

For the Attention of all Doctors in Training

Cork University Hospital has been a Smoke Free Campus since 2010.

CUH actively encourages smoking cessation for all patients and staff.

Nicotine Replacement Therapy (NRT) is available and should be offered to all smokers who attend the hospital either acutely or electively.

Monotherapy NRT with a nicotine patch has traditionally been the standard of care in CUH, but emerging data internationally and standard HSE, NCCP and NHS policy now advocates dual Nicotine Replacement Therapy (i.e. a combination of nicotine patch and a fast-acting form of nicotine such as gum, lozenge, inhaler or mouth spray). Dual NRT along with behavioural support is more effective than monotherapy and should be considered the standard treatment for all smokers on admission.

Recent data from the Epilepsy Monitoring Unit at CUH showed 100% clinical effectiveness in smoke-free days during hospitalisation using this combination therapy.

In light of the above we are requesting that you prescribe both patches and inhalers for all smokers on admission. These NRT products are the only NRT products available in CUH currently.

Many thanks,

Marie J McCarthy, Services Manager

on behalf of **Professor Barry Plant, Consultant Respiratory Physician**