

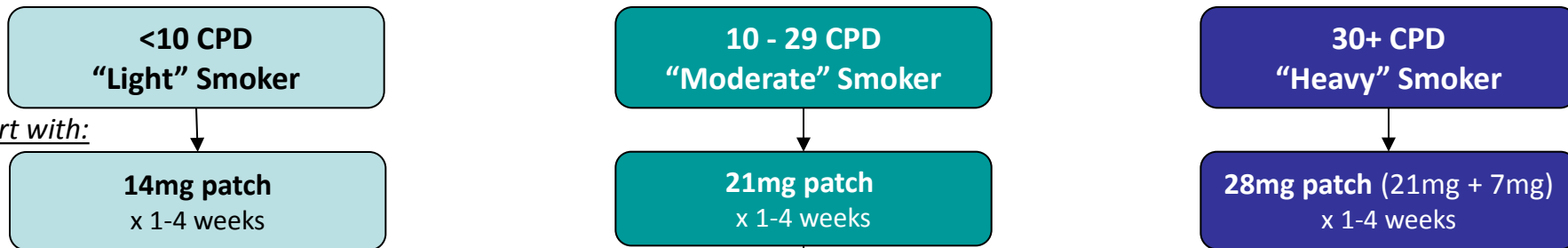
# STOP Program: Sample Nicotine Replacement Therapy (NRT) Algorithm



**ASK:** How many Cigarettes do you smoke Per Day (CPD)?

**ADVISE/ASSESS:** Instruct the client to quit smoking on their target quit date, or reduce CPD by 50% by the next visit (if no quit date).

**ASSIST:**



*Start with:*

+ Choose **one** short-acting NRT (gum, lozenge, mouth spray or inhaler) for breakthrough cravings as needed

**ARRANGE:** Follow up 1-4 weeks post quit date

Assess smoking and adjust NRT dose if necessary:

- If still smoking **10+ CPD:** Add a 21mg patch to current dose
- **6-9 CPD:** Add a 14mg patch to current dose
- **1-5 CPD:** Add a 7mg patch to current dose
- If smoking **0 CPD:** Continue on current dose

[x1-4 weeks]

+ Choose **one** short-acting NRT (gum, lozenge, mouth spray or inhaler) for breakthrough cravings as needed

*Subsequent visits:*

Continue with the above guidelines (adding patches if necessary).

*Note: Maximum is 84mg patch (4 x 21mg)*

**When client is ready to reduce NRT:**

- Reduce by 7mg patch every 1-2 weeks until off patches
- Then reduce short-acting NRT (gum, lozenge, mouth spray or inhaler) until no longer needed

*These are only guidelines. Practitioners should use their clinical judgment on a case-by-case basis.*

*Maximum length of treatment is 26 weeks through the STOP Program.*