

PSNE Ltd

Sunderland NRT voucher scheme

Valid from 1st March 2026

Provision of Community Pharmacy Nicotine Replacement Therapy voucher scheme

Introduction

The Nicotine Replacement Therapy voucher scheme aims to ensure that people that smoke tobacco have access to appropriate Nicotine Replacement Therapy products that are listed for general sales to help them stop smoking.

Community Pharmacies will work with PSNE Ltd, Council, Sunderland's Specialist Stop Smoking Service and other stakeholders to deliver a programme that improves access to Nicotine Replacement Therapy, supplied in line with best practice as part of the Stop Smoking Service pharmacotherapy offer in Sunderland.

National context

Over the past 5 years, smoking prevalence has been falling nationally, regionally and locally, though smoking remains the greatest contributor to premature death and disease, killing 1 in every 2 long term smokers. It is estimated that up to half of the difference in life expectancy at birth between the most and least affluent groups is associated with smoking.

A wide range of diseases and conditions are caused by smoking, including cancers, respiratory diseases, coronary heart and other circulatory diseases, stomach and duodenal ulcers, erectile dysfunction, infertility, osteoporosis, cataracts, age related macular degeneration and periodontitis.

The Public Health Outcome Framework Local Tobacco Control Profile estimates that 11.6%¹ of adults' smoke in England, however smoking among adults has steadily declined between 1993 and 2023 (from 27% to 11.6%).

Local Context

The proportion of adults that smoke in Sunderland fell between 2013 and 2023 from 21.2% to 12.3%. The rate in 2023 was slightly higher than national average estimated prevalence of smoking in adults of 11.6%.

¹ Public Health Outcome Framework Local Tobacco Control Profile, Accessed 15 January 2025

The Council produces a Tobacco Joint Strategic Needs Assessment. Further information on national and local context can be found on [Sunderland Joint Strategic Needs Assessment - Sunderland City Council](#).

Sunderland's Health and Wellbeing Board is committed to the strategic aim to reduce tobacco related harm and to reduce adult smoking prevalence to 5% by 2030.

Purpose and outcomes

Purpose

The Community Pharmacy Sunderland Nicotine Replacement Therapy Voucher Scheme aims to ensure that Service Users are able to access a range of pharmacological Nicotine Replacement Therapy products via local Community Pharmacies. As part of a broad programme of tobacco control, the Service aims to improve the health and wellbeing of smokers aged 12 years and over in Sunderland through a structured programme of support to prepare to stop smoking, successfully quit (at 4 weeks) and maintain the quit (to 12 weeks).

Vision

The Council's vision for the Community Pharmacy Sunderland Nicotine Replacement Therapy Voucher Scheme is of an accessible, evidence based programme offering access to pharmacotherapies as aids to stop smoking and to help reduce nicotine cravings where clinically appropriate, delivered by suitably trained and competent staff across all areas of Sunderland.

Availability of accessible stop smoking services in the most deprived areas of the city with the highest smoking prevalence is crucial in addressing health inequalities, as well as supporting those on other high prevalence groups and those underrepresented in services.

1 Programme Outcomes

NHS Stop Smoking Services contribute to the indicators identified by the Public Health Outcomes Framework Public Health Outcomes Framework - GOV.UK (www.gov.uk) and within the Sunderland Healthy City Plan.

Individual Outcomes

The Community Pharmacy will:

- 1.4.1 Offer a user friendly, non-judgemental, Service User centred service.
- 1.4.2 Provide easy access to the Community Pharmacy Sunderland Nicotine Replacement Therapy Voucher Scheme according to NICE guidelines <https://cks.nice.org.uk/smoking-cessation>.
- 1.4.3 Contribute towards the reduction of health harms associated with smoking.
- 1.4.4 Maximise the benefits of accessing Community Pharmacies, such as general health improvement and signposting to other services.

Branding, Marketing and Communications

The Community Pharmacy will:

Use the locally agreed supporting resources for the Programme, where identified by the Council or Management Provider.

Ensure that all communication about the Service uses agreed brand identities and campaign guidelines.

Use the dedicated Public Health England Campaign Resource Centre (<https://campaignresources.phe.gov.uk/resources/>) to obtain further marketing resources and national campaign materials.

Support local campaigns as identified by the Specialist Stop Smoking Service and the Council.

