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A review on a novel form of Nicotine Replacement Therapy: lozenge

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Introduction

In recent years, Hong Kong Government strived for a smoke-free environment via legislation, by increasing tobacco tax, various smoking cessation programs and education. In order to further enhance the smoking cessation rate among our patients, the Family Medicine Smoking Cessation Team (Hong Kong East Cluster) has introduced a new form of Nicotine Replacement Therapy (NRT) - NRT lozenge since March 2013. NRT lozenge is a short-acting NRT that help to relieve the withdrawal symptoms and to reduce the urge to smoke. In this study, NRT lozenge will be used either alone or used in combination with NRT patch. We would look at the 1-month and 3-month quit rate.

Objectives

To study the 1-month and 3-month quit rate for NRT lozenge.

Methodology

Smoking cessation counselor would select appropriate patients for NRT lozenge. These are the patients who cannot tolerate NRT gum, such as those with poor teeth and mastication problems. According to clinical needs, NRT patch will be prescribed together with NRT lozenge. Therefore, we have 2 groups: NRT lozenge alone and NRT lozenge plus NRT patch (NRT combination). The age, cigarettes consumed per day, Fagerstorm tolerance scale and the quit rate will be analyzed.

Result

A total of 109 patients were given NRT lozenge since March 2013. 86 patients were given NRT lozenge alone. 23 patients were given NRT lozenge plus NRT patch. The average age between the two groups is similar, 55.1 years old for lozenge alone and 53.6 years old for NRT lozenge plus NRT patch. The number of cigarettes consumed per day for NRT combination group is 21.6 and for NRT lozenge alone group is 11.9. The Fagerstorm tolerance scale for NRT combination group is 6.4 and for NRT lozenge alone group is 3.3. The quit rate for NRT lozenge alone group, the 1-month quit rate and 3-month quit rate is 55.8% and 44.2% respectively. And for NRT combination group, the 1-month quit rate and 3-month quit rate is 47.8% and 21.7% respectively. Conclusion It is logical to find that number of cigarettes consumed per day and the Fagerstorm tolerance scale is higher for NRT combination group. The 1-month quit rate and 3-month quit rate for NRT lozenge is similar to the conventional

NRT. Therefore, NRT lozenge could serve as an alternative for those smokers who cannot tolerate conventional NRT. Based on the result of this study, Smoking Cessation Team will continue to prescribe NRT lozenge to smokers.