

STOP MEDICAL DELEGATIONS

Dear _____

Your client has self-referred to the Rideau Community Health Services STOP smoking cessation program. In order to assist your client with their smoking cessation goals we require a medical delegation to provide NRT products, counselling and support. The STOP program is a 26 week free NRT program that is supported by CAMH.

Client Name _____
Address _____
Postal Code: _____
Phone: h) _____ w) _____
DOB _____

Referring Health Care Provider _____
Town/City _____
Phone _____
Fax _____

STOP guidelines:

1. RNs/RPNs/RTs/Community Health Workers/ Community Support Workers must have completed the TEACH 3 day training program or equivalent (to be assessed by supervisor) and one specialty course eg pregnancy, mental health, etc and training on CAMH/STOP portal. This training will include indications for use of NRT, signs and symptoms of nicotine withdrawal and overdose, and actions to be taken if the client presents with above prior to being allowed to dispense and counsel clients.
2. As required, RCHS smoking cessation team will support clients to titrate to achieve success in their smoking cessation efforts. Clients will be followed up face to face or by phone q 2-4 weeks as needed.
3. No more than 4 weeks of NRT product will be provided to your client at one time.
4. To be eligible clients must be a smoker, 16 years of age or older and a resident of Ontario.

Medication/Dosage	Contraindications/Cautions
Nicotine Patch - Can be given alone or in combination with nicotine gum, lozenge, spray or inhaler.	
Smoking less than 3 CPD will provide 7 mg patch Smoking 3-9 CPD will provide 14 mg patch and titrate to max of 21 mg/24 hours Smoking 10-25 CPD will provide up to 21 mg patch and titrate to max of 42 mg/24 hours Smoking 26-50 CPD will provide up to 28 mg patch and titrate to max of 42 mg/24 hours	Pregnancy* Recent CVA* Immediately post MI* Angina* Life Threatening arrhythmias* Contact hypersensitivity to the patch. Signs and symptoms of these may include: Erythema Pruritis Edema Hive Generalized Rash Urticaria *will provide on physician delegation/ signature
Nicotine Gum - Can be used alone or in combination with nicotine patch, lozenges, spray, inhaler.	
Nicotine Gum (2 mg)q 1hr PRN to a max of 12 pieces per 24 hours . Note: Client must be willing to learn the proper technique since the nicotine has to be absorbed across the buccal mucosa;	See above contraindications plus Unable to chew gum Wears dentures Active TMJ dysfunction
Nicotine Inhaler – Can be used along with or in combination with nicotine patch, lozenges, gum, inhaler	
Nicotine Inhaler(10mg cartridge)q 1hr PRN (delivers 4mg nicotine per cartridge) to a max of 6 cartridges per 24 hours	Same contraindications as Nicotine patch plus COPD
Nicotine Lozenge – Can be used alone or in combination with nicotine gum, patch, spray or inhaler.	
Nicotine Lozenge (2mg) q 1-2hrs PRN to a max of 12 Lozenges per 24 hours .	Same contraindications as Nicotine patch
Nicotine Spay- Can be used alone or in combination with nicotine patch, gum, inhaler or lozenges	
Nicotine Spray (1 mg) 1-2 sprays every hour to a max of 24 sprays per 24 hours .	Same contraindications as Nicotine patch
I consent that Rideau Community Health Services staff provide free NRT and counselling based on above recommended dosing or provide alternative below:	
Physician/Nurse Practitioner Signature: _____	
Date: _____	