



Safe Care Bulletin

Nicotine Replacement for Adolescent Patients:

The aim of this bulletin is to highlight the availability and process for obtaining Nicotine Replacement Therapy (NRT) for adolescent patients in Starship.

A Serious Patient Safety Event (SPSE) review highlighted that a delay in obtaining nicotine replacement therapy contributed to a young person's escalating agitation and attempt to abscond from the ward which resulted in the use of an inappropriate level of personal restraint.

A young person who smokes tobacco and is confined in a hospital ward will experience nicotine withdrawal effects which can combine with stress and anxiety resulting in escalating agitation.

To reduce nicotine withdrawal effects, all young people who smoke are identified on admission to starship and offered NRT. Consider the young person's need to have privacy and confidentiality of information with regard to tobacco use. Complete Clinical Form CR244.

NRT is prescribed on the national medication chart:

- The dosage regimen can be found in the ADHB Nicotine Withdrawal Management guideline or the Smokefree intranet site.
- NRT can be quickly obtained from the Pyxis station on level 1 of Starship.
- Young people are likely to find the inhalator or oral spray more effective whereas patches and gum are less effective in this patient group.

For further information refer to the ADHB Nicotine Withdrawal Management guideline.

NRT is available from the Pyxis on Level 1, Starship



CR244 Paediatric Smokefree Assessment and Referral