



Smoking Cessation

Independent Study Program for Manitoba Pharmacists

2024

Professional Development Information:	This learning activity is provided by the College of Pharmacists of Manitoba and can be claimed as a maximum of 6 accredited CEU in the online Professional Development Log.
Approval Date:	February 2024
Cost:	This Module is provided free of charge, but subscriptions are required to access some of the required and recommended resources.

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Introduction to the Program

Welcome to the new *Smoking Cessation Independent Study Program for Manitoba Pharmacists*.

This independent study consists of viewing a presentation on safe and effective prescribing, and reviewing this document and the required resources, in addition to any other clinical resources you seek out to enhance your knowledge of prescribing for smoking cessation.

There is no administrative fee charged by the College of Pharmacists of Manitoba (CPhM) to complete this module, but a pharmacist may need to pay subscription fees to access some of the resources required or recommended.

The *Smoking Cessation Independent Study Program for Manitoba Pharmacists* does not cover all the clinical or therapeutic aspects of prescribing for smoking cessation. This module does not cover prescribing for the other self-limiting conditions nor uncomplicated cystitis.

The Pharmaceutical Regulation in Manitoba provides pharmacists with the authority to prescribe the drugs for smoking cessation listed in Schedule 3 to the Regulation when following the restrictions set out in the Regulation, Schedule and the appropriate practice directions.

Pharmacists wanting to include prescribing for smoking cessation as part of their practice must complete this independent study. There is no post-test for this Module. Successful completion does not automatically grant pharmacists the authority to prescribe for smoking cessation

Following completion, pharmacists must fill out an application and receive approval from CPhM. More information can be found here: [Prescribing Drugs for Smoking Cessation](#).

Once you have completed the *Smoking Cessation Independent Study Program for Manitoba Pharmacists*, please provide your feedback on the program using the online form [here](#). You need submit your evaluation in order to obtain a statement of participation.

Note that this independent study does not include the required education to prescribe for the other self-limiting conditions or uncomplicated cystitis. Please see the College website for more information on [Prescribing Drugs for Self-Limiting Conditions](#) or [Prescribing Drugs for Uncomplicated Cystitis](#).

Learning Objectives

Upon completion of this self-study, participants will be able to:

- Understand and apply the Manitoba regulations, practice directions and ethical principles and decision making related to pharmacist prescribing for smoking cessation.
- List the drugs that a pharmacist in Manitoba can prescribe smoking cessation as listed in Schedule 3 to the Pharmaceutical Regulation.
- Develop motivational interviewing skills to use with patients who are at different levels of readiness for quitting.
- Compare and contrast available pharmacological agents, ensuring to examine specific concerns that may be relevant for a patient with each option.
- Determine the most effective course of action (treatment, referral, or reassurance) with a patient.
- Educate the patient on the correct use of drugs, treatment and non-pharmacological measures.
- Create and implement an appropriate monitoring plan for a patient.
- Locate and review additional resources for prescribing for smoking cessation to address knowledge gaps.

Fundamentals of Prescribing for Manitoba Pharmacists Presentation

Please view the following presentation:

Video: <https://www.youtube.com/watch?v=jMSYNV0pEXs>

Updated November 2021

Approximate time to complete: 60 minutes (with viewing external links)

Slides for the presentation: <https://cphm.ca/fundamentals-self-limiting-conditions-prescribing-slides/>

DPIN Pharmacist Prescriber Number

All licensed pharmacists are entered into DPIN as prescribers. Pharmacist prescriber numbers consist of the prefix 'X' followed by the pharmacist's licence number. For example, 'X12345.' Pharmacists must use this prescriber number when entering a prescription into DPIN.

Overview of Legislation and Associated Documents

Drugs that can be Prescribed for Smoking Cessation

A member who has successfully completed this training program (and received authorization from CPhM) may prescribe a drug included in the category for smoking cessation, listed in Schedule 3 to the *Pharmaceutical Regulation to the Pharmaceutical Act*.

Drugs that can be prescribed under Schedule 3 for smoking cessation include:

- nicotine sublingual/buccal;
- nicotine chewing gum;
- nicotine inhalation;
- nicotine nasal;
- nicotine transdermal; and
- varenicline.

Pharmacists in Manitoba **cannot prescribe bupropion** for smoking cessation since it is not included in a category under Schedule 3.

Prescribing Notes:

- Although there may be many appropriate prescription therapies for smoking cessation, only those included in the category for a condition listed in Schedule 3 to the *Pharmaceutical Regulation* can be prescribed by a pharmacist who has successfully completed the approved training program.

- An extended practice pharmacist may prescribe a drug listed on Schedule 1 of the Manual for Canada's [National Drug Scheduling System published by NAPRA](#), within the scope of their specialty, in accordance with applicable practice directions).
- A patient may be better suited to another prescription drug or therapy that cannot be prescribed by a pharmacist and should be referred to the appropriate prescriber to receive care in those cases.
- Section 118 of the Pharmaceutical Regulation allows a member to prescribe other drugs listed on Schedule 2 and Schedule 3 of the Manual for Canada's [National Drug Scheduling System published by NAPRA](#), and a drug not listed in the Manual if it has been issued a drug identification number or a natural health product number under the Food and Drugs Act (Canada).

Practice Directions

A review of the *Manitoba Pharmaceutical Act*, Regulation, including Standards of Practice, Code of Ethics and Practice Directions is required when prescribing for self-limiting conditions. *The Pharmaceutical Act December 2006*, defines a “practice direction” as follows:

"practice direction" means a written statement made by the council for the purpose of giving direction to members and owners about the conduct of their practices or pharmacy operations.

The applicable parts of the legislation will be reviewed briefly in the presentation on *Fundamentals of Self-Limiting Conditions Prescribing for Manitoba Pharmacists*, but pharmacists wanting to prescribe for the self-limiting conditions **must** also review and understand the following Practice Directions:

[Prescribing](#)

[Extension of Exemption to Prescribing Practice Direction](#)

[Standard of Practice #4: Prescribing and Dispensing](#)

[Standard of Practice #12: Records and Information](#)

[Ensuring Patient Safety](#)

[Patient Counselling](#)

[Referring a Patient](#)

[Sale of Schedule 2 Drugs](#)

[Sale of Schedule 3 Drugs](#)

[Pharmacy Facilities](#)

[Collaborative Care](#)

Please note: Regularly consult the Practice Directions available in the [Resource Library](#) to check for any applicable Practice Directions that may become available.

Code of Ethics

Pharmacists in Manitoba are bound by the CPhM [Code of Ethics](#). It requires pharmacists to maintain a high standard of professional competence and hold the health and safety of each patient to be of primary consideration. Pharmacists should review the Code of Ethics and associated [Explanatory Document](#) for a refresher on their professional responsibilities.

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Clinical and Therapeutic Knowledge and Skill

It is your responsibility to use the resources available to you to ensure the medication(s) you are prescribing are safe and appropriate.

Pharmacists who want to prescribe for smoking cessation must be knowledgeable and competent in all pertinent aspects of smoking cessation and the drugs they are prescribing. Section 18 of the Pharmaceutical Regulation states that a member may only engage in the aspects of pharmacy practice that they have the requisite knowledge, skill, and judgment to provide or perform and that are appropriate to their area of practice. Pharmacists need to seek and complete additional training as needed to fulfill this requirement.

Pharmacists must also be familiar with policies and guidelines applicable to prescribing that may be in place within their place of employment or organization.

In addition to the required and suggested readings below, reviewing other evidence-based clinical references and resources may be extremely beneficial or even necessary to supplement your knowledge and to ensure you are competent and confident in prescribing for smoking cessation. Some are American resources, and this should be kept into consideration while reviewing. American references should not be used as the sole source of information on product availability, scheduling, and guidelines. When reviewing sources from other provinces, please note that depending on the condition, prescribing rights of pharmacists in Manitoba may differ from pharmacists in other provinces.