2 Service criteria

Inclusion Criteria

- 2.1.1 Stop Smoking Service will be available to individuals who smoke tobacco, require help to quit and are one or more of the following:
 - a. Are aged 12 years and over.
 - b. Live in Sunderland.
 - c. Registered with a Sunderland GP.
 - d. Work in Sunderland.
 - e. Attend a school or college within Sunderland.

Nicotine Replacement Therapy products will be provided to Service Users with a valid Sunderland Nicotine Replacement Therapy Voucher for the scheme in Sunderland and must be:

- a. Registered with a Sunderland Stop Smoking Services.
- b. Receiving advice and support from a trained Stop Smoking Adviser.
- c. Willing to take NRT as part of a structured quit attempt.
- d. Assessed as being suitable for NRT.

Exclusion Criteria

2.2.1 There are no exclusions to the Service on the basis of gender, race, sexual orientation, physical and/or mental impairment, pregnancy or any other protected characteristic, though the Community Pharmacy will be able to exclude Service Users where:

- a. Acceptable behaviour is not upheld.
- b. A professional risk assessment indicates that the Service User poses a serious risk to staff, other Service Users and/or members of the public.

2.2.2 Where a Service User is excluded from the Service, this must be discussed with the Service User and information must be provided about other available NHS Stop Smoking Services.

3 Service description

3.1 Service Overview

The Service will include the provision of pharmacological Nicotine Replacement Therapy products and provide advice and information for Service Users including potential side effects and contraindications.

Community Pharmacy Sunderland Nicotine Replacement Therapy Vouchers are issued by Sunderland Stop Smoking Service advisers who assess the suitability of Service Users for the product(s).

- 3.1.3 The Community Pharmacist will ensure that it is appropriate to dispense the recommended Nicotine Replacement Therapy product(s) to the Service User. In some circumstances the Community Pharmacist may suggest an alternative Nicotine Replacement Therapy product. Where alternative Nicotine Replacement Therapy product(s) is recommended, the Community Pharmacist must have a discussion with the Service User and the Stop Smoking Service adviser who made the initial recommendation.
- 3.1.4 Nicotine Replacement Therapy product(s) are to be issued to all Service Users free of charge.
- 3.1.5 The Community Pharmacy will liaise with the recommending Sunderland Stop Smoking Service Adviser or the Council to ensure:
- a. All recommendations for Nicotine Replacement Therapy products meet expected standards.
 - b. Any discrepancies in the recommendations are addressed.
 - c. All products are dispensed in line with the requirements within this specification.
- 3.1.6 The Community Pharmacy will ensure that Service Users are informed of the times of the day they are able to access the Service.

3.2 Access to Service

- 3.2.1 The approved Sunderland NRT Vouchers with either be a paper-based voucher (Appendix 1) or an e-voucher, as follows:
- a. A paper voucher will be handed to the Service User to take to participating Community Pharmacies.
 - b. An e-voucher will be sent electronically directly to the community pharmacy via PharmOutcomes for the Service User to collect their medication. (Community Pharmacies will be informed when an e-voucher scheme is being implemented).

The Community Pharmacy will:

- 3.2.2 Receive an approved Sunderland Voucher of Recommendation. Service Users will have been issued with the Nicotine Replacement Therapy vouchers via one of the following routes:
- a. The Sunderland Specialist Stop Smoking Service.

- b. Sunderland Universal Stop Smoking Service (GP, Community Pharmacy, Community Provisers).
- 3.2.3 Check that the Service User meets the eligibility criteria for the Service (Section 3.1).
- 3.2.3 Ensure that all relevant sections of the Sunderland Nicotine Replacement Therapy Voucher are complete.
- 3.2.4 If a paper voucher is received, check that it is an approved Nicotine Replacement Therapy voucher (Appendix 1) and ensure the Service User has attended a Sunderland Stop Smoking Service – see ‘Provider Details’ section of the voucher. If there is any uncertainty regarding the authenticity of the Nicotine Replacement Therapy voucher, the Community Pharmacy is to contact the Specialist Stop Smoking Service.
- 3.2.5 Note that any voucher of recommendation that is issued by the Stop Smoking Adviser will become void 28 calendar days after the date of issue. If the voucher had been presented after 28 calendar days from issue, the Community Pharmacy must contact the Stop Smoking Adviser to check that the voucher is valid.
- 3.2.6 Establish the identity of the Service User by requesting one form of identification selected from the following:
- a) Passport.
 - b) Driving Licence.
 - c) Student ID.
 - d) A Blue Badge.
 - e) Utility Bill which is no more than 6 months old showing current address.
 - f) Bank Statement which is no more than 6 months old showing current address.
- 3.2.7 Ask each Service User whether they are receiving pharmacotherapy aids to help them to stop smoking from another provider. Explain they cannot receive support from multiple providers of Stop Smoking Services.

