University Hospitals Sussex
NHS Foundation Trust

This protocol must only be used by registered midwives and tobacco dependency advisors employed by University Hospitals Sussex.

Nicotine Replacement Therapies (NRT) Protocol

by registered midwives and tobacco dependency advisors

in University Hospitals Sussex Foundation Trust

Version number: 1.1

Change history:

Version number	Change details	Author	Date
1.0	New UH Sussex protocol	Lead Tobacco Dependency Midwife and Lead Women and Children's Pharmacist	Approved SRH&WH June 2023 (Approved PDG Committee March 2023)
1.1	Formatting and approval at merged JOGG approval meeting	CE Team	20th Sept 2023

Protocol for the direct supply of nicotine replacement therapies (NRT) by Tobacco dependency advisors employed by UHS

Authors: Lead Tobacco Dependency Midwife and Lead Women and Childrens Pharmacist

This document authorises and sets out the conditions under which nicotine replacement therapy (NRT) can be supplied directly to pregnant patients over 12 years of age who smoke are receiving stop smoking support from Tobacco dependency advisors.

A PGD or PSD is not necessary and should not be used where the medicines to be supplied or administered are General Sales List (GSL) medicines. NRT products are GSL medicines.

Tobacco dependency advisors are not a regulated profession and are restricted to clinical premises if supplying NRT. Tobacco dependency advisors may store, supply / distribute NRT from any clinic location operated by UHS. They are responsible for acting in line with the pathway and this protocol.

Lead Tobacco dependency midwife or Public Health/NIPE Lead Midwife depending on manager has overall responsibility that.

- Tobacco dependency advisors are following the pathway and following this protocol.
- Medication storage at satellite sites. See safe and secure handling of medicines policy.
- Ordering of NRT products from pharmacy for transport of NRT product to satellite units.

Note packs supplied under this protocol must be GSL packs.

1. Staff competencies	
Authorised staff	Tobacco dependency advisors employed by UHS
Additional requirements	NCSCT level 2 Training to be completed yearly.
2. Clinical condition or situation	
Clinical situation	Pregnant patient over 12 years of age who smoke (cigarettes, cigars, e-cigarettes) and require NRT to support in their 'Quit' attempt to stop smoking whilst pregnant or post-natal up to 1 month post-partum.
Individuals included	• Individual consents to treatment. • 12 years of age or over. (NRT Lozenges can only be supplied to over 18 years of age patients) • Current habitual smoker who is wishing to stop smoking or previous habitual smoker who is already using NRT.
Individuals excluded	• Under 12 year of age. (Under the age of 18 if patient requests NRT Lozenges). • Hypersensitivity to any of the ingredients of the preparation (see SPC www.medicines.org.uk). • People who do not smoke or non-habitual smokers. • People who choose to opt out of NRT. • People already managed suitably on preparations for smoking cessation. • Individual currently prescribed clozapine, warfarin, theophylline, aminophylline, lithium, insulin, olanzapine.
Action for individuals excluded	Refer to Tobacco Dependency Midwife / Public Health/NIPE Lead Midwife.
Action if individual declines	As for excluded individuals.
3. Description of treatment	
Medicine to be supplied	NRT patches (7mg/14mg/21mg) OR (25mg/15mg/10mg) ; NRT lozenges (4mg/2mg/1.5mg); NRT inhalator ; NRT gum (2mg/4mg) ; NRT MICROTAB 2mg, NRT Mouth spray (1mg/0.5mg). Legal status: GSL

Dose schedule	Printed information on the product should be followed. MSW must show the instructions and state them to the patient.
Quantity of medication to be supplied (supply in original GSL pack only which has full dosage instructions on the packaging)	One original pack of desired formulations
Follow up/Individual advice	• If patient has question that cannot be answered using the Patient information leaflet (PIL) they must be refer to the Tobacco Dependency Midwife. • Inform individual of drug being supplied and rationale. • Patient Information Leaflet supplied. • Inform individual how/when to seek further medical advice.
Record keeping	The following must be recorded on MIS: • Date and time of supply. • Individual's details such as name, date of birth, hospital or NHS number (where applicable), allergies, previous adverse events and the criteria under which the patent fits the protocol. • Details of medicines including name, strength dose, route. • Quantity supplied. • A statement that supply is under a protocol. • Name and signature (which may be electronic) of MSW acting under the protocol to supply the medication. • Relevant information that was given to the individual/carer. • Record that consent gained (or refused) – if consent refused record actions taken.

Authorisation: This authorisation must be renewed yearly.

Tobacco dependency advisor

I have read this protocol, completed the training listed in the protocol on (date) ..... and agree to use it in accordance with the criteria described.

Name: Signature: Date:

Lead Tobacco dependency midwife or Public Health/NIPE Lead Midwife. I approve the above person to follow this protocol

Name: Signature: Date: