

# THE CURE PROJECT

The CURE project is a comprehensive tobacco dependency treatment service for patients that smoke and are admitted to hospital across Greater Manchester



## C

### CONVERSATION

Have the right conversation every time. Ask every patient you see if they smoke tobacco. Advise any patient that smokes that the best chance of successfully stopping smoking is with treatment and the help of a specialist team.

## U

### UNDERSTAND

Understand the nicotine myth. Whilst nicotine is uniquely addictive and drives the dependency to smoking tobacco, it is relatively harmless and does not cause the harms of smoking. Burning tobacco creates >5000 poisonous chemicals that cause the harm of smoking. It is important that any person that smokes is aware of this fact. Tobacco dependency can be very effectively treated by providing nicotine from different sources or using medications that block the effect of nicotine in the brain.

## R

### REPLACE

Start nicotine replacement therapy as soon as a patient that smokes is admitted to hospital. Nicotine withdrawal begins very quickly after being admitted to hospital. Start a long-acting nicotine patch and a short acting nicotine product ('combination NRT') according to the CURE prescribing protocol and as soon as possible. Whether a patient wishes to stop smoking or not, NRT will help reduce or prevent withdrawal and improve outcomes during the hospital admission

## E

### EXPERT & EVIDENCE-BASED TREATMENTS

Experts & evidence-based treatments. All inpatients that smoke will be visited by our specialist CURE practitioners, via the opt-out referral pathway, to offer specialist support, review the NRT, offer evidence-based treatments such as medications that block the effect of nicotine in the brain & vaping kits as well as agreeing a support package after discharge.

**MAKE  
SMOKING  
HISTORY**

**THE CURE PROJECT**

CURING TOBACCO DEPENDENCY IN GREATER MANCHESTER



# PRESCRIBING PROTOCOL

## STEP 1

### Prescribe a long-acting nicotine patch

Ask the patient how quickly they smoke when waking up

If <30 minutes: **Prescribe a 21mg/24hrs nicotine patch**  
(warn of possible sleep disturbance)

If >30 minutes: **Prescribe a 25mg/16hrs nicotine patch**

## STEP 2

### Prescribe a short-acting nicotine product

Discuss all options with patient but ensure they are aware that short-acting nicotine is absorbed through the gums - let the nicotine rest in the mouth and absorb.

Try to avoid swallowing nicotine which will prevent absorption and cause dyspepsia.

Nicotine is harmless and therefore the patient cannot overdose on it, but they can under-dose and still have cravings for tobacco  
- use regular and as much as needed e.g **on the hour every hour as well as whenever needed.**

## SHORT-ACTING NICOTINE PRODUCTS

Device	Dose	Instructions
Inhalator	15mg per cartridge	<ul style="list-style-type: none"><li>· 'Puff' on it: absorbed through the gums</li><li>· 10 puffs = 1 puff of a cigarette</li><li>· Use: 'On the hour every hour' plus with cravings</li></ul>
Gum	4 mg per gum	<ul style="list-style-type: none"><li>· Chew and park: chew until fiery taste then park</li><li>· Use: 'On the hour every hour' plus with cravings</li></ul>
Lozenge	4 mg per lozenge	<ul style="list-style-type: none"><li>· Suck like a sweet</li><li>· Park if heartburn, hiccups</li><li>· Use: 'On the hour every hour' plus with cravings</li></ul>
Microtabs	2 mg	<ul style="list-style-type: none"><li>· Rest under the tongue- don't chew/swallow</li><li>· Use: 'On the hour every hour' plus with cravings</li></ul>
Mouth Spray	1 mg per spray	<ul style="list-style-type: none"><li>· Spray under tongue or side of cheek, don't swallow</li><li>· Use: 'On the hour every hour' plus with cravings</li></ul>
Nose Spray	0.5 mg per spray	<ul style="list-style-type: none"><li>· Spray both nostrils</li><li>· Watery eyes, runny nose, sneezing should settle</li><li>· Use: 'On the hour every hour' plus with cravings</li></ul>