






NRT Options for Residents in Long-Term Care

Nicotine replacement therapy (NRT) is the most studied pharmacotherapy available for smoking cessation and is known to be effective in older adults. The only absolute contraindication to NRT is current or very recent acute coronary syndrome. Stable cardiac disease is not a contraindication.

Long - acting		Patch	<ul style="list-style-type: none"> • Available in 7mg, 14mg, and 21 mg forms • Dosage based on how nicotine-dependent the resident is, so it is important to ask questions about smoking behaviours and nicotine use • Typically well tolerated, though some people report mild side effects, such as: <ul style="list-style-type: none"> ◦ Skin irritation or itchiness at the placement site: to address this, switch the site of the patch each day and if the issue persists, try a different brand ◦ Insomnia or vivid dreams at night: to address this, could remove patch overnight
		Gum	<ul style="list-style-type: none"> • May be challenging to use if they are missing teeth or have dentures • Not chewed like regular gum – needs to be chewed and then parked on the side of the gum for the nicotine to get absorbed <ul style="list-style-type: none"> ◦ If someone has cognitive impairment and just chews it like regular gum, they won't be receiving the nicotine effectively
Short - acting		Lozenges	<ul style="list-style-type: none"> • Needs to be sucked and then parked on the side of the cheek for nicotine absorption, not just sucked like a regular candy
		Inhaler	<ul style="list-style-type: none"> • Hand to mouth action is similar to a cigarette • Not smoked like a cigarette – instead of inhaling deep into the lungs, it requires small shallow puffs into the mouth
		Spray	<ul style="list-style-type: none"> • Can be administered by staff when a resident asks for a cigarette or if they start to become agitated due to nicotine withdrawal • It is sprayed under the tongue or inside the cheek <p><i>*NOT currently offered as part of STOP Program*</i></p>

Most residents will require short-acting NRT as needed to address nicotine cravings. These forms of NRT may cause some side effects (e.g., mouth irritation, stomach upset, hiccups).

Signs of nicotine toxicity: nausea, vomiting, abdominal pain, headaches, along with elevations in blood pressure and heart rate. *If these occur, remove the resident's nicotine patch and do not give any further nicotine. Monitor for side effects in any residents using any form of NRT.*