



Provision of Nicotine Replacement Therapy (NRT) for Workers in the Alcohol, Tobacco & Other Drug, Mental Health and Youth Sectors Policy

1. Background and purpose of this policy

Exposure to tobacco smoke has been linked to a multitude of adverse health consequences. Smoking has been identified as the leading preventable cause of death and disease in Australia (Begg et al 2007). About half of all lifetime smokers will die from smoking related diseases, half of whom will die in middle age, between 35 and 69 years (Mackay and Erikson 2002). Furthermore, exposure to environmental tobacco smoke (otherwise known as second-hand smoke or passive smoking) causes premature death in children and adults who do not smoke. There is no risk-free exposure to environmental tobacco smoke (U.S. Department of Health and Human Services 2006).

For most adults about one third of their day is spent in a workplace environment. The workplace has been identified as a setting through which groups of smokers can be potentially reached by health promotions and to encourage smoking cessation (Gruman 1993; Cahill et al 2008). Increased restrictions on smoking have had significant effect on rates of smoking in the broader community. Research has identified workplace smoking culture as a challenge to individuals trying to quit, undermining attempts to quit (Reilly et al 2006).

The evidence base addressing tobacco smoking is robust and provides the foundations upon which to develop smoking cessation initiatives. We know that using NRT enhances the likelihood of successful quit attempts.

The Alcohol Tobacco and Other Drug Association ACT (ATODA) has been funded by The Health Directorate to support workers in the ATOD sector to access subsidised Nicotine Replacement Therapy (NRT) through the ATODA NRT Project. In addition to this, and following the collaborative success of the Workplace Tobacco Management Project, ATODA is also able to provide access to subsidised NRT to workers in the mental health and youth sectors.

ATODA will be delivering this project with support from the Mental Health Community Coalition and in collaboration with the Youth Coalition of the ACT.

2. Scope

Free NRT is available through this project to smokers who are ATOD, youth or mental health workers in the non-government, not for profit sector of the ACT and/or members of ATODA. (NRT is described and defined in resources in Attachment 3). Free NRT is available to some ACT Government workers through existing policies, e.g. the Health Directorate policy which can be seen here:

health.act.gov.au/c/health?a=dlpubpoldoc&document=1416

Government workers are encouraged to contact their GP or pharmacist for information about how to access NRT through the PBS, or to contact their supervisor if subsidized NRT is available through their agency. They are also welcome to contact ATODA for additional information.

ATODA will provide NRT to assist participants to manage their tobacco consumption at no cost to the individual employee. An initial course¹ will be provided to participants up to a maximum of \$300 per participant. If an individual employee needs further support a second course may be obtained at no cost to the individual employee upon consultation with ATODA.

The initial course can incorporate combination therapy for participants whose nicotine dependence requires this to manage their smoking.

3. Engagement with your health professional(s)

All participants are actively encouraged to engage with their health professionals, including their General Practitioner and / or Pharmacist, prior to beginning NRT. If you do not have a health professional please contact ATODA for information.

4. Procedures

- Participants wishing to obtain NRT must complete the registration form (see Attachment 1) and return to ATODA.
- ATODA will liaise with each participant regarding completing the registration process.
- Information sheets on NRT are available in Attachment 3. However, advice should be obtained from the individual's Pharmacist / General Practitioner.
- NRT will be made available from designated pharmacists (see Attachment 2).
- Participant's details will be provided to the Pharmacist that has been agreed to by the participant and ATODA.
- Upon presentation of identification the pharmacy can provide NRT.
- Participants obtaining NRT through ATODA will be asked to participate in confidential evaluation processes to assess the progression of their smoking reduction and/or cessation.
- ATODA will provide participants with smoking cessation and reduction information and resources, including a Quitpack.

¹ One 'course' can include up to 8 weeks of NRT as longer courses of treatment are not any more effective. This can be negotiated upon consultation with the Project Team. (Stead et al 2008. Nicotine replacement therapy for smoking cessation. *Cochrane Database of Systematic Reviews*)

- Counselling services and support services are available by calling the Quitline on 13 78 48 or the ACT Alcohol Tobacco and Other Drug Services Directory on www.atoda.org.au.

5. Contact

For further information please contact:

Alcohol, Tobacco and Other Drug Association ACT (ATODA)

Phone: (02) 6249 6358

Fax: (02) 6230 0919

Email: info@atoda.org.au

Mail: PO Box 7187, Watson ACT 2602

References:

- Begg S, Vos T, Barker B, Stevenson C, Stanley L, Lopez AD, (2007) *The burden of disease and injury in Australia 2003*. PHE 82. Canberra AIHW.
- Cahill, K., Moher, & Lancaster, T. (2008) Workplace interventions for smoking cessation. Cochrane Database of Systematic Reviews, issue 4
- Gruman, J., Lynn W., Worksite and Community Intervention for Tobacco, In: (eds) Orleans C.T., Slade J. *Nicotine Addiction: Principles and Management*. New York: Oxford University Press, 1993: 396-411
- Mackay J. and Erikson M. 2002. *The Tobacco Atlas*. World Health Organisation. Geneva. Switzerland.
- Reily, P., Murphy, L., & Alderton, D. (2006) "Challenging Smoking Culture Within a Mental Health Service Supportively" in: *International Journal of Mental Health Nursing*, vol. 15, pp. 272-278

Attachment 1: Registration Form



Registration Form: Nicotine Replacement Therapy (NRT)

Information collected by the Alcohol Tobacco and Other Drug Association ACT (ATODA) for nicotine replacement therapy will be treated confidentially and will not be released to other entities unless required by law.