These resources can include, but are not limited to:

- Canadian Pharmacist's Letter
- Cochrane Library
- CPS: Drug Information (formerly RxTx) / Compendium of Therapeutic Choices (CTC)
- Lexicomp
- Martindale
- Medline/PubMed
- Micromedex
- RxFiles
- UpToDate

Pharmacy managers should have reference material consistent with the standards of practice and any additional references that may be necessary in a pharmacy practice specific to the location and scope of practice.

Required and Recommended Readings

When reviewing sources, please note that prescribing rights of pharmacists in Manitoba may differ from pharmacists and clinicians in other provinces.

As a reminder, for smoking cessation, drugs that can be prescribed under Schedule 3 include:

- nicotine sublingual/buccal;
- nicotine chewing gum;
- nicotine inhalation;
- nicotine nasal;
- nicotine transdermal; and
- varenicline.

Some resources may require payment or a membership to access. Pharmacists should check with the various organizations (e.g., advocacy bodies, employers, universities, etc.) to which they are associated as they may have free access through these institutions and organizations.

Tobacco Use Reduction Treatment

Required Resources:

MedSask Canada Wide- Minor Ailment and Self-Care Guidelines.

<https://medsask.usask.ca/minor-ailment-guidelines-Out-of-Province>

Nicotine Cessation

Petrasko K. and Reeve C. **Smoking Cessation**. In: Arman L, Campbell M, Dandachi F, Lewis G, Quinn T, Ross A, Theriault-Picard C, Zannis E, clinical editors. **CPS: Minor Ailments** [Internet]. Ottawa, ON: Canadian Pharmacists Association; 2018.

Regier L, Crawley A, Jensen B, Chan W. **Tobacco Use Disorder / Smoking Cessation**. (July 2023) Available at: www.RxFiles.ca

Crawford P and Cieslak D. **Varenicline for Smoking Cessation**. *Am Fam Physician*. 2017 Sep 1;96(5): Online. PMID: 28925657. Available for free at: <https://www-aafp-org.uml.idm.oclc.org/pubs/afp/issues/2017/0901/od1.html>

Canadian Pharmacists Association Practice Development Webinar Recordings. **DRUG InterACTIONS with Tobacco Smoke** (January 24, 2024) Available at: <https://www.pharmacists.ca/advocacy/webinars-continuing-education/webinars/practice-development-webinars/#Jan24>

Recommended Readings and Resources:

CADTH. **Drugs for Smoking Cessation: Information for Health Professionals.** 2016.

Available at:

https://www.cadth.ca/sites/default/files/pdf/drugs_for_smoking_cessation.pdf

University of British Columbia Continuing Pharmacy Professional Development Faculty of Pharmaceutical Sciences. **MACS: Tobacco Use Disorder.** Available at:

<https://courses.cpe.ubc.ca/browse/ubcv/pharmaceutical-sciences-cpe/macscppd/courses/macsc-tud>

Selby P and DeRuiter W. **Tobacco Use Disorder: Smoking Cessation.** CPS: Therapeutic Choices [Internet] Ottawa, ON: Canadian Pharmacists Association; 2021

Pharmacist's Letter Canada. **Smoking Cessation Drug Therapy.** Resource #390905.

