

Nicotine Replacement Therapy Program for Priority Populations

*Municipal Drug Strategy Meeting
Friday, May 27th, 2016*

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Today's Plan

- Introduction to the Nicotine Replacement Therapy (NRT) Program
- Program Rationale
- Program Development
- Program Implementation
- Ongoing Evaluation



Nicotine Replacement Therapy (NRT) Program for Priority Populations

A cessation program of the Leeds, Grenville and Lanark District Health Unit that offers an average of 9 weeks of counselling and NRT (gum/patch) to:

- Pregnant or breastfeeding women,
- Youth aged 14-17, and
- Adults recently discharged from hospital on NRT



Goals of the Program

Provincially:

To reduce smoking in Ontario in order to eliminate tobacco-related illness and death

Locally:

To increase the number of services, supports and opportunities to encourage smokers to quit

Project:

To increase access to Nicotine Replacement Therapy (NRT) for priority populations



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Rationale for the NRT Program

1. Tobacco use is a modifiable risk factor for adverse health outcomes
2. Smoking prevalence in Leeds, Grenville, and Lanark is higher than the provincial average.
3. The NRT program is a means to address gaps in the availability of cessation programs.



2. Smoking Prevalence in our region is higher than provincial averages...



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Tobacco Use

General Adult Population

- **Ontario: 17.4%.**
- **LGL: 25%** CCHS 2013

Pregnant Women

- **Ontario: 8%**
- **LGL: 19%** BORN, 2013 & LGLDHU, 2014



Ontario Student Drug Use and Health Survey, 2015

Tobacco Use and Alternative Smoking Devices . * Grade 7-12 Students	Ontario (%)	Eastern Ontario (%)
Cigarettes	8.6	10.8
Cigarettes - Daily	3.1	3.9
Electronic Cigarettes	11.7	17
Smokeless Tobacco Products	6.3	9.4
Waterpipe (Hookah)	8.3	9.8

Ontario Student Drug Use and Health Survey, 2015

Tobacco Use and Alternative Devices by LHIN Area * Grade 9-12 Students	Ontario (%)	South East and Champlain LHIN's (%)
Tobacco Cigarettes	11.1	14.8
Electronic Cigarettes	14.8	25.1
Smokeless Tobacco	8.2	Estimate suppressed due to unreliability.
Waterpipe (Hookah)	10.6	10.2

3. The NRT program is a means to address gaps in the current system...



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Addressing the Service Gaps

Clients are ineligible for STOP on the Road if they are:

- Younger than 18 years old,
- Pregnant or breastfeeding,
- Experiencing uncontrolled health issues, and/or
- In the midst of a quit attempt.



Addressing the Service Gaps

Eligible clients for the NRT program include:

- Youth aged 14-17
- Pregnant and breastfeeding women*
- Clients discharged from hospital on NRT*

**** An NRT recommendation from the clients primary health care provider/physician is required.***



Program Development

- Identified service gaps.
- Adopted an equity access approach.
- Conducted an environmental scan.
- Completed a literature review.
- Adapted evidence based resources.



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Program Development

- Submitted a funding request to the MOHLTC in Feb. 2014.
- Developed a medical directive and practice guideline, including an evaluation process.
- Established a plan for reaching the target populations.
- Provided training, tools, and ongoing support to staff.



Program Implementation

- **November 2014:** Funding request approved by MOHLTC.
- **January 2015:** Pilot was initiated for youth and pregnant mothers.
- **April 2015:** Evaluation, revisions, and expansions to include clients discharged home from hospital.
- **Fall 2015:** Funding and expansions to include breastfeeding mothers approved by MOHLTC.



Medical Directive

The Medical Directive Outlines:

- Eligible participants
- Authorized implementers
- Indications
- Contraindications
- Informed consent
- Guidelines for Implementation
- Documentation and Communication
- Review and Quality Monitoring Guidelines



Program Implementation Authorized Implementers

Mandatory Staff Training

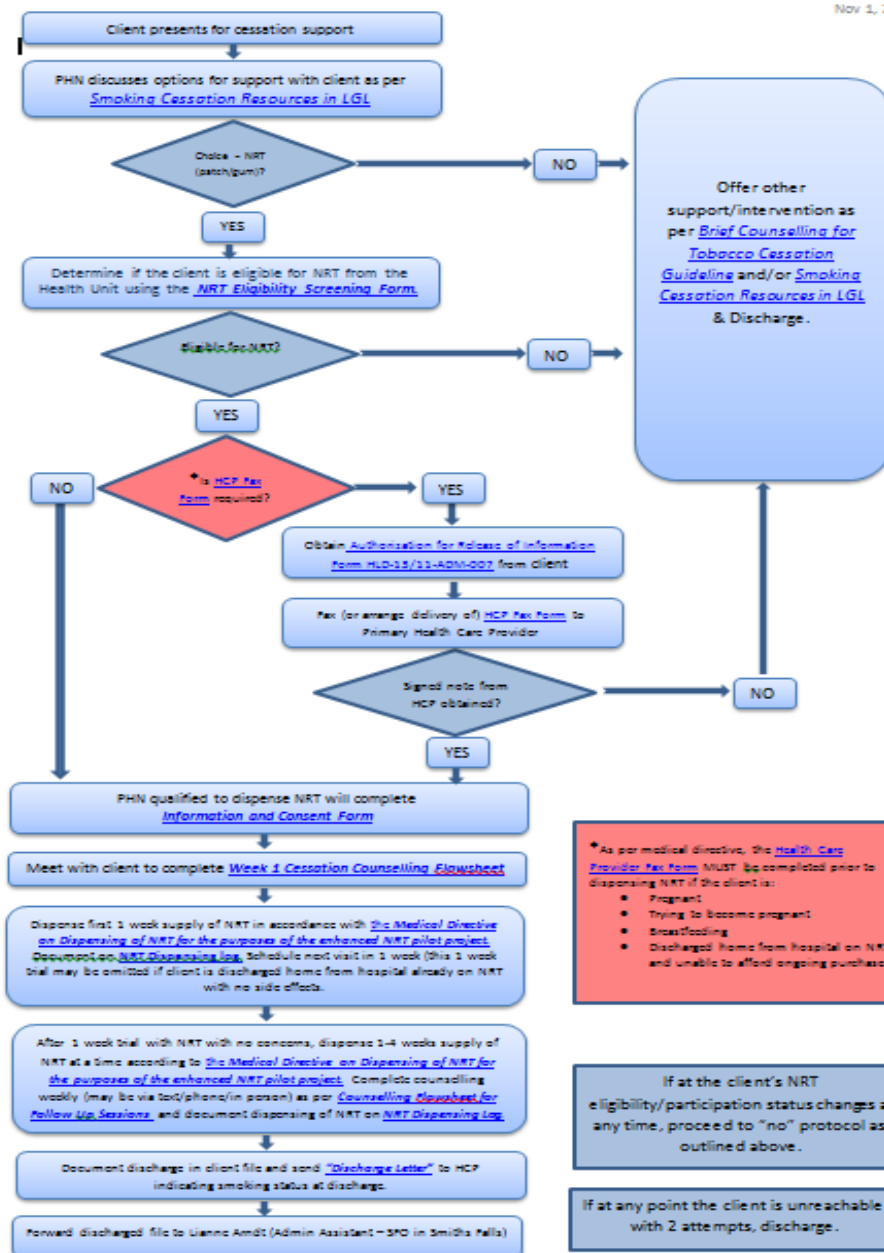
- TEACH Course (CAMH) OR RNAO online course
- Health Unit NRT Training

Recommended Training

- Brief Counselling Training
- Motivational Interviewing Training
- Coaching/mentoring



Practice Guideline



* As per medical directive, the [Health Care Provider Fax Form](#) MUST be completed prior to dispensing NRT if the client is:

- Pregnant
- Trying to become pregnant
- Breastfeeding
- Discharged home from hospital on NRT and unable to afford ongoing purchase

If at the client's NRT eligibility/participation status changes at any time, proceed to "no" protocol as outlined above.

