



MEDICAL DIRECTIVE

SMOKING CESSATION – BUPROPION (NYFHT-006B)

DEFINITION

The NYFHT Smoking Cessation Program provides support to smokers who are actively seeking assistance with smoking cessation. In addition to providing information and support to these patients, the program will also provide an assessment of appropriateness for use of smoking cessation aids, including the facilitation of active treatment. Bupropion (Zyban®) increases the likelihood of success relative to no treatment and NRT and has a similar likelihood of success to varenicline (Champix®).

PHYSICIAN’S ORDERS

- Order and renew bupropion (Zyban®) for smoking cessation according to dosing protocol for up to a 12 week treatment course (Appendix 1)

PERSONS AUTHORIZED TO CARRY OUT THIS DIRECTIVE

- Clinical Pharmacist working in the NYFHT (minimum standards required to carry out directive include registration with Ontario College of Pharmacists’ [RPh] and Doctor of Pharmacy degree [PharmD], or at the discretion of the Medical Director)
- Nurse Practitioner working in the NYFHT

SITUATIONAL CIRCUMSTANCES REQUIRED

- Adult patients (\geq 18 years old)
- Current tobacco smoker
- Referral to “Smoking Cessation Program” by physician (written or verbal)
- Absence of specific contraindication to bupropion (Zyban®) (Appendix 2)

RISKS AND PREDICTABLE OUTCOMES

Risk

- Medication related adverse effects (Appendix 3)

Predictable Outcome

- Improved success with smoking cessation
- Improved patient satisfaction and disease awareness
- Improved patient access to care

CONTRAINDICATIONS TO THE IMPLEMENTATION OF THE DIRECTIVE

- Specific contraindication to bupropion (Zyban®) (Appendix 2)

SCHEDULE FOR REVIEW OF MEDICAL DIRECTIVE

- Every 2 years (minimum) or at the discretion of the members of the NYFHT

REFERENCES

CPS

MEDICAL DIRECTIVE DEVELOPMENT

Dr. K. Wintemute, Medical Director

Dr. J. Hunchuck, Pharmacist

C. Lang, Nurse Practitioner

DATE

March 28, 2011

APPENDIX 1 – BUPROPION DOSING PROTOCOL

Day of Treatment	Dose
1 – 3	150 mg daily
4 – End of Treatment	150 mg BID

APPENDIX 2 – CONTRAINDICATIONS TO BUPROPION

The only absolute contraindications to bupropion (Zyban®) are hypersensitivity to the agent and those related to the risk of seizures with the agent. The following are absolute contraindications to the use of bupropion (Zyban®):

- Concomitant use of bupropion (Wellbutrin®)
- Diagnosis of a seizure disorder
- Current or prior diagnosis of bulimia or anorexia nervosa
- Undergoing abrupt withdrawal from alcohol or benzodiazepines

Additionally, treatment with bupropion (Zyban®) has been associated with treatment emergent neuropsychiatric adverse events (akathisia, agitation, disinhibition, emotional lability, hostility, aggression, depersonalization, and suicidal ideation). As such, patients with psychiatric disorders or current treatment with the following medications will be declared to have a contraindication to bupropion (Zyban®) for the purposes of this medical directive and initiation of bupropion (Zyban®) will only be after consultation with the physician.

- SSRI (fluoxetine, paroxetine, citalopram, sertraline)
- SNRI (venlafaxine, duloxetine)
- DA (olanzapine, risperidone, quetiapine, haloperidol)

Additionally, there is limited experience with the use of bupropion (Zyban®) in pregnancy, and as such it will be declared a contraindication for the purposes of this medical directive.

APPENDIX 3 – ADVERSE EFFECTS OF BUPROPION

Common	<ul style="list-style-type: none">• GI (dry mouth, increased appetite)• CNS (insomnia, tremor)• Dermatologic (pruritus, rash, dry skin)
Rare	<ul style="list-style-type: none">• CNS (seizure)• Neuropsychiatric (depressed mood, agitation, aggression, hostility, changes in behavior, suicide related events, and worsening of pre-existing psychiatric disorders)

