

Commissioning Statement

Treatment	e-Cigarettes
For the treatment of	To relieve and/or prevent withdrawal symptoms and reduce the cravings associated with tobacco dependence
Commissioning position	NHS Calderdale CCG does not routinely commission the use of e-cigarettes for people with tobacco dependence.
Date effective from	11.09.2017
Policy to be reviewed by	10.09.2020 [may need amending once NICE public health guidance is published]
Background information	<p>Products granted licenses by the Medicines and Healthcare Products Regulatory Agency (MHRA) at the time of writing are VOKE® and e-VOKE® [1,2]. They can both be used for people trying to stop and those trying to cut down on the number of cigarettes smoked. The products relieve unpleasant withdrawal symptoms and help to reduce cravings. They are licensed for people aged over 18 years and can be used by pregnant or breast feeding women who are attempting to quit.</p> <p>The products contain nicotine, not tobacco.</p> <p>Voke requires no battery or other energy source, it is activated by the user inhaling [3]. e-Voke uses a USB charger [4].</p>
Summary of evidence/rationale	<p>NICE Public Health Guidance on Tobacco Harm Reduction states that it is primarily the toxins and carcinogens in tobacco smoke, not the nicotine, that cause illness and death. The best way to reduce these illnesses and deaths is to stop smoking [5].</p> <p>Clinical effectiveness and safety:</p> <p>As nicotine replacement products have been on the market a long time, the manufacturers only had to show that their products had comparable pharmacokinetics to licensed products. There are no clinical trials to show value as a stop smoking aid or versus traditional nicotine replacement therapy.</p> <p>e-VOKE: The pharmacokinetic study compared e-VOKE to Nicorette Inhalator and smoking a cigarette in 24 healthy male smokers [2] The pharmacokinetics of the device was considered to be at least comparable to Nicorette Inhalator. The study did not look at effectiveness of the product as aid to smoking cessation.</p> <p>VOKE: In the pharmacokinetic and tolerability study in 18 healthy smokers, VOKE led to higher plasma nicotine levels at 4 mins. Side effects reported included paraesthesia, dizziness, headache, dry throat,</p>

	<p>throat irritation. Cravings were also measured in this study. These were similar between the VOKE and Nicorette Inhalator [1].</p> <p>The MHRA noted that there were no new or unexpected safety concerns from these two products.</p> <p>The package inserts state that if a smoker has quit smoking and wants to stop the e-cigarette product but is finding this difficult, they should contact their doctor, pharmacist or nurse for advice [3,4].</p> <p>e-VOKE inhaler should not be disposed of in household waste [4]. The user is advised to take to the pharmacy or other place of purchase for disposal.</p> <p>VOKE or e-VOKE sticks/cartridges can be disposed of in household waste [3,4].</p> <p>The safety profile of e-cigarettes is still being established. Users are advised to report via the Yellow Card Scheme if they suspect they have experienced a side effect from using an e-cigarette. Product defects can also be reported this way.</p> <p>Resource impact: These are general sales list (GSL) products, so will be available to purchase by users.</p> <p>References</p> <ol style="list-style-type: none"> 1. MHRA. VOKE. UKPAR. Last updated November 2014. Accessed from http://www.mhra.gov.uk/home/groups/par/documents/websiteresources/con475307.pdf on 11.4.2017 2. MHRA. e-VOKE. UKPAR. Last updated November 2015. Accessed from http://www.mhra.gov.uk/home/groups/par/documents/websiteresources/con616843.pdf on 11.4.2017 3. MHRA. VOKE. PIL Accessed from http://www.mhra.gov.uk/spc-pil/index.htm?ldcService=SS_GET_PAGE&nodeId=%3C%25%3D+nodeId+%25%3E&searchFiled=voke on 12.4.2017 4. MHRA. e-VOKE. PIL Accessed from http://www.mhra.gov.uk/spc-pil/index.htm?ldcService=SS_GET_PAGE&nodeId=%3C%25%3D+nodeId+%25%3E&searchFiled=e-voke on 12.4.2017 5. NICE. Public Health Guideline 45. Smoking: harm reduction. June 2013. Accessed from https://www.nice.org.uk/guidance/ph45 on 11.4.2017
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