


Patient name: (or attach label)	NHS Lanarkshire	
Address:	Management of Nicotine Addiction (Inpatient)	
Date of Birth:	Hospital: <input type="checkbox"/> Hairmyres <input type="checkbox"/> Monklands <input type="checkbox"/> Wishaw	
CHI number:	<input type="checkbox"/> Other: (specify)	
Date:		Ward:

Hospital Inpatient Management of Nicotine Addiction

Assess Patient for Nicotine Dependency

Ask, "How long it is from waking until your first smoke?"

1. If within an hour this would suggest a high dependency to nicotine (usually will smoke a minimum of around 15-20 per day)
2. If after 1 hour would suggest less dependent (usually will smoke less than 10 per day)
3. Nicotine withdrawal can cause agitation, aggression, confusion, sleep disturbance, anxiety, cravings.

Does the patient want to stop smoking **NOW, while an inpatient?**



Advise re risk to health of continued smoking, benefits of stopping smoking and give the following information:

- "Aspire Stop Smoking" magazine (for future use)

Patient should be advised that they may experience nicotine withdrawal while an inpatient.

- Do they need symptomatic relief for acute withdrawal?

Products recommended:

- 21mg Niquitin CQ 24 hour clear patch (for 10+ cigarettes smoked per day)
- 15mg Nicorette 16 hour clear patch (for less than 10 cigarettes smoked per day)
- 15mg Nicorette Inhalator (suitable for all smokers to use)

Note: In an acute phase of any illness NRT should only be prescribed following discussion with the patient's medical team.

If the patient is pregnant and unable to stop smoking without Nicotine Replacement the preferred product is a 15mg inhalator, however if this product is not suitable for client to use, a 16 hour patch can be prescribed.

NO Path:

- Ask patient before discharge if they would like to quit.
- If yes, refer to Stop Smoking Service and discharge with 2 weeks NRT.
- If no, discontinue NRT on discharge.

YES Path:

Refer patients to the Stop Smoking Nurse Specialist for the hospital they are in:

Hairmyres:	01355 585502
Monklands:	01236 712779
Wishaw:	01698 366466

- Encourage patients quit attempt and ensure NRT is dispensed daily as prescribed.
- Two weeks prescribed NRT must be given with the discharge prescription.

Administration of Nicotine Replacement Therapy

NRT prescribed? Yes No Date: ___ / ___ / ___ Signature: _____

NRT started? Yes No Date: ___ / ___ / ___ Signature: _____

