

Referral Date:///			
Referred by	(Program)		(Staff)
Consent provided for Tobacco Program staff to contact client ☐ Yes ☐ No			
CLIENT INFORMATION			
Pregnant Due Date D M Y	Postpartum	Delivery Date	/
Client Name		Date of Birth	///
Address			
City	Postal Code _		
Primary Phone # () Secondary Phone # ()			
☐ Cigarettes # per day			

The Public Health Nurse or Health Promoter will work collaboratively with the participant to determine the number of weeks of specific dosage to help the client decrease their nicotine intake. Average course of treatment could be 5 – 10 weeks depending on the client. The NRT will be dispensed in conjunction with weekly cessation therapy with a Public Health Nurse or a Health Promoter trained in Intensive Tobacco Cessation Counselling.

Benefits of NRT

- · Eliminates other chemicals found in cigarette smoke
- · Helps with withdrawal and cravings
- · Doubles chances of quitting smoking
- Exposes the fetus to lower levels of nicotine versus smoking
- · Minimal amounts of nicotine are found in breast milk

Risks of NRT

Researchers suggest that nicotine may affect the oxygen delivered to the fetus. However, it is believed that the effects are greatest with faster delivery systems (i.e., smoking is the fastest delivery system of nicotine). Therefore the risks are not as great with gum.