

**POLICY#:** MD-008

Page 1 of 2

**SECTION:** MEDICAL DIRECTIVES

**SUBJECT:** DISPENSING OF NICOTINE REPLACEMENT THERAPY

**APPROVED BY:** Wayne Tucker

**CDC AUTHORITY:**

**DATE APPROVED:** January 27, 2011

Director CDC

**DATE REVISED:** June 13, 2011

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The Medical Officer of Health delegates to the Public Health Nurses and Health Promoters assigned to tobacco cessation the act of dispensing Nicotine Replacement Therapy (NRT) under the following guidelines.

### **1.0 Eligible population to receive NRT:**

#### **1.1 Adults**

#### **1.2 Adolescents (Youth)**

#### **1.3 Pregnant Women**

#### **1.4 Breastfeeding Women**

### **2.0 Authorized Implementers:**

- 2.1** Public Health Nurses and Health Promoters working in Tobacco Control, who have received certification from the Centre for Addiction and Mental Health TEACH program, the Program Training and Consultation Centre (PTCC) or other recognized organizations.

### **3.0 Indications:**

Clients eligible to receive NRT under this delegation must meet the following requirements:

- 3.1** Pregnant and breastfeeding clients must have a valid medical note from their physician/nurse practitioner which includes recommended dosing.
- 3.2** All clients must be currently attending a support group, quit smoking classes or meeting regularly with a Public Health Nurses or Health Promoters assigned to tobacco cessation.
- 3.3** All clients must have developed a quit plan with assistance from the Public Health Nurses or Health Promoters assigned to tobacco cessation.
- 3.4** All clients must have been fully informed of the proper uses of NRT.

### **4.0 Contraindications:**

Clients will not be eligible or will cease to receive NRT if they:

- 4.1** Are not eligible as determined through the Smokers' Support Flow Sheet,
- 4.2** Have received instructions or communications from the treating physician/nurse practitioner indicating that NRT is not recommend or should be stopped,
- 4.3** Cease to regularly attend support group, quit smoking classes, or meet with the Public Health Nurses or Health Promoters assigned to tobacco cessation,
- 4.4** Develop adverse effects of NRT,
- 4.5** Fail to follow through with their commitments made on their quit plan.

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Page 2 of 2

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## 5.0 Guidelines:

- 5.1 Clients who meet the eligibility requirement, are in compliance with the indications and who have no contraindications as outlined above, will receive their weekly NRT supply at a smoking cessation support group meeting, quit smoking classes meeting or a meeting with the Public Health Nurses or Health Promoters assigned to tobacco cessation.
- 5.2 NRT dosage for adult and adolescent clients will be in compliance with the Ottawa Model, Guidelines for Titration of Nicotine Replacement Therapy (see appendix).
- 5.3 NRT dosage for pregnant and breastfeeding clients will be in compliance with the recommended dosage from their medical note.
- 5.4 NRT will not be given in advance of a meeting, quit smoking classes or support group.

## 6.0 Documentation:

- 6.1 The NRT dispensed will be documented on a NRT dispensing log which will include the client's name, date NRT was dispensed, type of NRT, amount, the lot number and expiry date(s), as well as any adverse reactions.

### APPENDIX

Guidelines for Titration of Nicotine Replacement Therapy

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