



State-of-the-Art Cessation Interventions

Date of Release:
May 2011

Released by:

The New Hampshire
Tobacco Prevention &
Control Program

and the

New Hampshire
Tobacco Helpline

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What is QUITWORKSSM-NH?

QUITWORKSSM-NH is an evidence-based cessation service launched in September 2007, by the New Hampshire Department of Health and Human Services. It is based on the Massachusetts Department of Health's QUITWORKSSM service that is recognized by the Centers for Disease Control and Prevention as a best-practice. QUITWORKSSM-NH is operated by the New Hampshire Tobacco Helpline.

QUITWORKSSM-NH is a free, tobacco cessation service based on the U.S. Public Health Service Clinical Practice Guideline, *Treating Tobacco Use and Dependence*. It is intended to assist clinicians with the cessation efforts of their patients. QUITWORKSSM-NH links patients who want to quit tobacco to a full range of treatment services. Clinician training is not required to access the service.

How does QUITWORKSSM-NH Work?

Any physician, nurse, or clinician can easily and quickly refer a patient who wants to quit using tobacco, regardless of health insurance status, by using a simple enrollment form. The enrollment forms (available at no charge from www.QuitWorksNH.org) are signed by the patient and faxed or e-referred to the NH Tobacco Helpline.

When the form is received, the Helpline staff calls the patient, completes a patient assessment, and offers the patient free, evidence-based counseling services. Every referring provider receives a report to confirm contact with the patient and the services accepted. About seven months later, a Helpline staff member calls the patient to assess their tobacco use status and sends a report on patient outcomes to the referring clinician.

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www.QuitWorksNH.org

What You Do in Five Easy Steps

- 1. Set up a system to identify tobacco use** by patients when they arrive at the office practice.
- 2. Talk with patients about tobacco use** during the office visit. Give the patient a Think About It pamphlet at check-in.
- 3. Complete enrollment form** with patient's signature. Give patient **QUITWORKS™-NH** Welcome Guide, and fax enrollment form to the **QUITWORKS™-NH** toll-free line.
- 4. Prescribe pharmacotherapy**, if appropriate, for relief of withdrawal symptoms and to aid with stopping tobacco use.
- 5. Receive status reports**, review, and file in patient medical record.

QUITWORKS™-NH Takes It From There

- 1. QW-NH: Calls your patient –**
Upon receipt of an enrollment form, **QUITWORKS™-NH**:
 - Conducts a telephone interview to assess readiness to quit
 - Mails NH Tobacco Helpline materials
 - Offers multiple counseling options
 - Advises your patient on course of action
- 2. QW-NH: Provides intensive counseling services**, on the phone or through referral to in-person services
- 3. QW-NH: Provides on-line help for patients** at www.TryToStopNH.org
 - Expert advice and success stories
 - Access to a wide-range of materials to download to help the patient
 - 24 Hour Quit Tips
- 4. QW-NH: Faxes report to referring provider**, advises the status of patient contact, and indicates services selected.
- 5. QW-NH: Sends a six-month patient quit status report** to the provider identified on the enrollment form; aggregate reports may be customized for your hospital, if desired.

Tools for When You Start Using **QUITWORKS™-NH**

Go to QuitWorks Tools to view the brochures, pocket guides, buttons, and posters that can be downloaded from the website. If you have questions or need assistance to use **QUITWORKS™-NH**, please email us at quitworksnhinfo@jsi.com or call **QUITWORKS™-NH** at **1-800-QUIT-NOW** (1-800-784-8669).