

Combination nicotine replacement therapy more effective than single-form for smoking cessation

Clinical Question	How effective are different forms, deliveries, doses, durations and schedules of nicotine replacement therapy (NRT), for achieving long-term smoking cessation, compared to one another?
Bottom Line	Combination NRT (fast-acting form + patch) resulted in approximately 15% to 36% higher long-term quit rates than a single form of NRT. Four mg nicotine gum resulted in approximately 12% to 83% higher quit rates than two mg nicotine gum, although there was some evidence to suggest this might vary based on nicotine dependence. Forms of fast-acting NRT, such as gum and lozenge, were as effective a cessation aid as nicotine patches. There was some evidence that using NRT before a quit day could result in higher quit rates than beginning NRT on a quit day. Studies lasted for at least six months. Evidence for the comparative safety and tolerability of different types of NRT use was of low and very low certainty.
Caveat	These conclusions applied to smokers who were motivated to quit and who smoked approximately 15 or more cigarettes a day.
Context	NRT aims to replace nicotine from cigarettes to ease the transition from cigarette smoking to abstinence. Although there is clear evidence that NRT used after smoking cessation is effective, it is unclear whether higher doses, longer durations of treatment, or using NRT before cessation add to its effectiveness.
Cochrane Systematic Review	Lindson N et al. Different doses, durations and modes of delivery of nicotine replacement therapy for smoking cessation. Cochrane Reviews, 2019, Issue 4. Art. No.: CD013308.DOI: 10.1002/14651858.CD013308. This review contains 63 studies involving 41,509 participants.

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Systematic review link:

<https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD013308/full>