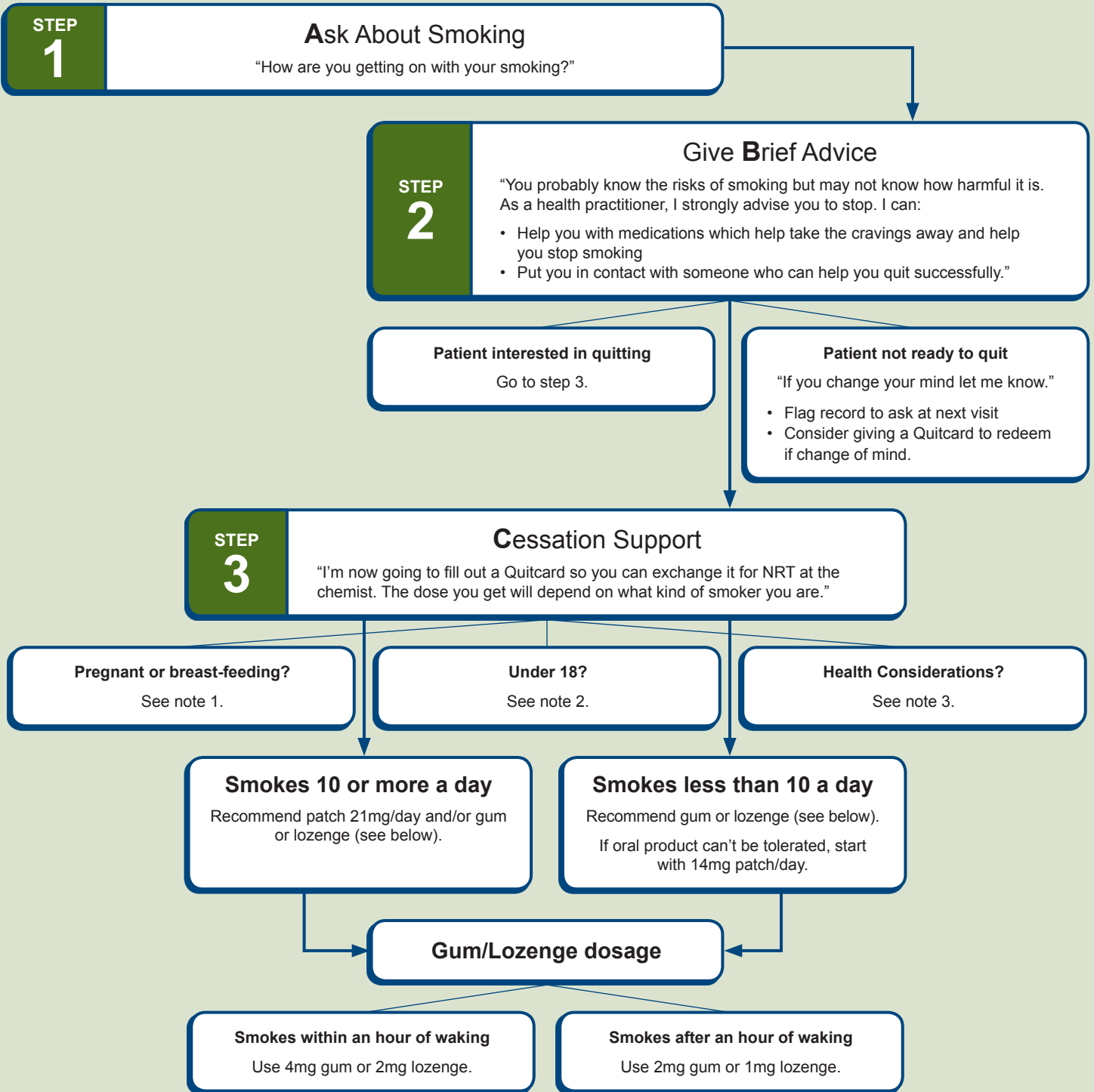


# Guide to NRT Assessment for Quitcard Providers

THIS GUIDE IS DESIGNED TO HELP YOU:

- Determine whether a client would benefit from NRT
- Prescribe the correct product, product combination and dosage
- Show you how to fill out the Quitcard so that the client can redeem it at a pharmacy



## NOTES

- 1. Pregnancy & breast-feeding:** NRT is safer than smoking and can be used during pregnancy/ breast-feeding. If client can't quit without NRT, its use is recommended as it delivers a much smaller dose than cigarettes, and without the added chemicals. For pregnant women, gum or lozenges are preferable, but patches are acceptable if these are ineffective. When breast-feeding, any form of NRT is acceptable.
- 2. For clients aged 12-18:** NRT can be used. Use the product best suited to their needs. Clients under 12, or between 12-18 and who you believe does not have the understanding and maturity to form a balanced judgement about the proposed treatment, are not eligible for NRT without parental consent.
- 3. Health considerations:** NRT can be used by all people who smoke, including those with cardiovascular disease. If the client has had a heart attack, stroke or severe angina within the past 2 weeks, and you are not their primary health care practitioner, recommend they discuss using NRT with their GP. In all situations using NRT is safer than continued smoking.

## Ongoing Support

STEP  
4

- All products should be used for 8-12 weeks, or longer for some people.
- Client getting inadequate relief of withdrawal symptoms, eg urges to smoke, irritability, restlessness? Increase dose.
- Client feeling nauseous using NRT? Reduce frequency or dose
- If you wish your client to have further support, recommend that they call Quitline (0800 778 778) or another service

STEP  
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## Fill In The Relevant Details On The Quitcard

Pharmacies need cards to be complete and filled out correctly.

EXAMPLE:

KIA AUAAHI KORE • QUITCARD		The Quit Group
SUBSIDISED NICOTINE REPLACEMENT THERAPY		TE ROOPU ME MUTU
Name and residential address of client		A4
Name	John Smith	
Address	7 Thomas Grove Melrose, Wellington	
Date of birth	NHI no.: (1) if available	05/08/65 ABC1234
Product type and dosage: (3)	Client ID: (2) (Quitline only)	
8 weeks, 21mg patches (4 boxes + 1 repeat)		
4 weeks, 1mg lozenges (6 boxes)		
Provider's details		
Full name	Joe Bloggs	
Identifier/registration no.	(4) MC99999	
Address	North Hospital, East Street, Southland	
Contact phone no.	09 345 6789	
Signature	Date	Joe Bloggs 01/09/10
Pharmacist please address enquiries to the provider who issued this card		

### TIPS FOR FILLING IN THE QUITCARD

#### NOTES:

1. **NHI No:** This is the client's National Health Index number. Fill in if available.
2. **Client ID:** This is for Quitline only.
3. **Product type and dosage:** Clients will be charged \$3 per **type** of NRT (**not** by amount). Thus:
  - 8 weeks of high dose patches = one item, \$3
  - 4 weeks of high dose patches plus 4 weeks of medium dose patch = \$6
  - Co-therapy of 8 weeks high dose patches plus 4 weeks of low dose gum/lozenge = \$6

#### NRT dosing definitions of subsidised products:

High dose patch = 21mg	4 boxes per 4 wks
Medium dose patch = 14mg	
Low dose patch = 7mg	
High dose gum = 4mg	6 boxes per 4 wks
Low dose gum = 2mg	
High dose lozenge = 2mg	6 boxes per 4 wks
Low dose lozenge = 1mg	

4. **Identifier/registration no:** Prescribers to use their own registration number; all other Quitcard Providers to use MC99999.

### Nicotine Replacement Therapy (NRT): Instructions for correct use

#### Patch

Apply patch to clean, dry and hairless skin. Remove old and apply new patch daily, alternating sites. Some redness under the patch may occur—this is normal. If sleep disturbance is experienced the patch can be removed overnight.

#### Gum

Bite to release 'peppery' taste and then rest in the side of the mouth (between cheek and gum). Bite again when the taste starts to fade. Do this for 30 minutes and then discard.

#### Lozenge

Suck to release 'peppery' taste and then rest in the side of the mouth (between cheek and gum). Suck again when the taste starts to fade. Do this for 30 minutes and then discard.