September 2023. Available at: [https://trchealthcare.com › pharmacists-letter-canada](https://trchealthcare.com/pharmacists-letter-canada)

CAMH resource for Professionals. **Smoking Cessation in Treating Conditions and Disorders.** Available for free at: <https://www.camh.ca/en/professionals/treating-conditions-and-disorders/smoking-cessation>

Rigotti NA, Kruse GR, Livingstone-Banks J, Hartmann-Boyce J. **Treatment of Tobacco Smoking: A Review.** *JAMA.* 2022;327(6):566–577. doi:10.1001/jama.2022.0395

Pharmacy Association of Saskatchewan. **Partnership to Assist with Cessation of Tobacco (PACT) - Level 1, Level 2, and Indigenous Tobacco Cessation Module.** Available at: <https://pharmacy-nutrition.usask.ca/cpe/continuing-education/courses.php#PartnershiptoAssistwithCessationofTobaccoPACT>

PharmAchieve. **Smoking Cessation CE Program.** Available at:

<https://pharmachieve.com/component/dtregister/?controller=event&eventId=402&Itemid=&task=individualRegister&>

CAMH. **TEACH Core course – An Interprofessional Comprehensive Course on Treating Tobacco Use Disorder.** Available at: <https://www.camh.ca/en/education/continuing->

[education-programs-and-courses/continuing-education-directory/teach-core-course-an-interprofessional-comprehensive-course-on-treating-tobacco-use-disorder](https://www.canada.ca/en/public-health/services/chronic-diseases/videos-on-supporting-behaviour-change/motivational-interviewing-overview.html)

Motivational Interviewing

Required Viewing:

Government of Canada Videos on Supporting Behaviour change:

Motivational Interviewing: **Overview** available at:

<https://www.canada.ca/en/public-health/services/chronic-diseases/videos-on-supporting-behaviour-change/motivational-interviewing-overview.html>

Motivational Interviewing: **Smoking** available at:

<https://www.canada.ca/en/public-health/services/chronic-diseases/videos-on-supporting-behaviour-change/motivational-interviewing-smoking.html>

Canadian Pharmacists Association Practice Development Webinar Recordings. **When time is short: Motivational interviewing for improving adherence and outcomes.** (November 23, 2021). Available at <https://www.pharmacists.ca/advocacy/webinars-continuing-education/webinars/practice-development-webinars/#Nov23>

Recommended Reading:

Hollands GJ, Naughton F, Farley A et al. **Interventions to increase adherence to medications for tobacco dependence.** *Cochrane Database Syst Rev* 2019;8(8):CD009164. Available for free at: <https://www.ncbi.nlm.nih.gov/umc/oclc.org/pmc/articles/PMC6699660/>

Motivational Interviewing Network of Trainers (MINT). www.motivationalinterviewing.org

Recommended reading: **MI Guidance Documents** available for free under MI Information and Training

Miller WR and Rollnick S. *Motivational Interviewing: Helping People Change and Grow* 4th ed. Guilford Publications; 2023.

Health Canada Authorized Product Monographs

Product monographs authorized by Health Canada can be found by searching Health Canada's [Drug Product Database](#).

Once on the Drug Product Database website:

- Click on "Search the Drug Product Database".
- Enter the appropriate search information for the drug you want to find (e.g., DIN, active ingredient, or product name, etc.) and click "search".
- Once a list of drug products populates, choose the correct drug and click on its DIN. You will be brought to the product information for that drug.
- Click the link to the product monograph which can be found under the section "Product Monograph/Veterinary Labelling".

Pharmacists must review the monographs for the products that they are prescribing, if available.

Authorization to Prescribe for Smoking Cessation

All Pharmacists wanting to include prescribing for smoking cessation as part of their practice must complete this independent study, including viewing the Fundamentals of Self-Limiting Conditions Prescribing for Manitoba Pharmacists presentation and supplement their clinical knowledge as needed. Successful completion does not automatically grant pharmacists the authority to prescribe for smoking cessation. Following completion, **pharmacists must fill out an application and receive approval from the College of Pharmacists of Manitoba**. More information can be found here: [Prescribing Drugs for Smoking Cessation](#).

Note that this independent study does not include the required education to prescribe for the other self-limiting conditions or uncomplicated cystitis. Please see the information on the [Prescribing Drugs for Self-Limiting Conditions](#) or [Prescribing Drugs for Uncomplicated Cystitis](#) pages on CPhM website for more information on prescribing for these other conditions.

Claiming the Learning Activity on your Professional Development Log

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