3.3 **Intervention**

The Community Pharmacy will:

- 3.3.1 Ensure that the products recommended comply with the schedule for interventions (Appendix 2). During the first four weeks of the quit attempt the Service User will usually be provided with one week's supply of products at a time. After four weeks, two weeks supply will be provided up to a maximum of 12 weeks in total. The Service User may be issued with two weeks supply during the first four weeks in some circumstances, for example if they are receiving telephone support or they are being admitted to hospital.
- 3.3.2 Review which products are recommended via the Sunderland Nicotine Replacement Therapy Voucher and ensure that the products are included within the approved list of products for the Service (Appendix 3).
- 3.3.3 Check which Nicotine Replacement Therapy combination is most effective to the needs of the Service User and where necessary make alterations to the Stop Smoking Adviser's recommendation.
- 3.3.4 Ensure that the products on the approved list are held in stock.
- 3.3.5 Provide advice and information in relation to the products provided to ensure that these products are suitable for the Service User (including though not limited to):
 - a. Potential side-effects.
 - b. Contraindications.
 - c. How to gain the best advantage from the use of the products.
- 3.3.6 In the event that the Community Pharmacy is unable to supply the product in accordance with the recommendation on the Sunderland Nicotine Replacement Therapy Voucher, ensure this is discussed with the Service User and the Stop Smoking Service adviser who made the initial recommendation, and an alternative product must be offered.
- 3.3.7 Ensure that all the required sections of the Sunderland Nicotine Replacement Therapy Voucher are completed, including the details of NRT products dispensed, prior to supplying to the Service User and in line with Section 9.2 – Data Recording.
- 3.3.8 Supply the requested products in line with manufacturer's guidance.
- 3.3.9 If a paper voucher is received, retain the Sunderland Nicotine Replacement Therapy Voucher as proof of dispensing requested products and to claim remuneration for at least 7 years.

- 3.3.10 Record the on-going supply of the products to each Service User via the commission IT System (currently “PharmOutcomes”) and in line with Section 9.2 – Data Recording.

The Community Pharmacy must not:

- 3.3.11 Use the Sunderland Nicotine Replacement Therapy Voucher Scheme to make a recommendation for any product which are not part of the agreed list of pharmacological products (Appendix 3).
- 3.3.12 Request any charge in relation to the Sunderland Nicotine Replacement Therapy Voucher Scheme; all Nicotine Replacement Therapy product(s) are to be issued to all Service Users free of charge.

Completion and Exit

The Community Pharmacy will:

- 3.4.1 Issue products as recommended by the Stop Smoking Service Adviser until the course of Sunderland Nicotine Replacement Therapy Vouchers is completed.
- 3.4.2 Ensure that where a Service User comes to the end of their course of Nicotine Replacement Therapy, they are advised how to access services in the event that they start smoking again.

Supply of Medication

Current evidence is that combination NRT is more effective than single product NRT. In line with guidance Community Pharmacists are advised:

- a. To prescribe patches (prolonged release) with an oral product (immediate release).
 - b. Not to provide two oral products (immediate release) simultaneously.
- 3.5.2 Upon a request for two oral products from a Service User, seek advice from the Specialist Stop Smoking Service before supplying the products.

4 Management of products requested via standard FP10

4.1 Nicotine Replacement Therapy Provided via Standard FP10 Prescriptions

- 4.1.1 It is recommended that all NRT products are recommended using the Sunderland Nicotine Replacement Therapy Voucher Scheme, however, in some exceptional circumstances GPs or other prescribers may prescribe NRT using a FP10 prescription.
- 4.1.2 If a GP or independent non-medical prescriber prescribes Nicotine Replacement Therapy products that are listed for general sales using an FP10 prescription, rather than a Sunderland Nicotine Replacement Therapy voucher of recommendation, this activity is not part of the Community Pharmacy Sunderland Nicotine Replacement Therapy Voucher Scheme and will not be remunerated via the scheme.
- 4.1.3 Dispensing costs must be recovered via the Community Pharmacy's standard processes in relation to prescriptions. In addition, Service Users will still be required to pay a prescription charge if not exempt, for any NRT product requested via a FP10 prescription.