Participant Details	
Surname:	Given names:
Workplace:	Position:
Which Sector are you from? <input type="checkbox"/> ATOD <input type="checkbox"/> Mental Health <input type="checkbox"/> Youth	
Have you used subsidised NRT through ATODA before? <input type="checkbox"/> Yes <input type="checkbox"/> No	
Phone:	Mobile:
Postal address:	
Email:	
Preferred pharmacy:	<input type="checkbox"/> Dickson <input type="checkbox"/> Civic <input type="checkbox"/> Erindale <input type="checkbox"/> Woden

Terms

Participant information provided on this form may be verified to determine eligibility. By failing to provide all the information required to complete this registration form, you may not be eligible for the NRT subsidy. As the provider of this information, you are able to gain access to the information provided at any time. Eligible participants are entitled to an 8 week course of NRT to assist them manage their tobacco consumption, and are encouraged to consult with a health professional while they do this. A further 8 week course may be obtained if necessary by contacting ATODA. NRT will be provided at no cost to the individual participant. You agree the NRT will be used only as directed and will not give or share NRT with another person. You agree to participate in confidential evaluation processes to assist ATODA with assessing the progression of your smoking reduction and/or cessation. You are able to withdraw from the Project at any time.

Acknowledgement of Terms

I acknowledge that I have read, understood and agree to the above terms.

Participant Signature: _____ Date :

ATODA Approval	Signature:	Date received
Date approved	Survey 1 Completed	Survey 2 Completed

Attachment 2: Designated Pharmacies to access NRT

Designated Pharmacies to Access Nicotine Replacement Therapy (NRT)

One of the following Pharmacies can be selected by participants in the Project to access NRT. Please indicate on the registration form (see Attachment 1) which Pharmacist you wish to use. You will be notified when an account has been set up for you to access NRT.

ERINDALE

Erindale Australian Pharmacy
Shop 11 Erindale Shopping Centre
Wanniasa ACT 2903
Phone: (02) 6231 6550

WODEN

Pharmasafe Woden Pharmacy
Lower Level Woden Plaza
Woden ACT 2606
Phone: (02) 6282 3960

DICKSON

Capital Chemist Dickson
2/6 Dickson Place,
Dickson ACT 2602
Phone: (02) 6248 7684

CIVIC

Devlin's City Chemist
Shop 3-4 Garema Place
Canberra City ACT 2600
Phone: (02) 6248 5250

Attachment 3: Nicotine Replacement Therapy Information

Nicotine Replacement Therapy Information & Resources

The following resources are provided for your information.

Websites:

- www.quitcoach.org.au
- www.icanquit.com.au/quit-guide/methods-to-quit/nicotine-replacement-therapy
- www.quit.org.au
- www.quitnow.gov.au
- www.ceitc.org.au

Pamphlets/ Fact sheets:

- Quit SA: Nicotine Replacement Therapy (Feb 2010)
http://www.quitsa.org.au/cms_resources/NRT%20Info%20Sheet%20240210.pdf
- Quit Victoria: Benefits of Quitting Smoking (Accessed September 2012)
<http://www.quit.org.au/coping-with-cravings/benefitsofquitting.aspx>
- NSW Health: Products to help you quit smoking (Feb 2008)
http://www.health.nsw.gov.au/pubs/2008/products_to_quit.html
- Quit Victoria - Stopping smoking: Nicotine Gum (Feb 2009)
<http://www.quit.org.au/downloads/Background%20Briefs/09Gum.pdf>
- Quit Victoria – Stopping smoking: The Nicotine Inhaler (Feb 2009)
<http://www.quit.org.au/downloads/Background%20Briefs/23Inhaler.pdf>
- Quit Victoria – Stopping smoking: Nicotine Lozenge (Feb 2009)
<http://www.quit.org.au/downloads/Background%20Briefs/Lozenges.pdf>
- Quit Victoria – Stopping smoking: Nicotine Patches (Feb 2009)
<http://www.quit.org.au/downloads/Background%20Briefs/08Patch.pdf>

(Note: tobacco related reports and research items are available from the Alcohol and Other Drug Council of Australia's National Drugs Sector Information Service (NDSIS)
<http://ndsis.adca.org.au>.)