What is Combination Nicotine Replacement Therapy (NRT)?

Combination NRT is a method of dosing two forms of NRT simultaneously. Tobacco users are dosed a long-acting nicotine controller medication (e.g., patch) to limit withdrawal symptoms, in combination with a short-acting nicotine reliever medication (e.g., gum or lozenge) to be administered on demand for immediate relief and cravings. Project Filter provides nicotine patch + gum, or patch + lozenge dosing options.

Why Does Project Filter Support Combination NRT?

Combination NRT is well supported by scientific literature and research studies, receiving a strength-of-evidence A rating in the USPHS Guideline Update (2008). The 2013 Cochrane Review of Pharmacological Interventions states that combinations of NRT out-perform single formulations of NRT and are nearly as effective as the prescription drug varenicline. In a randomized controlled trial conducted by the Wisconsin Quitline, subjects randomized to 2-weeks or 6-weeks of combined patch and gum demonstrated significantly improved quit outcomes of 10% to 13% respectively, compared to those randomized to 2 weeks of patch-only.

Which Patients Are Eligible for Combination NRT?

- Participants who enroll in the Idaho QuitLine multi-call program
- Participants who meet the following eligibility criteria:
  - Are 18 years of age
  - Report no Use Exclusions for NRT, AND
  - Smoke 9 or more cigarettes per day, or use 2 or more tins of spit tobacco per week, AND
  - Are struggling to stay quit on a single form of NRT.

What Happens After My Patient Signs Up for Combination NRT?

Participants who qualify will be mailed the nicotine patch and gum, or the nicotine patch and lozenge. Along with verbal instruction, the patient receives a set of detailed written instructions. Quit Coach staff provide follow-up support during ongoing, proactive calls to assess participants for proper NRT use and problem-solve potential side effects, such as skin irritation or nausea.

Visit projectfilter.org to get free materials and learn more about patient referral programs.

*Subject to availability and eligibility. Registrants must participate in at least one coaching call to receive NRT. Other restrictions may apply.

2. Enhancing Tobacco Quitline Effectiveness: Identifying a Superior Pharmacological Adjuvant. Smith