


Training & Resources: Supporting use of Varenicline and Cytisine

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NCSCT

Tobacco dependence aids



The image displays three categories of tobacco dependence aids. On the left, 'Combination NRT' is represented by a blue circle with a white plus sign, a blister pack of yellow patches, a white inhaler, and a blister pack of white tablets. In the center, 'Varenicline/cytisine (nicotine analogue)' is shown with a box of 'Cytisine 1.5mg' and a box of 'CHAMPIX 1mg FILM-COATED TABLETS'. On the right, 'Nicotine vape' is depicted with a black e-cigarette and a red circle containing a white 'N'.

Combination NRT

Varenicline/cytisine (nicotine analogue)

Nicotine vape

First choice (3x)

Combining tobacco dependence aids with behavioural support further increases success with stopping long-term

NCSCCT resources

Commissioning, Delivery and Monitoring Guidance 2024

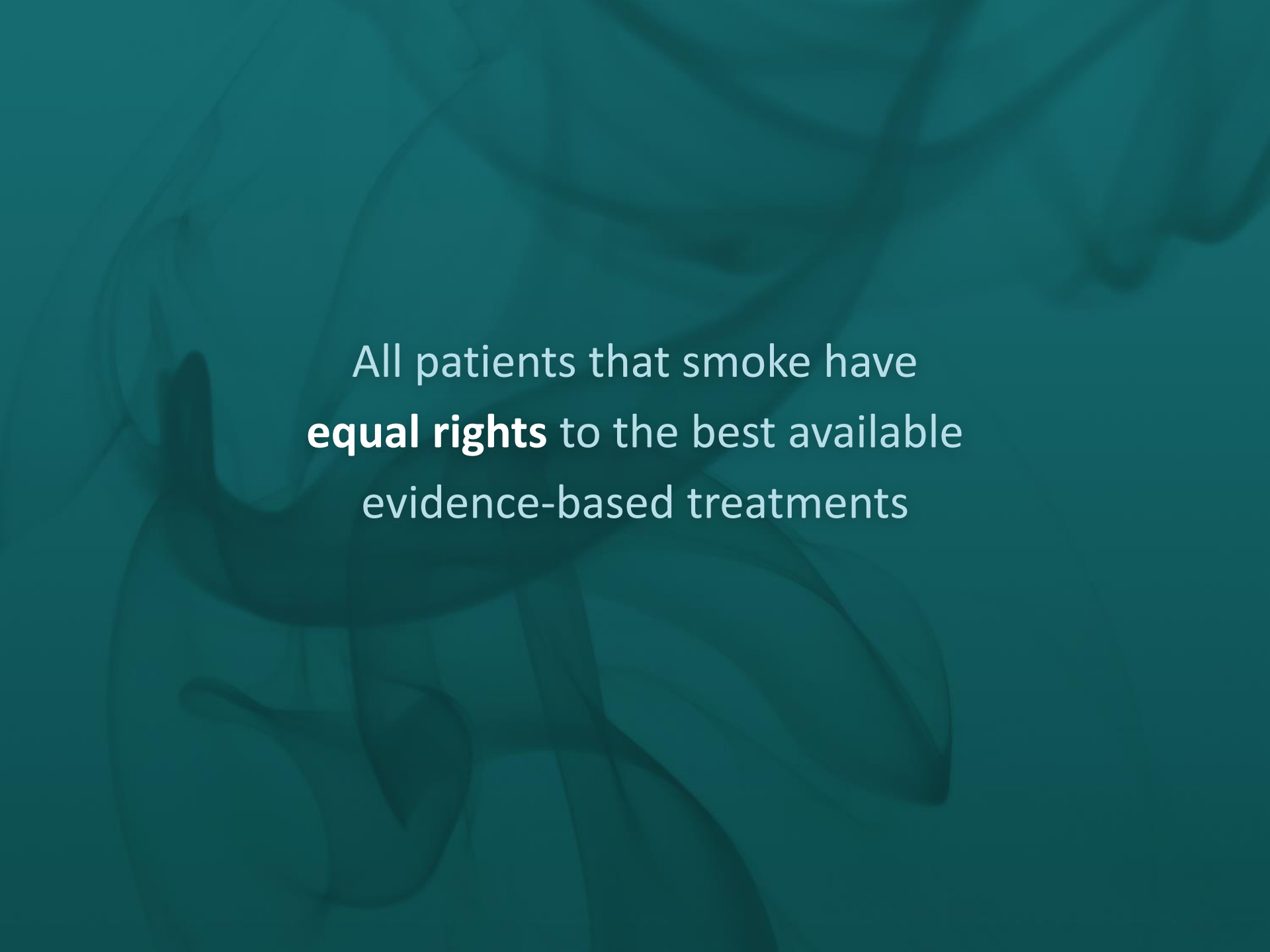
Gold Standard guide to every aspect of local Stop Smoking Services

<https://www.ncsct.co.uk/publications/commissioning-delivery-monitoring>

Local Stop Smoking Services and support:
commissioning, delivery
and monitoring guidance

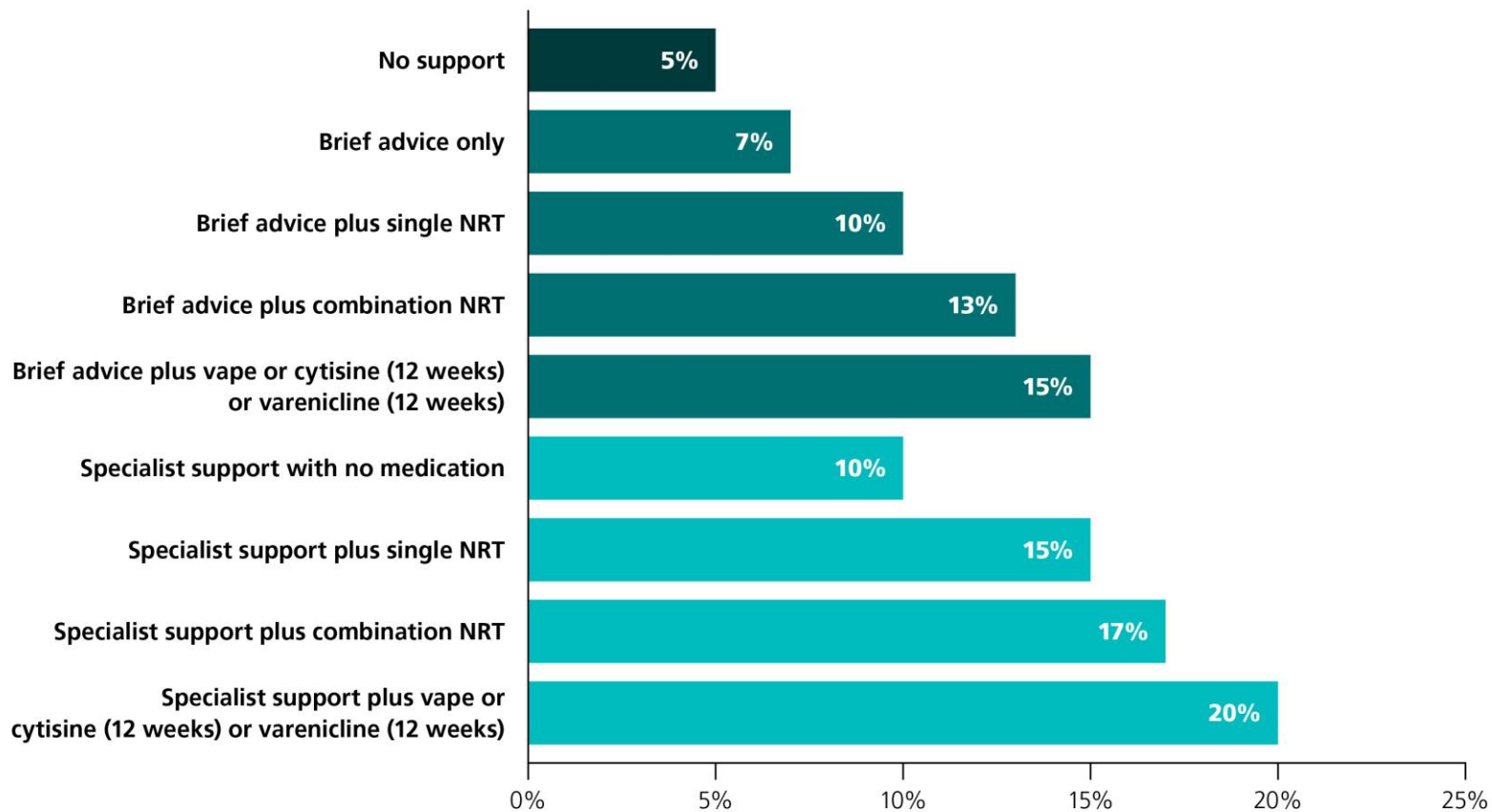
NCSCCT


Department
of Health &
Social Care



All patients that smoke have
equal rights to the best available
evidence-based treatments

How effective are tobacco dependence aids?



Source: Pharmacological and electronic cigarette interventions for smoking cessation in adults: component network meta-analyses. *Cochrane Database Syst Rev* 2023

Behaviour change techniques (BCTs)



Source:

Michie S et. al. Identifying evidence-based competences required to deliver behavioural support for smoking cessation, 2011.

Black N, et al. Behaviour change techniques associated with smoking cessation in intervention and comparator groups of randomized controlled trials: a systematic review and meta-regression. 2020.

BCT: Advise on stop smoking aids

Supporting clients/patients to:

- Select aid that may be best suited to their needs
- Have realistic expectation of the aids
- Know how to use them properly (instructions for use)
- Informed about most common side effects (*nausea, sleep disturbance, headache*) and how to address to support compliance
- Use enough (dose) for long enough (duration)
- Adjust medications (as needed) to address response to treatment



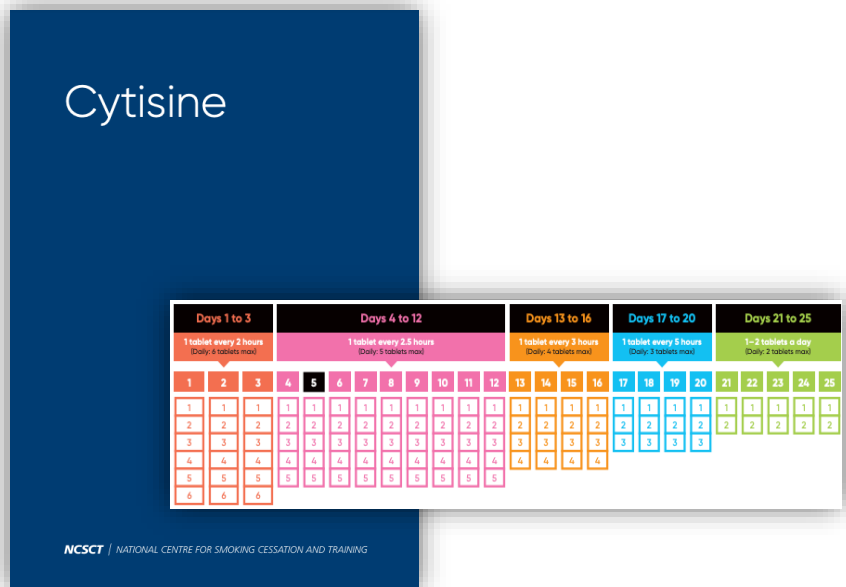
Advise on
Stop Smoking
Medications

The background is a solid teal color with faint, overlapping leaf patterns in a slightly darker shade of teal. The leaves are stylized and have a natural, organic feel.

