

Accessing Tobacco Cessation Supports in Nova Scotia

Pharmacotherapy

Approved tobacco cessation pharmacotherapy treatments include NRT (Nicotine Replacement Therapy), Bupropion and Varenicline. These pharmacotherapies are recommended for cancer Patients who use tobacco (except where contraindicated) and can be used alone or in combination.

Varenicline (Champix®) and Bupropion (Zyban®)

As of January 2019, Varenicline and Bupropion are now on the NS Provincial Drug Formulary. A maximum of 12 weeks standard therapy (168 tablets) will be reimbursed annually without a special authorization request. Additional reimbursement (e.g. for a second course of therapy) will require a special authorization request with details regarding readiness to quit, success with previous therapy, enrolment in cessation programs and any other pertinent information.¹

Varenicline and Bupropion are covered under Community Services Pharmacare, Seniors Pharmacare, and Drug Assistance for Cancer Patients.

Nicotine Replacement Therapy (NRT)

Nicotine Replacement Therapy including the nicotine patch, gum, lozenge, inhaler and spray, are not currently covered in Nova Scotia and must be purchased out of pocket. Some private insurances may cover NRT, therefore Patients should be encouraged to check with their insurance provider to determine coverage.

See [Appendix C](#) for information regarding Non-Insured Health Benefits coverage.

Evidence-Based Cessation Counselling

Tobacco Free Nova Scotia (TFNS)

TFNS offers evidence-based tobacco cessation support. These supports are free and accessible by phone or online. TFNS counselors are TEACH² certified, with training in Motivational Interviewing, Cultural Competency and Trauma Informed Practice. Additionally, TFNS counsellors have completed the NSHA Cancer Care Program online learning modules on Tobacco Cessation in Cancer Care. Visit <https://tobaccofree.novascotia.ca/> for more information.

TFNS offers personalized and non-judgmental support to help people quit and stay quit.

¹ Nova Scotia Department of Health (2019). Nova Scotia Formulary. *Province of Nova Scotia*. Retrieved from: <https://novascotia.ca/dhw/pharmacare/documents/formulary.pdf>

² The Centre for Addiction and Mental Health (CAMH) Training Enhancement in Applied Counselling and Health (TEACH) training is a University of Toronto accredited certificate program in intensive cessation counselling.

- Quit line (8-1-1) – Work with a trained counselor to develop a personal quit plan. Get help with cravings and withdrawal, or just to talk. Support is there when you need it.
- SMS/Text based Motivational Messaging – Text SMOKEFREE (all one word) to 1-902-700-7700 to enroll in stop smoking motivational messaging program. TFNS will send helpful and motivational SMS/Text messages as you go along in your journey to quit tobacco products.
- Secure Chat with a Counselor – Directly chat with TFNS counselors securely online. To chat with counselors, register on the Tobacco Free website and then click the "Chat with a Counselor" button.
- Online Forums – Talk online to other smokers.
- Quit Pack – Register with TFNS and they will send information about important smoking topics.

To refer a Patient to TFNS, fax the signed [referral form](#) to 1-844-926-0243.

Mental Health and Addictions Stop Smoking Services

Tobacco cessation and nicotine addiction services are available throughout Nova Scotia for individuals who want to cut back or stop their tobacco (cigarettes, cigars, vape, chew, etc.) use. In group counselling sessions, participants explore topics related to making changes to Tobacco Use and are given opportunities to share concerns, successes, ask questions and support each other. In addition, funding/support for nicotine replacement therapy and other quit smoking aids is available. The type and amount varies by program. Group offerings are subject to change and availability. For the most up-to-date and accurate information, please contact the number from the regions listed below or visit

<http://www.nshealth.ca/servicedetails/Stop%20Smoking%20Services>.

Halifax Regional Municipality, Eastern Shore and West Hants areas

Sessions are offered in various locations at various times throughout Halifax, Dartmouth, Sackville, Cole Harbour, Spryfield, Windsor, and Sheet Harbour.

- 902-424-8866 or toll-free: 1-866-340-6700

Annapolis Valley, South West and South Shore areas

Sessions are offered in Wolfville, Kentville, Berwick, Middleton, Annapolis Royal, Chester, Lunenburg, Bridgewater, Liverpool, Yarmouth, Shelburne and Digby.

- Annapolis Valley: 902-365-1715 or 1-855-273-7110
- South Shore: 902-543-5400 or toll-free: 1-877-334-3431
- Yarmouth, Shelburne & Digby: 902-742-4222 or toll-free: 1-844-380-4324

Colchester, Cumberland, Pictou County and East Hants areas

Sessions are offered in various locations at various times throughout Truro, New Glasgow, Elmsdale, and Amherst.

- Colchester & East Hants counties: 902-893-5526 ext. 42297
- Cumberland county: 902-667-3879
- Pictou county: 902-755-1288

Cape Breton, Antigonish, Guysborough and Strait areas

Sessions are offered in various locations at various time throughout Guysborough, Antigonish & Strait areas, and Cape Breton area.

- Guysborough, Antigonish and Strait Area: (902) 625-8819 or toll-free 1-888-291-3535
- Cape Breton Area: (902) 563-8646 or toll-free: 1-877-567-0632