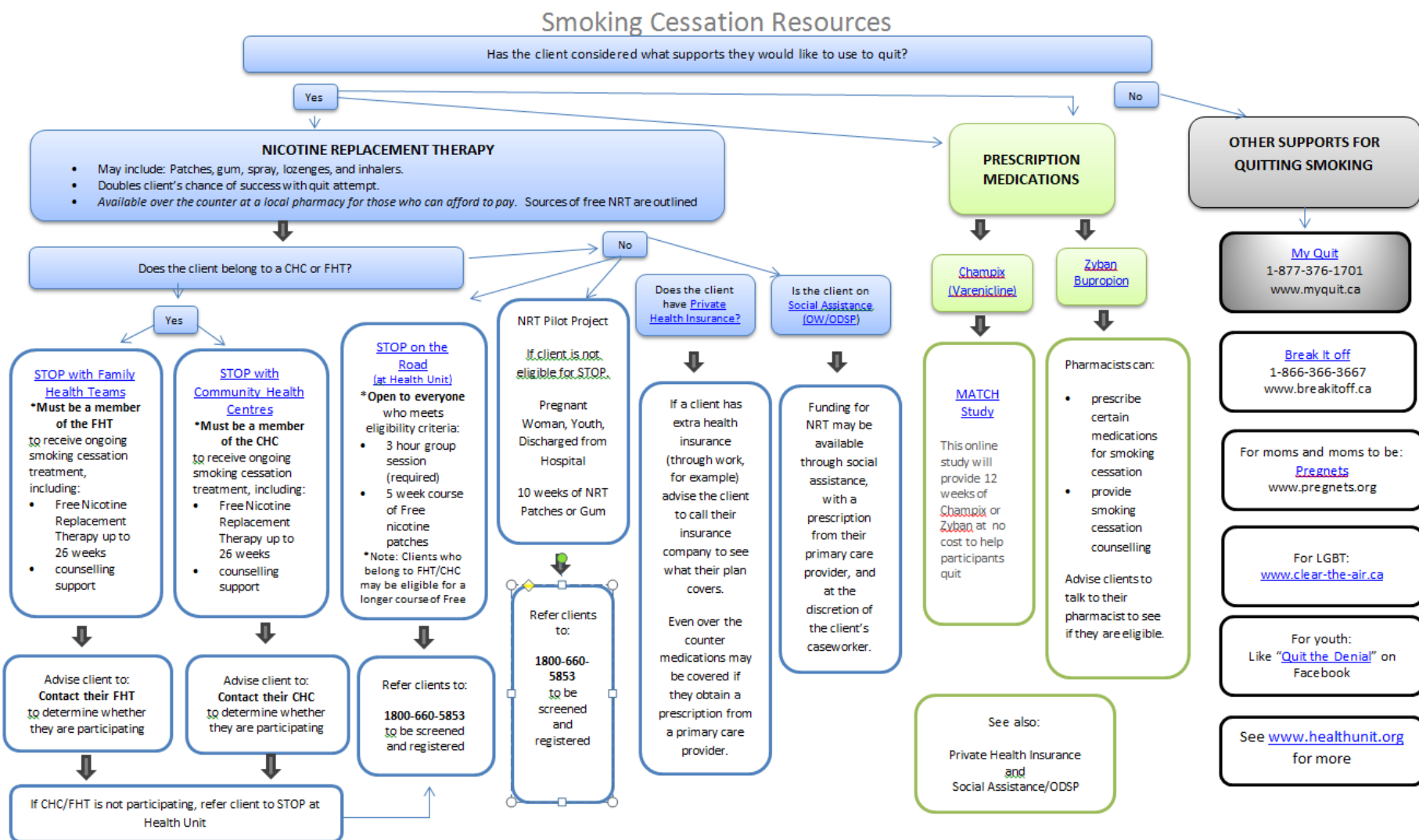
If at any point the client is unreachable with 2 attempts, discharge.

Program Implementation

- Client presents for cessation support
- Public Health Nurse discusses options for support with client as per Smoking Cessation Resources in LGL



Smoking Cessation Resources In Leeds, Grenville, and Lanark



Program Implementation

- Complete NRT Eligibility Screening Form
- If eligible, contact primary physician for NRT recommendation*
- If not eligible, offer other supports and discharge.

*is not required for youth clients. Completion of an Authorization of Release of Information Form is required.

