**TREATMENT GUIDELINES FOR HEALTH STAFF**

**Nicotine Replacement Therapy**

Authorized health and wellness staff may provide students with a weekly supply of Nicotine Replacement Therapy product under the following conditions:

1. Nicotine Replacement Therapy (NRT) risks, benefits, alternatives and side effects should be thoroughly reviewed with student before initiation of therapy.
2. NRT is indicated for students with physiologic dependence on nicotine, generally defined as smoking 10 cigarettes (1/2 pack) or more daily.
3. The student should be counseled on the potential for nicotine withdrawal.
4. Student should be actively enrolled in Tobacco Use and Prevention Program (TUPP).
5. Student should verbalize a serious commitment to cease use of tobacco products.
6. Student should understand the correct use of nicotine replacement product (nicotine patch, gum, inhaler, nasal spray or lozenge).
7. Student should be educated in the proper and safe disposal of nicotine patches (as these can be toxic to children and pets).
8. Students should be routinely scheduled for weekly follow-up visits for monitoring and tapering of NRT.
9. Although students aged 16 to 21 years may be prohibited from purchasing or possessing tobacco products, depending upon state law, a physician may prescribe NRT to students of any age.

**WHEN TO REFER TO THE CENTER PHYSICIAN**

* If the student experiences any side effect from NRT
* If the student is reported to continue the use of any tobacco product while concurrently using NRT
* If the student becomes pregnant while using NRT
* If the student expresses a desire to try oral medication assistance with nicotine cravings