

Contact details

DECT telephone

Trust Tobacco Dependency Treatment
Service email referrals

- Inpatients:
nuth.TDTS@nhs.net
- Maternity:
[nuth.newcastlematernitystopsmoking
service@nhs.net](mailto:nuth.newcastlematernitystopsmoking.service@nhs.net)



The Newcastle upon Tyne Hospitals
NHS Foundation Trust

Nicotine Replacement Therapy Decision Aid



Nicotine Replacement Therapy Decision Aid

1: Patient >12 years old identified as smoker on admission?

YES

YES

2. Is NRT appropriate?

Please refer to page 1 of the NUTH protocol for the list of exclusions.

YES

NO

3. Assess level of addiction

by asking the number of cigarettes smoked per day and take action as outlined below.

a) Refer to the Trust Tobacco Dependency Treatment Service:

- Inpatients: nuth.TDTS@nhs.net
- Maternity: nuth.newcastlematernitystopsmokingservice@nhs.net

b) Provide a smoke free patient leaflet

c) Provide the following very brief advice to ALL patients who smoke:

“The very best chance of stopping smoking is with the help of medications and specialist support; both are available at our hospitals.

Any risks from medically licensed NRT are much lower than those of smoking (including in pregnant and breastfeeding women).”

If excluded:

refer back to the doctor or another healthcare professional as appropriate.

If a patient declines NRT:

Inpatients:

Document this in the ad-hoc form on the e-record

Maternity:

Document in the location approved for your clinical area.

Patient smokes < 10/day

Please supply a 15mg/
16 hours Nicotine patch

OR

Patient smokes >10 /day

Please supply a 25mg/
16 hours Nicotine patch

Maternity: There is a slight possibility that the use of NRT products can affect Blood Glucose levels so please ask if a woman is diabetic when supplying an NRT product. The advice is to monitor BM's as they usually would and to maintain contact with their diabetic team, reporting out of range readings as they usually would. Please see BNF for further details or contact the Diabetic Team

CAUTION: DRUG INTERACTIONS

1

Refer to the Trust NRT protocol for drug interactions and seek medical advice. Stopping smoking could increase plasma levels of Theophylline, Clozapine and Ropinirol and patients should be monitored closely. A dose reduction in these drugs might be needed.

2

Advice is available in the BNF for certain conditions and contraindications.

3

Any serious reaction must be reported to the Medicines Healthcare products Regulatory Agency through the yellow card scheme. Guidance is available in the BNF or via the website <https://yellowcard.mhra.gov.uk>