4.2 Prescription Only Medications

- 4.2.1 Stop Smoking Advisers may recommend prescription only approved stop smoking therapies (e.g. varenicline, bupropion and cytisinicline) via a GP - these are not included within the formulary for this Service. In these instances, a Sunderland Nicotine Replacement Therapy voucher of recommendation will not be provided as this activity is not part of the Community Pharmacy Sunderland Nicotine Replacement therapy voucher scheme and will not be remunerated. Dispensing costs must be recovered via the Community Pharmacy's standard processes in relation to prescriptions. Prescription charges may apply if a FP10 prescription is used.

5 Interdependencies with other services

- 5.1 In order to deliver a holistic Service the Community Pharmacy must have strong working relationships with a range of partners including but not limited to:
 - a) Management Provider.
 - b) Sunderland's Specialist Stop Smoking Service.
 - c) General Medical Practices.
 - d) Community Pharmacies.
 - e) Sunderland City Council.

5.2 It will be the responsibility of the Community Pharmacy to facilitate onward referrals (where applicable) into other services such as the Sunderland City Council, the Specialist Stop Smoking Service, General Practice or other Community Pharmacies.

6 Governance arrangements

6.1 Legislation and Guidance

In line with the Department of Health and National Institute of Clinical Excellence guidelines, the Community Pharmacy must operate in compliance with the following core guidance documents (including though not limited to):

- a. Tobacco control plan: delivery plan 2017 to 2022 (DHSC, June 2018).
- b. Towards a smoke-free generation: tobacco control plan for England (DH, July 2017).
- c. Tobacco: preventing uptake, promoting quitting and treating dependence NICE guideline (NG209).
- d. NCSCT Standard Treatment Programme².
- e. NCSCT Training Standard³.

The Community Pharmacy must adopt and operate in compliance with new guidance documents as these are published.

6.2 Clinical Governance

6.2.1 The Community Pharmacy will manage clinical governance for the Service in line with requirements of the Management Provider.

6.3 Information Governance

² http://www.ncsct.co.uk/usr/pub/standard_treatment_programme.pdf

³ https://www.ncsct.co.uk/library/view/pdf/NCSCT_training_standard.pdf

- 6.3.1 The Community Pharmacy will manage information governance for the Service in line with requirements of the Management Provider.

7 Equipment and facilities

7.1 Stock Control

The Community Pharmacy will:

- 7.1.1 Ensure that adequate stock levels are maintained at all times to enable products to be supplied in line with the approved list of products for the service (see Appendix 3).

7.2 Consultation Area

- 7.2.1 The Community Pharmacy will ensure that a private consultation area is available for the delivery of the Service to ensure confidential conversation can be undertaken. It should be clearly designated as a private consultation area distinct from the general public areas of the pharmacy.

7.3 Programme Governance

- 7.3.1 Governance of the programme is through the Management Provider.
- 7.3.2 The Specialist Stop Smoking Service's role is to provide guidance to stop smoking service providers on the operational delivery including but not limited to:
 - a) Use of Sunderland Nicotine Replacement Therapy Vouchers.
 - b) Providing local Stop Smoking resources.
 - c) Providing local marketing/ campaign materials.
- 7.3.4 Liaise with the Management Provider if there are any difficulties in the supply of products on the approved list of products for the service (see Appendix 3).

8. Quality and safety

8.1 Workforce

- 8.1.1 Each Pharmacy will be accountable for ensuring that skills and knowledge of Staff are up to date and that all Staff delivering the Service has the relevant knowledge and are appropriately trained in the operation of the Service. Further information can be found at: http://www.ncsct.co.uk/usr/pub/NCSCCT_training_standard.pdf.
- 8.1.2 Knowledge and skills required for the Service will be verified using the Declaration of Competence (DoC) system.
- 8.1.3 The Community Pharmacy must demonstrate that they have completed the Centre for Pharmacy Postgraduate Excellence (CPPE) distance learning course “Smoking – theLearningpharmacy.com” (Refer to www.cppe.ac.uk).
- 8.1.4 Competencies must be reviewed and confirmed at least once every three years as evidence of continuing professional development and maintenance of competence.
- 8.1.5 The Community Pharmacy may authorise Staff, who are suitably trained, to undertake and record data. The overall consultation and clinical responsibility for the supply of Nicotine Replacement Therapy products or onward referral, lies with the Pharmacy.
- 8.1.6 The Community Pharmacy must ensure that safeguarding adults and children is considered and managed at all times.

