



Position Statement on GP Prescribing of NRT

**NRT should not routinely be prescribed by GP's.
Individuals wishing to stop smoking should be referred to a local stop smoking service where they can access advice and behavioural support and treatment under the supervision of the specialist service.**

Evidence shows that NRT together with behavioural support is significantly more effective at increasing the chance of quitting compared to using NRT alone. NRT can be purchased from a community pharmacy or obtained through the Stop Smoking Service voucher scheme.

Within Lancashire support is offered by dedicated Stop Smoking Services. Clinics are run at a variety of venues and at different times including evenings for those who work.

Patients wishing to stop smoking should be referred to the service in order to maximize the chance of them successfully quitting.

In certain circumstances where an individual has been initiated on NRT in hospital and given a supply on discharge it may be necessary for a clinician to prescribe a **one off** acute prescription for NRT until the individual can access on-going support from the specialist stop smoking service. This may be the case where the stop smoking service specification excludes provision of products to certain patients until 4 weeks after an acute event such as MI or stroke.

In East Lancashire **The Stop Smoking Service** can be contacted on **0800 328 6297** (free from landlines and mobile phones) or visit the [NHS Quit Squad website](#).

In Blackburn with Darwen patients can be signposted to the following community base clinics.

<http://www.refreshbwd.com/service/stop-smoking-service-2/>

or for further help, contact: Blackburn with Darwen Stop Smoking Service

T: 01254 682037

E: quitsmoking@blackburn.gov.uk

REFERENCES

1. NICE Public Health guidance No 48. November 2013 <https://www.nice.org.uk/guidance/ph48>
2. NICE Public Guidance 45. Tobacco: harm reduction approaches to smoking. June 2013 <http://www.nice.org.uk/guidance/ph45>
3. NICE Public Health guidance No 10. February 2008 <http://www.nice.org.uk/guidance/ph10>
4. NICE public health intervention guidance – brief interventions and referral for smoking cessation in primary care and other settings. March 2006 <http://www.nice.org.uk/guidance/ph1>
5. <http://www.lancashire.gov.uk/health-and-social-care/your-health-and-wellbeing/stop-smoking.aspx>