



Service Priorities and Programmes Electronic Presentations

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Patient Survey on a novel form of Nicotine Replacement Therapy: lozenge

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Introduction

In Hong Kong East Cluster, our smoking cessation counselors reported that some of the elder smokers could not tolerate Nicotine Replacement Therapy (NRT) gum. Therefore, from March 2013, smoking cessation team has introduced a new form of NRT - NRT lozenge.

Objectives

In this study, we would like to investigate smokers' opinion and acceptance towards NRT lozenge.

Methodology

Smoking cessation counselors would select appropriate patients for NRT lozenge. These are the patients who cannot tolerate NRT gum, such as those with poor teeth and have mastication problems. Questionnaire was given to smokers after 3 months use of NRT lozenge. The questionnaire included 6 questions as show below: 1. NRT lozenge could help me not to smoke again 2. NRT lozenge could effectively reduce the number of cigarettes I smoke 3. NRT lozenge could relieve my withdrawal symptoms while I quit smoking 4. NRT lozenge could help me to control my urge to smoke when necessary 5. I feel satisfied with the use of NRT lozenge 6. Overall, NRT lozenge could help me to quit smoking There are 5 categories that patients could choose: Strongly agree, agree, neutral, disagree and strongly disagree.

Result

A total of 109 patients were given NRT lozenge since March 2013. 109 set questionnaire are distributed, 69 patients completed the questionnaire. Response rate is 63.3%. We would like to look at the strongly agree and agree category together. From question 1, 51% smokers agreed that NRT lozenge could help them not to smoke. From question 2, 47% smokers agreed that NRT lozenge could effectively reduce the number of cigarette they smoked. From question 3, 39% smokers agreed that NRT lozenge could relieve their withdrawal symptoms. From question 4, 51% smokers agreed that NRT lozenge could help to control their urge to smoke. From question 5, 58% smokers feel satisfied with the use of NRT lozenge. From question 6, 58% agreed that NRT lozenge could help them to quit smoking. Conclusion The result of this study is encouraging. This study revealed that most of our smokers satisfied

with the use of NRT lozenge. Half of them agreed that NRT lozenge would help them not to smoke and thus quit smoking. We will continue to prescribe NRT lozenge to smokers, either use alone or in combination with other long acting NRT such as NRT patch.