9. Quality requirements

- 9.1 The Community Pharmacy will ensure that the service is delivered in line with the following quality requirements:

No	Quality Measures	Frequency	Methodology
1	Demonstrate that all Staff involved in the provision of the Service have successfully completed required training	At commencement of Service	CPPE Declaration of Competency.
2	The Pharmacy will review the standard operating	Annual	Standard operating procedure available for inspection by the

No	Quality Measures	Frequency	Methodology
	procedures for the Service on an annual basis.		Management Provider describing review activities, findings and areas for improvement.
3	Participate in audits of service provision.	Annual	<p>The Management Provider will audit the Service to ensure that delivery is in line with the service specification.</p> <p>The Pharmacy will ensure that access to premises and any relevant information is made possible to Specialist Stop Smoking Service and Council staff.</p>
4	Co-operate with any locally agreed assessment of Service User experience.	As required by the Council	The Council will inform the Pharmacy in the event of any Service User experience exercises and ensure that access to premises and any relevant information is made possible to Council staff or their appointed representatives.
5	Ensure there is an appropriate consultation area available for the delivery of the Service to ensure that the needs of Service Users can be assessed and met in a confidential manner.	Local reports/ review meetings	The Pharmacy will ensure that access to premises and any relevant information is made available to Specialist Stop Smoking Service and the Management Provider's staff for the purposes of verification.
6	The Pharmacy will ensure that all Staff will complete	Activity information submitted monthly.	Activity information will be available to the commission IT

No	Quality Measures	Frequency	Methodology
	all necessary documentation and record data as agreed with the Council, to enable monitoring and evaluation of the Service.		System (currently "PharmOutcomes"). Other information will be available on request.
7	The Pharmacy must maintain appropriate records to ensure effective on-going service delivery and audit. Records will be confidential and must be stored securely and for the length of time expressed in local NHS record retention policies.	On-going	The Management Provider will audit the Service to ensure that delivery is in line with the service specification. The Pharmacy will ensure that access to premises and any relevant information is made available to Specialist Stop Smoking Service and the Management Provider's staff.
8	The Pharmacy will need to share relevant information with other health care professionals and agencies, in line with locally determined confidentiality arrangements, including, where appropriate, the need for the consent of the Service User to share the information.	On-going	The Management Provider will audit the Service to ensure that delivery is in line with the service specification. The Pharmacy will ensure that access to premises and any relevant information is made possible to Specialist Stop Smoking Service and the Management Provider's staff.

9.2 Data Reporting

The Community Pharmacy will:

- 9.2.1 Record service delivery information on a monthly basis within the approved IT System (currently “PharmOutcomes”) to enable monitoring of activity
- 9.2.2 Register all Service Users on the approved IT System (currently “PharmOutcomes”) and ensure all fields are completed accurately within expected timescales including the following data items:
- a) Registration Date
 - b) Name
 - c) Date of Birth
 - d) Gender
 - e) Ethnicity
 - f) Postcode
 - g) Address
 - h) GP Surgery
- 9.2.3 Record all transactions on the approved IT System (currently “PharmOutcomes”) and ensure all fields are completed accurately within expected timescales including the following data items:
- a) Nicotine Replacement Therapy Voucher Number.
 - b) Provider ID code (GP Practice Code or Pharmacy Code or Community Provide Code).
 - c) Nicotine Replacement Therapy Voucher Issue Date.
 - d) Nicotine Replacement Therapy Voucher Stop Smoking Provider.
 - e) Client Name.
 - f) Date supplied.
 - g) The type, strength and quantity of NRT products supplied.
 - h) Proof of ID seen. Serial number of Nicotine Replacement Therapy Voucher.
 - i) Notes.
- 9.2.4 The Community Pharmacy will manage data reporting for the Service in line with the requirements of the Management Provider.

10 Pricing and payment

10.1 Price Schedule

- 10.1.1 A fee of £3.50 will be paid for the initial assessment and first 1 week’s supply of a valid Sunderland Nicotine Replacement Therapy Voucher. Evidence for this is in the form of Nicotine Replacement Therapy Voucher number 1.

- 10.1.2 A fee of £2.00 per voucher will be paid for each instance of dispensing for the life of the programme of Sunderland Nicotine Replacement Therapy Vouchers issued to the Service User.
- 10.1.3 Fixed costs of Nicotine Replacement Therapy products plus VAT will be reimbursed. Only products approved for use under the Community Pharmacy Nicotine Replacement Therapy Scheme will be reimbursed (Appendix 3).