NCSCT Resources & Training

Nicotine analogue resources

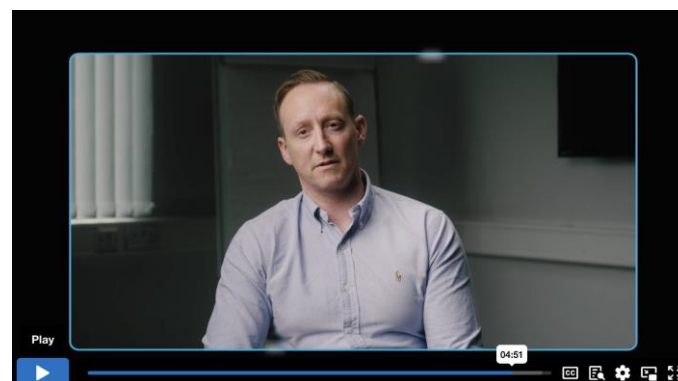
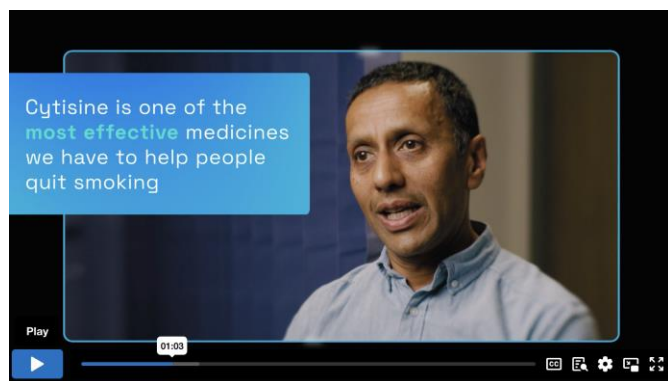
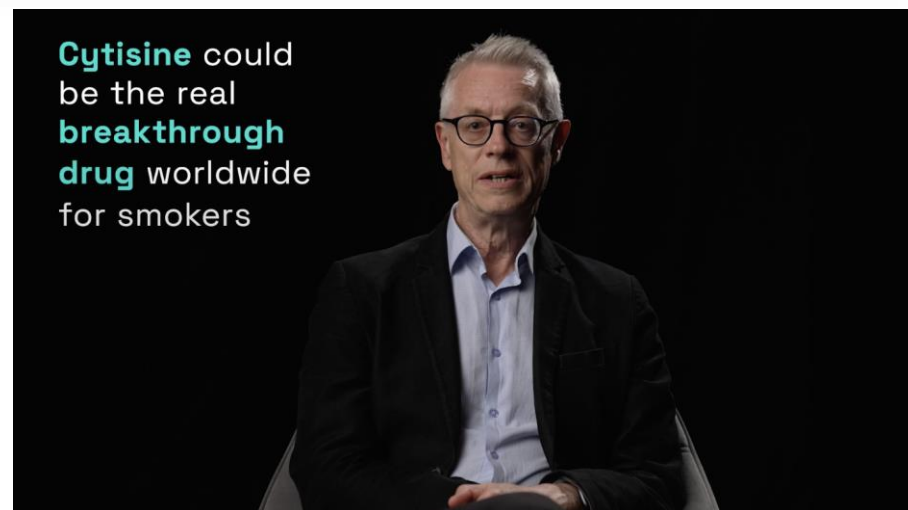
Cytisine briefing and dosing guide



- [Briefing document](#)
- [Dosing guide](#)
- [Cytisine specific Product Characteristics](#)
- [Template for getting Cytisine approved by Medicines Management](#)

<https://www.ncsct.co.uk/publications/Cytisine-SPC>

Cytisine eLearning




Useful resources

NCSCT Stop Smoking Aids Quick Reference

■ NCSCT website

stop smoking medications

Prescription only stop smoking medications

<p>Cytisine</p> <p>How it works</p> <p>Cytisine is a naturally occurring plant-based substance that mimics the effect of nicotine in the brain. Like varenicline, cytisine acts to reduce withdrawal symptoms and urges to smoke; it also reduces the reward and satisfaction associated with smoking.</p> <p>How it is used</p> <p>Cytisine is started on a reducing dosing schedule over a 25 day course</p> <ul style="list-style-type: none">■ Day 1-3: 1 capsule every 2 hours (maximum 6 capsules/day)■ Day 4-12: 1 capsule every 2.5 hours (maximum 5 capsules/day)■ Day 13-16: 1 capsule every 3 hours (maximum 4 capsules/day)■ Day 17-20: 1 capsule every 5 hours (maximum 3 capsules/day)■ Day 21-25: 1-2 hours capsules/day <p>Instructions:</p> <ul style="list-style-type: none">■ Taken orally with water.■ The standard treatment course for cytisine is 25 days.■ Smoking should be stopped completely no later than 5th day of treatment. Take NRT (patient's choice of product) during this 5-day period, until the full therapeutic dose is reached.■ Cytisine is an effective treatment for tobacco dependence and can be added to all other treatments, e.g., NRT or nicotine vape.■ Cytisine cannot be prescribed but can be purchased from online retailers as a consumer product.■ Cytisine is more likely to be successful alongside behaviour change support provided by a TDA during and after hospital admission. <p>Contraindications:</p> <ul style="list-style-type: none">■ Patients with renal or hepatic impairment.■ Under 18 years of age or over 65 years.■ Pregnant and breastfeeding women.■ Patients with unstable angina, clinically significant arrhythmias, recent stroke or myocardial infarction.■ Hypersensitivity to: mannitol, microcrystalline cellulose, magnesium stearate, glycerol dibehenate and hypromellose.	<p>Cautions</p> <p>Should be used with caution in case of ischemic heart disease, heart failure, hypertension, pheochromocytoma (a tumour of the adrenal gland), atherosclerosis (hardening of the arteries) and other peripheral vascular diseases, gastric and duodenal ulcer, gastroesophageal reflux disease, hyperthyroidism (overactive thyroid), diabetes, schizophrenia.</p> <p>Extra Care:</p> <p>Formal monitoring of mood should be in place for all patients with history of mental illness whilst taking cytisine.</p> <p>This does not mean that cytisine should not be used. The caution should be discussed with the patient, risks assessed and a close eye kept on any possible worsening of these conditions if cytisine is used.</p> <p>Possible side effects</p> <ul style="list-style-type: none">■ Nausea (4-6.7%)■ Vomiting (2%)■ Insomnia (5.9%)■ Abnormal dreams (7.5%)■ Headache (2.5%)■ Dry mouth 
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NCSCT training: eLearning



- Free online training
- Register for an account and you're ready to go

- Stop-smoking medications Module
- Stop Smoking Practitioner Training & Assessment Programme
(National Certification)
- Inpatient eLearning – Tobacco Dependence Aids Module

Stop smoking medications Module (eLearning)

Varenicline Training & Film clips:



NHSE & NCSCT eLearning : Inpatient Tobacco Dependence Treatment

eLFH

NHSE Staff

Tobacco Dependence Treatment - Inpatient Training package



Varenicline – instructions for use

Varenicline is up-titrated over the first week of use.

Patients should use:

- 0.5mg once daily on days 1-3
- 0.5mg twice daily (breakfast and dinner) on days 4-7
- 1mg twice daily (breakfast and dinner) after 1 week

Treatment is typically 12 weeks; however, this can be extended.

Select the arrow for further information.



Cytisine

How it works

- Reduces nicotine withdrawal symptoms and cravings by partially stimulating nicotine receptors
- Blocks some of the rewarding effects of smoking

How it is used

- Treatment period: 25 days
- Outpatients: Stop by day 5 of treatment
- Inpatients: Dual use of NRT for the first 5 days of treatment
- Swallowed whole; take with water

Possible side effects:

- Nausea (4-6.7%) or vomiting (2.0%)
- Insomnia (5.9%)
- Abnormal dreams (7.5%)
- Headache (2.5%)
- Dry mouth



Newly approved in the UK

Varenicline – possible side effects

Side effects generally resolve over time (first two weeks).

The most common side effect is **nausea** which occurs in 30% of people. Nausea is mostly mild to moderate. About 3% of users experience severe nausea.

To assist with addressing nausea:

- Verify patients are taking medication with/after a meal
- Patients can be advised to lie down if this helps (the nausea will generally pass) and
- Anti-emetics can be taken if nausea persists

Select the arrow for further information.



