

**Client smokes 11-14 cigarettes/day.**

<b>Dose Regimen</b>
12 pieces/day x 2 weeks= 168 pieces
9 pieces/day x 2 weeks = 126 pieces
5 pieces/day x 4 weeks = 140 pieces
3 pieces /day x 4 weeks = 84 pieces

**Client smokes 10 cigarettes or less.**

<b>Dose Regimen</b>
10 pieces/day x 2 weeks= 140 pieces
8 pieces/day x 2 weeks = 112 pieces
4 pieces/day x 4 weeks = 112 pieces
2 pieces /day x 4 weeks = 56 pieces

Reference

Rexall Nic-Assist Transdermal Nicotine Patch Product Monograph  
Rexall Nic-Assist Gum Product Monograph.

- Session 1: Intake Form B, Assessment and Counselling
- Session 2: Initial Provision of Nicotine Replacement Therapy  
 before Quit Date  
 provide week 1 supply of gum
- Session 3: Assessment and Counselling  
 one week after quit date  
 provide week 2 and 3 supply of gum
- Session 4: Assessment and Counselling  
 provide week 4, 5, 6, 7 supply of gum
- Session 5: Assessment and Counselling  
 provide week 8, 9, 10, 11, 12 supply of gum
- Session 6: Final Appointment  
 Quit Clinic Evaluation

#### **Nicotine Patch**

- Session 1: Intake Form B, Assessment and Counselling
- Session 2: Initial Provision of Nicotine Replacement Therapy  
 before Quit Date  
 provide 1 week supply of patch
- Session 3: Assessment and Counselling  
 one week after quit date  
 provide week 2 and 3 supply of patch
- Session 4: Assessment and Counselling  
 provide week 4 and 5 supply of patch
- Session 5: Assessment and Counselling  
 provide week 6, 7, 8 supply of patch
- Session 6: Final Appointment  
 Quit Clinic Evaluation