

**Title:**

Patterns and predictors of nicotine replacement therapy use among alcohol and other drug clients

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**Introduction:** Use of Nicotine replacement therapy (NRT) improves quit rates but these supports are often infrequently delivered during alcohol and other drug treatment. An organisational change intervention was implemented to increase smoking cessation care in AOD services. This study examined the patterns and predictors of single and multiple NRT use among AOD clients.

**Method:** The study was part of a larger cluster RCT of an organisational change intervention in 32 AOD programs. Of the 896 participants who completed a baseline survey, 471 completed a 6 week follow-up survey and 427 completed a 6 month follow-up survey.

**Results:** At six weeks, participants who had a heavier nicotine dependence (OR 1.77,  $p=0.016$ ) compared to those with low nicotine dependence, were more motivated to quit (OR 1.19,  $p=0.014$ ) than those less motivated, and those from intervention sites compared to the control sites (OR 3.71,  $p<.001$ ) had greater odds of reporting that they used one type of NRT. At six months, participants from intervention sites had three times greater odds of reporting that they has used one type of NRT (OR 3.38,  $p<.001$ ). For multiple NRT use, participants from intervention sites (OR 5.89,  $p<.001$ ) had five times greater odds of reporting multiple NRT use than those in control sites at 6 weeks post discharge. No predictors were associated with multiple NRT use at 6-months.

**Discussions and Conclusions:** Smokers who received treatment from an intervention site was the most robust predictor of NRT use post discharge. Encouraging use during AOD treatment may promote smoking cessation efforts post discharge.

**Implications for Practice or Policy:**

Routine provision of NRT in AOD treatment may have significant impacts on smoking cessation outcomes and cost saving to the healthcare system.

**Disclosure of Interest Statement:**

The authors declare no conflicts of interest.