10.2 Payment Terms

- 10.2.1 PSNE will ensure there is a process in place for the payment of services undertaken the Community Pharmacists, which is recorded on PharmOutcomes.

**APPENDIX 1
APPROVED SUNDERLAND NICOTINE REPLACEMENT THERAPY VOUCHER**

**SUNDERLAND UNIVERSAL SERVICE
VOUCHER OF RECOMMENDATION**



Please complete in BLOCK CAPITALS.

Voucher No. _____ / of 8

Date if issue: / /

Provider Details: Voucher is only valid for 28 calendar days from the date of issue

Advisor Name: _____

Contact Number: _____

Organisation name and address: _____

Postcode: _____

Client Details

Forename(s); _____ Surname _____

Date of Birth: _____

Address: _____

G.P. Practice _____

Is the patient pregnant? **Yes / No**

If pregnant: The risks and benefits of NRT have been discussed with this client **Yes / No**

Product(s) (Free) : Weeks 1 - 4 (4 weeks supply) / Weeks 5 - 12 (2 weeks supply ONLY)

Product	Pack Size	Number of Packs
NRT Patch 16 hours		
NRT Patch 24 hours		
NRT Microtab		
NRT Lozenges		
NRT Mini Lozenges		
NRT Gum		
NRT Nasal Spray		
NRT Inhalator		

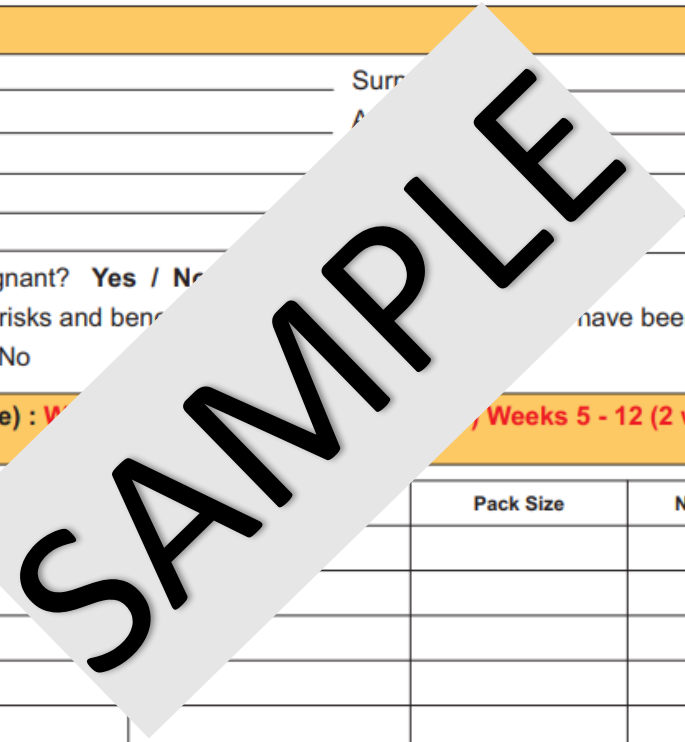
Client Receipt of Voucher

Proof of I.D **Yes / No / N/A** Client Signature: _____

Client Name (BLOCK CAPITALS): _____

Serial No.

This is property of Sunderland City Council. This voucher is not valid in Stop Smoking Services located outside the boundaries of Sunderland. In the even that it is presented in another area, please contact Sunderland Specialist Stop Smoking Service on 01915674644



PHARMACY USE ONLY

Supplied by:	
Signature: _____	Pharmacy stamp
Name: _____	
Date of issue: _____	
Tel.: _____	

I am the: Patient Patient representative

Signed: _____

Address if different from above: _____

For Pharmacy use
Date submitted to pharmacy: _____ / _____ / _____

For LLW use

SAMPLE

APPENDIX 2

SCHEDULE OF INTERVENTIONS

Week No	Amount of Time of at Least	Nicotine Replacement Therapy Voucher Supply	Number of NRT Days
Initial assessment	30 minutes	0	0
Second appointment to set a quit date	20 minutes	0	0
Week 0	15 minutes	1 weeks supply	1 to 7
Week 1	15 minutes	1 weeks supply	8 to 14
Week 2	15 minutes	1 weeks supply	15 to 21
Week 3	15 minutes	1 weeks supply	22 to 28
Week 4	15 minutes	2 weeks supply if on 12 week programme.	29 to 42
After 4 Weeks the Service User should be seen Every 2 Weeks			
Week 6	15 minutes	2 weeks supply	43 to 56
Week 8	15 minutes	2 weeks supply	57 to 70
Week 10	15 minutes	2 weeks supply	71 to 84
Week 12	15 minutes	No Nicotine Replacement Therapy Voucher but Carbon Monoxide (CO) reading and sign off	Finish NRT