Guidelines for Titration of Nicotine Replacement Therapy
(Ottawa Model)

Number of Cigarettes Smoked Per Day	Schedule for Transdermal Nicotine Patch Daily Dose (Total dose to be applied simultaneously, at the same time every day)	
	Weeks 1-2	Weeks 3-4
40 or more	42 mg (21 mg + 21 mg) for 6 weeks; 35 mg (21 mg + 14 mg) for 2 weeks; 28 mg (21 mg + 7 mg) for 2 weeks; 21 mg for 2 weeks; 14 mg for 2 weeks; 7 mg for 2 weeks; Discontinue	
30 - 39	35 mg (21 mg + 14 mg) for 2 weeks; 28 mg (21 mg + 7 mg) for 6 weeks; 21 mg for 4 weeks; 14 mg for 2 weeks; 7 mg for 2 weeks Discontinue	
20 - 29	21 mg for 6 weeks; 14 mg for 2 weeks; 7 mg for 2 weeks; Discontinue	
10 - 19	14 mg for 6 weeks; 7 mg for 4 weeks; Discontinue	
7 - 10	7 mg for 6 weeks Discontinue	

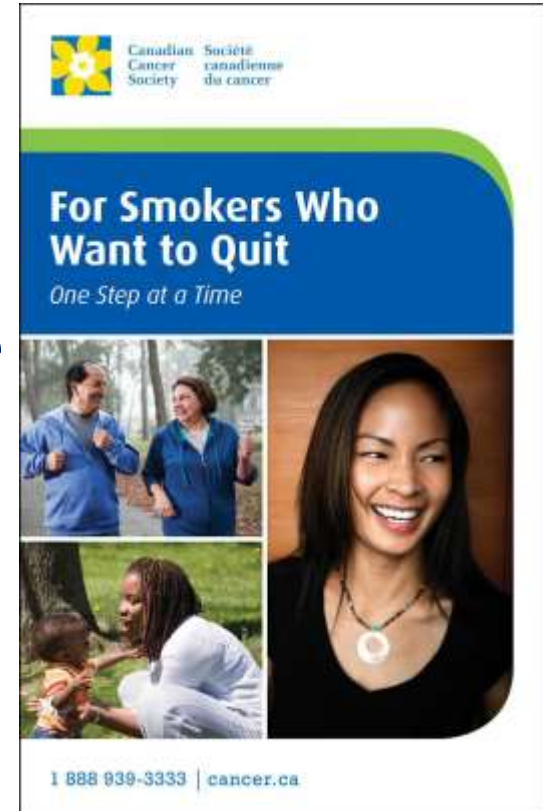
Number of Cigarettes Smoked Per Day	Schedule for Nicotine Chewing Pieces (gum)/day (2 mg dose)				
	Month 1		Month 2	Month 3	Month 4-6
	Weeks 1-2	Weeks 3-4			
20 or more	20 Doses	15	10	5	Chew one piece if urge to smoke returns
15 - 19	16	12	6	3	
11 - 14	12	9	5	3	
10 or less	10	9	4	2	



Program Implementation

1st counselling appointment:

- Information and Consent Form
- Baseline data is collected
- Client is provided with the resource “For Smoker’s Who Want to Quit”
- A quit date is set
- A quit plan is initiated



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Program Implementation

1st counselling appointment:

- NRT instructions are reviewed with the client
- A one week supply of NRT is dispensed in accordance with Medical Directive.



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Program Implementation

Follow up Sessions:

- Weekly check ins by phone, in person, or text
- Ongoing counselling support
- NRT dispense in accordance with medical directive.

After initial dispense, up to four weeks worth of NRT can be dispensed to client if client is unable to attend a weekly in person appointment.



Program Implementation

If at any point the client is unreachable:

- 2 attempts are made to contact the client by phone.
- An unable to contact letter is sent to the client by mail.
- The client is discharged.
- Upon completion of the program, a discharge summary is sent to the referring clinician.



Evaluation

Data retrieved from client chart:

- Date of Enrollment
- Date of Discharge
- Type of client
- Number of cigarettes smoked per day on screening form - **baseline**
- Confidence score at first visit - **baseline**



Evaluation

Data collected at 1 month follow up:

- Number of times client has quit smoking for at least one day since enrollment in the program.
- Average cigarettes smoked per day.
- Client confidence in their ability to quit smoking or cut down.



Evaluation

Calculate Net Change in Consumption:

- $\text{CPD at follow up} - \text{CPD on screening} = \text{Net change in consumption}$

Calculate Net Change in Confidence Score:

- $\text{Confidence score at follow up} - \text{confidence score at week 1 visit} = \text{Net change in confidence score.}$



Ongoing Evaluation

Preliminary evaluation findings include:

- 1+ quit attempts made per client since enrollment in the program
- An increased or stagnant confidence level
- Clients are reporting complete cessation, a reduction, or continued smoking status at the 1 month follow up



Thank you



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Questions?

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