



PEI SMOKING CESSATION PROGRAM: GUIDANCE DOCUMENT

The Provincial Smoking Cessation Program (SCP) is part of a comprehensive approach to tobacco control involving protection, prevention and cessation.

The Provincial SCP is a publicly funded, universal cessation program that provides ‘payer of last resort’ funding for pharmacotherapy (i.e., Nicotine Replacement Therapy or prescription medications) to PEI residents who smoke, vape or use other tobacco products.

The program provides 100% coverage for one course of pharmacotherapy treatment – either a Nicotine Replacement Therapy (NRT) product or prescription medication – for a minimum of six weeks to a maximum of 18 weeks. Eligible PEI residents have the option to enroll in the program once per year.

Purpose: This document provides guidance for the implementation of the *PEI Smoking Cessation Program*.

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PEI Smoking Cessation Program

The **PEI Smoking Cessation Program** offers smoking cessation support by means of covering 100% of the cost of smoking cessation products for eligible PEI residents who wish to stop smoking, vaping or using other tobacco products.

Approach

- Smoking cessation support is available to all PEI residents who wish to stop smoking or using other tobacco products by: covering 100% of the cost of nicotine replacement therapy (NRT) products (i.e., nicotine gum, lozenges, patches, inhaler, and spray/mist) and specific smoking cessation prescription drugs.
- Coverage is available to all individuals who smoke (and users of other tobacco products), who are PEI residents with an active provincial health card.
- Coverage is limited to a single continuous course of treatment at a minimum of 6 weeks (42 days) to a maximum of 18 weeks (126 days) of one eligible smoking cessation product for the current enrollment year.
- To enroll, the individual must have an intake form completed with an Ottawa Model for Smoking Cessation (OMSC) trained provider (e.g., Registered Nurse (RN), Respiratory Therapist (RT), Community Pharmacist). The provider must sign the PEI Smoking Cessation Program Consultation Form.
- Patients access their smoking cessation product at a community pharmacy.

Procedures

Smoking Cessation Products Covered

- The Smoking Cessation Program covers two types of smoking cessation products: Prescription smoking cessation drugs Bupropion (brand name Zyban®) and Varenicline (generic brands), and specific non-prescription nicotine replacement therapy (NRT) products.

Duration and Frequency of Coverage

- Coverage is limited to a single continuous course of treatment, at a minimum of 6 weeks (42 days) to a maximum of 18 weeks (126 days) of one eligible smoking cessation product (i.e., one course of a nicotine replacement therapy, or bupropion, or varenicline) for the current enrollment year.
- The 6 to 18 weeks (42 days-126 days) of coverage begins on the first day of enrollment in the smoking cessation program. All eligible fills of the product must be dispensed within the special authorization period of 26 weeks (42 to 182 days of the first fill).
- Coverage year runs from the first day of enrollment through to the following year. Unused coverage from one enrollment year cannot be carried into the next enrollment year.
- Starting one year from the date of enrollment: A new coverage year begins; coverage is reset to 42 to 182 consecutive days for the new year.



- Patients who have not received all their eligible product fills for a course of treatment by the last day of their enrollment period, are unable to complete their full course of treatment.
- Patients who have not received all their product fills for a course of treatment as a result of illness, may re-enroll in the program and access their new coverage.

Supplemental Coverage or Changes in Coverage

- Individuals who want to supplement the coverage available through this Program are expected to cover the costs themselves or through their extended health plans.
- During a course of treatment, patients may switch between one dosage strength to another.
- Patients are permitted to the current covered course of treatment (e.g., switch from one type of nicotine replacement therapy to one of the prescription smoking cessation medications or vice versa) at the 14 day follow up appointment or within 30 days of starting their initial treatment with a Program RN or RT.

SCP Enrollment

There are two forms to be completed and submitted for the PEI SCP (for patients only interested in quitting smoking):

- **SCP Consult Form (tobacco use history):** form faxed/emailed to Tobacco Control Coordinator, CPHO office
 - Email: quitsmoking@ihis.org
 - Fax : (902) 620-3354
- **SCP Intake Form (chosen NRT/prescription medication)**
 - PEI Pharmacare Office: 902-368-4905
 - Intake Form provided to patient to take to community Pharmacy

What is the maximum amount of NRT supply/prescription medication over the total 6-18 weeks (42 to 126 days) course of treatment?

The 6-18 weeks (42-126 days) of coverage begins on the first day of enrollment in the program.

Nicotine Patches:	Over the total course of treatment, patients are eligible for coverage of up to 42 to 210 NRT patches (7 patches in each box).
Nicotine Gum:	Over the total course of treatment, patients are eligible for up to 945 pieces of NRT gum (supplied as 9 boxes with 105 pieces in each box).
Nicotine Lozenges:	Over the total course of treatment, patients are eligible for up to 792 pieces of NRT lozenge (supplied as 9 bottles with 88 lozenges in each bottle).
Nicotine Inhaler:	Over the total course of treatment, patients are eligible for up to 1008 cartridges (supplied as 24 boxes with 42 cartridges in each box).



Nicotine Spray: Over the total 12-week (84-day) course of treatment, patients are eligible for up to 420mls (supplied as 14 boxes with 1-30ml inhaler in each box).

Eligible prescription smoking cessation medications are to be dispensed in four-week (28 day) intervals. Pharmacare covers a maximum 28-day supply of eligible prescription smoking cessation drugs.

Primary Care Locations: For primary care locations, use link [Health Centres Offer Primary Care | Government of Prince Edward Island](#)

King's Primary Care Network

Eastern Kings Health Centre

7 Green Street

Souris, PE COA 2B0

Telephone: (902) 687-7033

Fax: (902) 687-7166

Montague Health Centre

MacIntyre Avenue

Montague, PE COA 1R0

Telephone: (902) 838-0830

Fax: (902) 838-0834

Queen's East Primary Care Network

Polyclinic

199 Grafton Street

Charlottetown, PE C1A 1L2

Telephone: (902) 620-3260

Fax: (902) 620-3295

Note: Outreach services are also provided at Boardwalk Professional Centre, Holland College, and Morell walk-in clinic.

Queen's West Primary Care Network

Four Neighborhoods Health Centre

152 St. Peter's Road

Charlottetown, PE C1A 5P8

Telephone: (902) 569-7772

Fax: (902) 368-6936

Central Queens Health Centre

4276 Hopedale Road

Hunter River, PE COA 1N0



Telephone: (902) 621-3050

Fax: (902) 621-3069

Gulf Shore Health Centre

(Central Queens Satellite Site)

7379 Cavendish Rd - Rte 6

North Rustico, PE C0A 1X0

Telephone: (902) 963-7835

Fax: (902) 963-7836

Cornwall Medical Centre

638 Main Street

Cornwall, PE C0A 1H0

Telephone: (902) 566-2117

Fax: (902) 569-1201

Note: Outreach services are also provided at Sherwood Medical Centre, Parkdale Medical Centre and Crapaud.

East Prince Primary Care Network

Kensington Health Centre

55 Victoria Street

Kensington, PE C0B 1M0

Telephone: (902) 836-0180

Fax: (902) 836-0183

Harbourside Health Centre

243 Heather Moyse Drive

Summerside, PE C1N 5R1

Telephone: (902) 432-2600

Fax: (902) 432-2610

Evangeline Health Centre

48 Mill Road

Wellington, PE C0B 2E0

Telephone: (902) 854-7259

Fax: (902) 854-7270

Note: Outreach services are also provided at the Summerside Medical Centre.



West Prince Primary Care Network

Tyne Valley Health Centre

6905 Route 12

Tyne Valley, PE C0B 2C0

Telephone: (902) 831-5800

Fax: 1-833-561-2450

O'Leary Health Centre

14 MacKinnon Drive

(adjacent to Community Hospital)

O'Leary, PE C0B 1V0

Telephone: (902) 859-3929

Fax: 1-833-561-2449

Alberton Community Health Centre

397 Church Street

Alberton, PE C0B 1B0

Telephone: (902) 853-0403

Fax: (902) 853-0414

Note: Outreach services are also provided at the Tignish Co-op Health Centre and Lennox Island Health Centre.

Frequently Asked Questions

1. How often can patients access the program?

Eligible residents can enroll in the program once a year. The coverage year starts from the initial enrollment date and continues until the following year. A new coverage year will be eligible one year after initial enrollment.

2. Can patients re-enroll in the program if they have not completed their treatment?

Patients who have not received all of their eligible product fills for a treatment course by the end of their enrollment period cannot re-enroll. However, exceptions can be made in certain circumstances, such as illness or hospitalization. In these cases, they may re-enroll and access new coverage. The pharmacist must contact the Provincial Tobacco Control Coordinator for approval and conduct a new consultation with the patient.

3. Can patients switch products or dosage strengths?

During a course of treatment, patients are permitted to switch smoking cessation products or dosage strength if they experience adverse side effects at the follow-up appointment or within 30 days of starting their initial treatment. Providers should contact the Tobacco Control Coordinator if it has been more than 30 days.

4. Will pharmacists be able to prescribe Zyban or Champix, or will we need an Rx from a GP or NP?

Pharmacists can prescribe either Zyban or Champix. There is no fee for the patient if they meet eligibility requirements for the smoking cessation program. A patient who does not meet eligibility requirements for the smoking cessation program will be charged a fee of \$25 for an initial assessment and prescription for cessation medication or an NRT.

5. What treatment options are available for vaping cessation support?

Support includes NRT products such as gum, lozenges, patches, inhaler and spray/mist, but excludes prescription smoking cessation drugs due to limited research on their effectiveness for vaping cessation.

6. How should we proceed in regard to approaching dual users (e.g., using both vaping devices and smoking)?

Smoking cessation interventions should be identified as the first line of treatment for individuals who are dual users, with access to NRT or cessation medication.

7. What approach should we take in supporting a patient who uses both vaping devices and smokes?

Patients should be advised to quit smoking first using an NRT or cessation medication. They should gradually reduce the nicotine content of their e-juice and decrease the frequency of vaping. After successfully quitting smoking, they should continue using NRT and receive behavioral counseling to help them quit vaping.

8. What should I do if a patient is not ready to quit?

Advise and support patients on the next steps and review strategies for preparing to quit smoking/vaping. Although the patient is not eligible at this time for enrollment in the SCP, please encourage them to connect with the Smokers Helpline to speak with a quit coach. When they are ready and confident to quit smoking, they should visit their pharmacy and discuss it with their pharmacist.

9. Do follow-ups need to be conducted by the same pharmacy or pharmacist that did the initial assessment?

No, follow-ups can be conducted by different pharmacies. Patient information is accessible across pharmacies via the PHDMS.

10. Can patients return unused Smoking Cessation products?

Patients cannot return any unused products for exchange, reimbursement or credit.



11. What is the maximum amount of NRT supply/prescription medication over the total 6-18 week (42 to 126 day) course of treatment?

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- Nicotine Patches: Over the total course of treatment, patients are eligible for coverage of up to 42 to 210 NRT patches (7 patches in each box).
- Nicotine Gum: Over the total course of treatment, patients are eligible for up to 945 pieces of NRT gum (supplied as 9 boxes with 105 pieces in each box).
- Nicotine Lozenges: Over the total course of treatment, patients are eligible for up to 792 pieces of NRT lozenge (supplied as 9 bottles with 88 lozenges in each bottle).
- Nicotine Inhaler: Over the total course of treatment, patients are eligible for up to 1008 cartridges (supplied as 24 boxes with 42 cartridges in each box).
- Nicotine Mouth Spray: Over the total 12-week (84-day) course of treatment, patients are eligible for up to 420mls (supplied as 14 boxes with 1-30ml inhaler in each box).

Eligible prescription smoking cessation medications are to be dispensed in four-week (28 day) intervals. Pharmacare covers a maximum 28-day supply of eligible prescription smoking cessation drugs.

12. Is there additional smoking cessation supports available to PEI residents?

Smokers Helplines

Quit Coach: 1-877-513-5333

Website: smokershelpline.ca

13. Where can I go to read more about the SCP and the Ottawa Model for Smoking Cessation?

[PEI Smoking Cessation Program](#)

[Ottawa Model for Smoking Cessation](#)

For program inquiries or database login credentials, please contact the **Provincial Tobacco Control Coordinator** at quitsmoking@gov.pe.ca or (902) 368-4319.