APPENDIX 3

AGREED LIST OF PHARMACOTHERAPIES FOR USE WITHIN THE SUNDERLAND NHS STOP SMOKING SERVICE

All Nicotine Replacement Therapy product prices are set as of **May 2025** in accordance to NHS Dictionary of Medicines and Devices. Prices are updated on a weekly basis and will automatically reflect the approved IT System (currently “PharmOutcomes”).

Preparation	Strength	Maximum Daily Dose	Instructions	Comments
Patches	10mg/16 hours 15mg/16 hours 25mg/16 hours	1 patch a day regardless of strength	<ul style="list-style-type: none"> Apply on waking to dry, non-hairy skin on hip, chest or upper arm, and remove 16 hours later, usually before bedtime. Rotate sites. 	<ul style="list-style-type: none"> Suitable for smokers with regular smoking pattern and low level of behavioural dependence. Patches give a constant release of nicotine. Not suitable for occasional smokers
Patches	7mg/24 hours 14mg/24 hours 21mg/24 hours	1 patch a day regardless of strength	<ul style="list-style-type: none"> Apply in the morning to dry, non-hairy skin on hip, chest or upper arm, and remove and replace 24 hours later. Rotate sites. 	<ul style="list-style-type: none"> Recommended for those who smoke within 30 minutes of waking or smoke at night. Patches give a constant release of nicotine. Not suitable

Preparation	Strength	Maximum Daily Dose	Instructions	Comments
				for occasional smokers. <ul style="list-style-type: none"> Patients reporting side effects of sleep disturbances should be offered the 16 hour patch instead.
Sublingual tablets (microtabs)	2mg tablets	40 tablets in 24 hours	<ul style="list-style-type: none"> Tablet should be placed under the tongue and allowed to slowly dissolve. It should be moved around under the tongue to prevent irritation. For patients smoking \leq 20 cigarettes daily, 2mg every hour. Can be increased to 4mg every hour in patients who fail to stop smoking or have significant withdrawal symptoms. For patients smoking \geq 20 cigarettes daily, 4mg every hour. 	<ul style="list-style-type: none"> Continue treatment for up to 3 months before reducing the dose. It is discreet and flexible and provides good dose control.
Lozenges	, 2mg 4mg	15 lozenges daily	<ul style="list-style-type: none"> Put lozenge in mouth and allow to slowly dissolve. 	<ul style="list-style-type: none"> Lozenges last 10-30 minutes depending on size.

Preparation	Strength	Maximum Daily Dose	Instructions	Comments
			<ul style="list-style-type: none"> periodically move it from one side of the mouth to the other. Lozenge should not be chewed or swallowed whole. 	<ul style="list-style-type: none"> Continue treatment for 6-12 weeks before attempting dose reduction. Users should not eat or drink while the lozenge is in the mouth.
Mini-Lozenges	2mg, 4mg	15 lozenges daily	<ul style="list-style-type: none"> Put lozenge in mouth and allow to slowly dissolve; periodically move it from one side of the mouth to the other. Lozenge should not be chewed or swallowed whole. 	<ul style="list-style-type: none"> Lozenges last 10-30 minutes depending on size. Continue treatment for 6-12 weeks before attempting dose reduction Suitable for smokers who smoker 20 cigarettes or less per day Users should not eat or drink while the lozenge is in the mouth
Nicotine medicated gum	2mg 4mg	15 pieces of either strength	<ul style="list-style-type: none"> Chew one piece when the urge to smoke occurs. Chew until a peppery/tingling feeling occurs, 	<ul style="list-style-type: none"> Allows good control of nicotine dose. Not permitted on mental health wards.

