

Patients Name _____ MRN _____ Ward _____

Nicotine Replacement Therapy (NRT) - Prescription Guide.

Step 1 Assess Nicotine Dependence

	0	1	2	Score
Fagerstrom Tolerance Questionnaire*				
How soon after you wake do you smoke?	After 30 mins	Within 30 mins		
Do you find it difficult to refrain from smoking where it is forbidden	No	Yes		
Which cigarette would you most be unwilling to give up?	Any other	First one in the morning		
Do you smoke more in the morning than the rest of the day?	No	Yes		
How many cigarettes do you smoke each day?	Up to 15	16-25	>25	
Do you smoke if you are so ill that you are in bed all day?	No	Yes		
What is the nicotine level of your usual brand of cigarettes?	Up to .9mg	1-1.2mg	>1.3mg	
Do you inhale the smoke from your cigarette?	No	Sometimes	Always	
Total Score				

Step 2 Prescribe NRT

Score	Cigarettes per Day	Recommended Dosage of NRT
0 -3 Low nicotine dependence	0-10	10 mgs if required
4-6 Moderate nicotine dependent	11-20	15 mgs
7 + High nicotine dependent	20+	25 mgs

Points to note

- NRT patches are applied for 16 hours. Apply in the morning and remove at night
- For best results patients need to remain on NRT for 12 weeks.
- For pregnant clients advise smoking cessation and /or NRT

For High Dependency Smokers a 3 step down programme is recommended

- 8 weeks on 25mgs: 9-10 weeks at 15mgs and 11-12 weeks - 10mgs

For Moderate to Low Dependency smokers a 2 step down programme is recommended

- 8 weeks at 15mgs: 9-10 weeks at 10mgs and 11-12 weeks at 10 mgs

Step 3 Offer Support - CUH Smoking Cessation Services ext 22280 / 087-1219633

Doctors Signature _____ Date _____

**Ref: The Fagerstrom Test for Nicotine Dependence (1991): A revision of the Fagerstrom Tolerance Scale. British Journal of Addictions, 86, 1119-1127.*