<https://learninghub.nhs.uk/Catalogue/tobaccodependenceinpatienttraining>

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*NATIONAL CENTRE FOR SMOKING
CESSATION AND TRAINING*

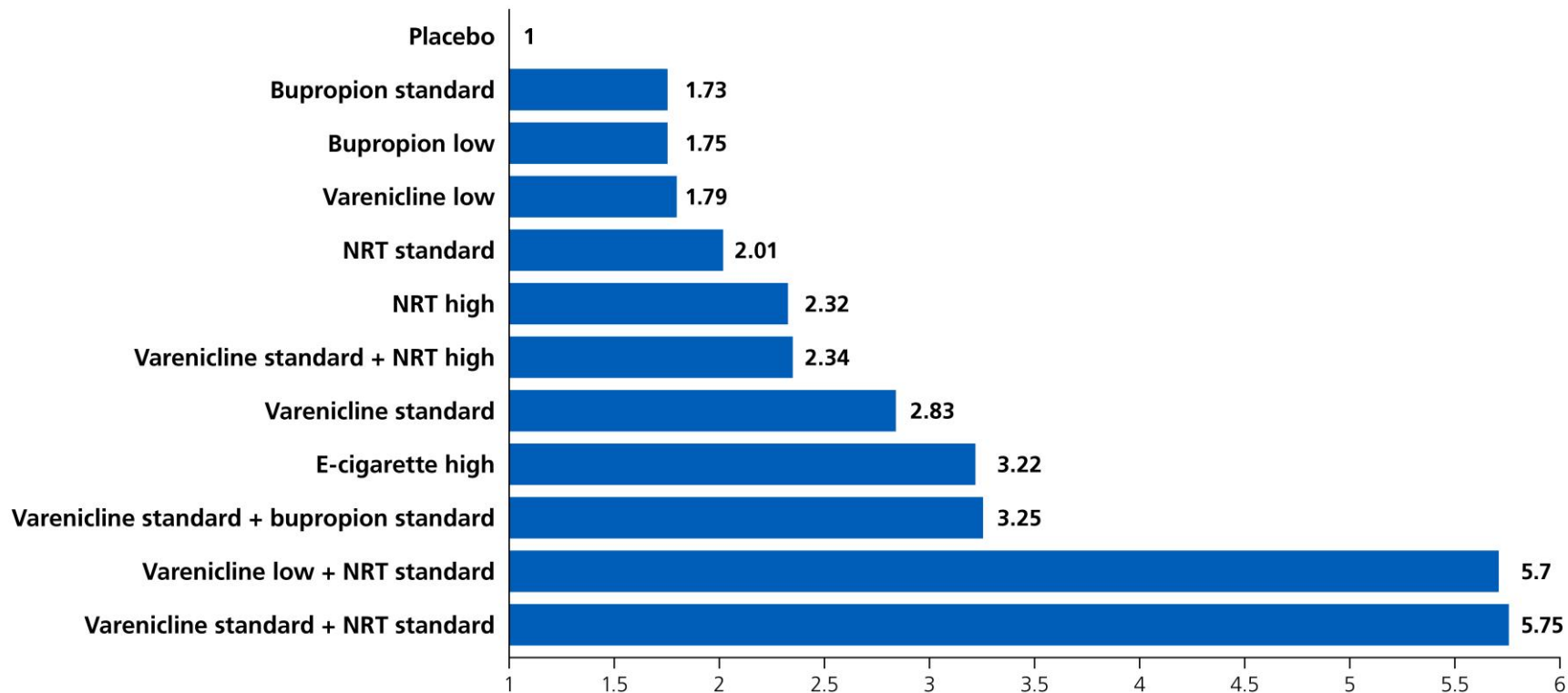
Are you able to get prescription-only medication to your service users?

- Some areas have successfully got Cytisine and varenicline on their local formularies; others have not.
- This needs to be driven by local health leaders – no one will do it for you!
- Failure to get medications on the formulary causes frustration to patients and means that people keep smoking for longer than they should.

New treatments: gaining confidence

- Most people who smoke are looking for the Holy Grail, the Magic Solution
- There IS no magic, but you can inspire them to put all their trust in the treatment plan you devise for them
- Ask each service user for honest feedback – make it safe for them to tell you the truth
- Use lessons learned from your clients to grow your confidence in what works

Combining tobacco dependence treatments



Source: Thomas KH, et al. Comparative clinical effectiveness and safety of tobacco cessation pharmacotherapies and electronic cigarettes: a systematic review and network meta-analysis of randomized controlled trials. *Addiction*. 2022;117(4):861-76.