

Prescribing Tobacco Cessation Products Guidance Document

With the development of e-cigarettes and vaping, nicotine dependence has begun to steadily increase, and so has the demand for tobacco cessation resources. To increase accessibility to those that want to pursue quitting, NDAC 61-04-15 grants qualified pharmacists independent prescribing authority for tobacco cessation, as outlined in the protocol. For greater detail, please refer to the full protocol.

Tobacco products: Includes traditional tobacco-containing products, such as cigarettes, smokeless tobacco, etc., and/or e-cigs and other devices used for nicotine inhalation/dependence.

Qualifications: Must have an active ND pharmacist license. Had completed training approved by the Board of Pharmacy for prescribing tobacco cessation drug therapy, or training in line with NDAC 61-04-15-02. Is acting in good faith and providing care that aligns with current clinical guidelines.

Products that can be prescribed: Any FDA-approved medication with an indication for tobacco/smoking cessation. May not prescribe medications for off-label use according to the current protocol.

Procedure: Process can start by patient request or by pharmacist offering to initiate based on professional judgement. May offer tobacco cessation services even if patient not deemed ready to quit. Patient readiness should be assessed using the 5 A's or by a similar strategy. Assessment should be performed using current evidence. A health screening must be performed and documented. This should be used to identify candidates for treatment by the pharmacist, or to identify high-risk patients who should be referred on to an appropriate provider.

Counseling and Follow-up: Are highly recommended to be done with the patient. Encourage the patient to ask questions. Counseling includes medication and tobacco cessation behavioral counseling, as providing both is considered to be best practice. Tobacco cessation behavioral counseling can be done by the pharmacist or referred to an appropriate source.

Therapy options: Shall be decided on in consultation with the patient. May select and dispense either single or combination tobacco cessation therapy. Combination therapy options can be selected based on clinical guidelines, and/or on published peer-reviewed literature. Product selection should be based on patient factors and preferences.

Reporting and documentation: Informed consent can be obtained verbally, but should always be documented. The pharmacist shall provide product information and educational material to the patient. Shall notify the patient's primary care provider of the therapy provided within a reasonable timeframe, if the patient has one. Maintain all records of interaction for at least 5 years.