Preparation	Strength	Maximum Daily Dose	Instructions	Comments
			<p>flatten and park between the gum and the cheek.</p> <ul style="list-style-type: none"> Chew and park several times per piece. Nicotine is released over 30 minutes of slow intermittent chewing - to release taste. 	
Nicotine nasal spray	0.5mg/ spray	64 sprays daily	<ul style="list-style-type: none"> Tilt head and use one squirt in each nostril when the urge to smoke occurs, up to twice an hour for 16hours/ day. When withdrawing from therapy, the dose can be gradually reduced to 1 spray in 1 nostril. 	<ul style="list-style-type: none"> Rapid nicotine delivery - better for very dependent smokers. Recommended for those who smoke \geq 20 cigarettes a day.
Nicotine inhalator	15mg	6 cartridges daily	<ul style="list-style-type: none"> Inhale using the inhalator either deeply or shallow puffs. Can use as many puffs as needed for as long as needed. 	<ul style="list-style-type: none"> The amount of nicotine absorbed is the same using either breath technique.

Preparation	Strength	Maximum Daily Dose	Instructions	Comments
			<ul style="list-style-type: none"> • Each cartridge will provide 40 minutes of intense use. • Try to reduce the amount of cartridges used daily over time. 	

APPENDIX 4

DECLARATION OF COMPETENCE

Sunderland Nicotine Replacement Therapy (NRT) Voucher Scheme in Community Pharmacy

The Declaration of Competence (DoC) system has been given national support after a series of pilots in England. The purpose of the DoC is to review Community Pharmacists' and pharmacy technicians' competence to deliver a locally commissioned service and to assure commissioners they have the appropriate knowledge, skills and behaviours to deliver a high-quality, consistent service. The new criteria detailed below now replace any previous accreditation system.

The DoC has been endorsed by NHS England, Health Education England and Public Health England. Guidance is available to download from the CPPE website using the link <https://www.cppe.ac.uk/services/declaration-of-competence>

Each Public health Service has a framework that sets out the core professional competences for that service. The framework allows self-assessment of competence and outlines the recommended learning to enable self-declaration.

The **training requirements** to meet the competencies in the DoC and enable self-certification, to deliver the Sunderland Nicotine Replacement Therapy (NRT) Voucher Scheme in Community Pharmacy Public Health commissioned service in Sunderland are set out below in box 1:

Box 1: Learning and Assessments

Consultation Skills for Pharmacy Practice (3 hours)

- Complete the CPPE Consultation Skills e-learning or distance learning.
- Pass the consultation skills e-assessment.

Safeguarding Children and Vulnerable Adults Knowledge

- Complete the CPPE Safeguarding children and vulnerable adults e-learning (1 hour).
- Pass the safeguarding e-assessment.

OR:

Basic Awareness (Alerter) Training in Safeguarding Adults (level 1)

- Complete the [Sunderland Safeguarding Adults Board e-learning](#) (45 minutes).

Basic Awareness (Foundation) Training in Safeguarding Children

- Complete the Sunderland Safeguarding Children's Board approved Training <https://www.safeguardingchildrensunderland.com/p/training-1/e-learning> in Safeguarding Children (1 to 2 hours)

And:

- Read and understand the Gillick Competence and are able to assess young people under the age of 16 years for Gillick Competence. Refer to www.cqc.org.uk/content/nigels-surgery-8-gillick-competency-and-fraser-guidelines

Standard Operating Procedures for Self-Certification

The Community Pharmacy will:

1. Review this DoC self-assessment tool to identify any learning needs and refer to the training requirements for guidance.
2. Complete any necessary training.
3. Print and sign or electronically sign this Declaration of Competence statement.
4. Upload the following documentation and send to Specialist Stop Smoking Service, ABL Health, The Software Centre, 1 Tavistock Place, Hendon, Sunderland SR1 1PB or email to: sunderland.stopsmokingservice@nhs.net
 - Signed Declaration of Competence statement;
 - Course certificate(s).

This DoC is valid for three years. If however it is necessary to vary the delivery of the Service, the Community Pharmacy may be required to revisit the DoC and resubmit this to the Council. The Community Pharmacy may choose to attend a course to revise knowledge, skills and behaviours to ensure the DoC criteria are met.

I have the necessary knowledge and skills to provide the NHS Stop Smoking Service and can demonstrate these skills. I acknowledge that it is my responsibility to update my knowledge and skills on an on-going basis and to formally renew my Declaration of Competence for the Service every 3 years.

Signed

Click or tap here to enter text.

(Scanned or typed signature acceptable)

Name

Position

Date

For and on behalf of

Address of Organisation

Email Address