

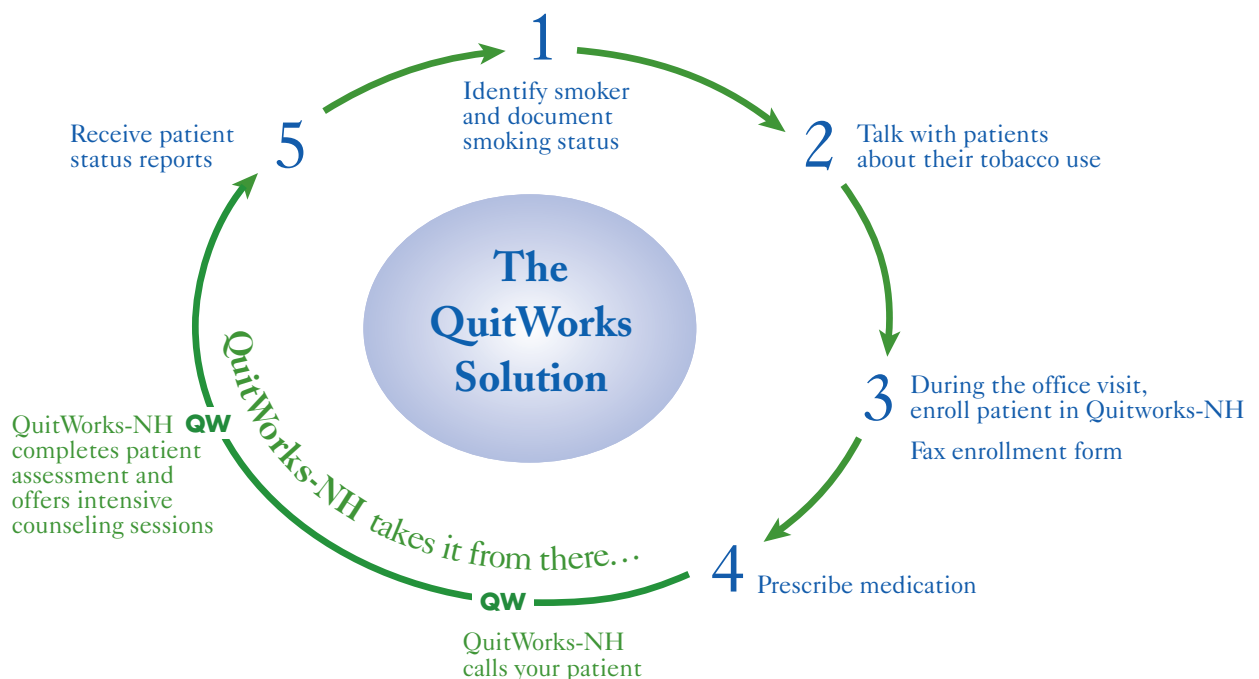
## QuitWorks-NH for Office Practices

### *The Solution to Help Patients Quit Smoking*

QuitWorks-NH is a free, evidence-based stop-smoking service provided by the NH Department of Health and Human Services. QuitWorks-NH links your patients who want to quit smoking to the full range of our state's tobacco treatment services. Using a simple enrollment form, any physician, nurse, or other clinician in your practice can easily and quickly enroll any patient who uses tobacco.

## What QuitWorks-NH Offers

- **The state's science based stop-smoking services**—proactive telephone counseling, a website, self-help information, and referral to community tobacco treatment services
- **A simple patient enrollment form** with HIPAA-compliant patient consent form
- **Patient status reports to referring providers**—the provider you choose will receive faxed information on the services each patient selects and, six months later, a report on each patient's quit status



## 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,** give patient QuitWorks-NH Welcome Guide, and fax enrollment form to QuitWorks-NH toll-free line.
- 4. Prescribe pharmacotherapy,** if appropriate, for relief of withdrawal symptoms and to aid with stopping smoking.
- 5. Receive status reports,** review, and file in patient medical record.

“Tobacco use is the single greatest cause of preventable death in this country and quitting smoking is one of the most important things that you can do to improve the length and quality of your life.”

– Dr. Stephen Liu, DHMC

## QuitWorks-NH Takes It From There...

- QW Calls your patient**—Upon receipt of an enrollment form, QuitWorks-NH:
- Conducts a 10-minute telephone interview to assess readiness to quit
  - Mails a customized Quit Kit
  - Offers multiple counseling options
  - Advises your patient on course of action
- QW Provides intensive counseling services,** on the phone or through referral to in-person services, when available in New Hampshire
- Up to 5 proactive telephone counseling sessions
  - Referral to community tobacco treatment programs with trained counselors
- QW Provides on-line help** at [www.trytostop.org](http://www.trytostop.org) and [www.quitworksNH.org](http://www.quitworksNH.org)
- The QuitWizard, a self-directed counseling tool
  - Interactive bulletin board and user community
  - Expert advice and success stories
  - Access to enrollment forms and patient education materials to download
- QW Faxes report to referring provider** several days after receiving enrollment form to confirm patient contact and indicate services selected
- QW Sends a six-month patient quit status report** to the provider identified on the enrollment form

## Frequently Asked Questions

**Q: Can anyone enroll in QuitWorks-NH?**

**A:** QuitWorks-NH is open to all New Hampshire residents, regardless of health insurance status.

**Q: Is there any cost to the patient or the practice for QuitWorks-NH services?**

**A:** There is no cost to the patient, or the referring provider for QuitWorks-NH services and materials (fax enrollment, patient counseling services and education materials, and patient status reports).

**Q: Is the patient enrollment procedure time consuming?**

**A:** No, all you have to do is complete a simple form and fax it to QuitWorks-NH.

**Q: How will I know how the patient is doing in his/her efforts to quit tobacco use once enrolled in QuitWorks-NH?**

**A:** QuitWorks-NH will send status reports to the referring clinician or primary care provider indicated on the enrollment form. Providers receive two faxes—one within several days of receiving an enrollment form to confirm patient contact and report cessation services selected by the patient, and another at six months to report the patient's quit attempts and quit status.

**Q: If a patient returns to the provider's practice at a later date and reveals that he/she has started smoking again but wants to stop, can that patient be re-enrolled in the QuitWorks-NH program?**

**A:** Yes, it often takes more than a single attempt to quit smoking. Patients may enroll up to two times per year in order to achieve success.

**Q: Can adolescents benefit from enrollment in the program or is it specifically designed for adults?**

**A:** QuitWorks-NH is for all ages. Anyone age 15 or older may participate. Those who are 18 or older may receive nicotine replacement therapy when available. Adolescents may also call 1-800-Try-To-STOP or go online at [www.trytostop.org](http://www.trytostop.org).

# Try-To-STOP TOBACCO Resource Center of New Hampshire

**FUNDED BY** the New Hampshire Department of Health & Human Services, the Try-To-STOP TOBACCO Resource Center of New Hampshire is the service provider for QuitWorks. Its four interrelated services—the toll-free tobacco helpline, the New Hampshire Tobacco Education Clearinghouse, and two websites ([www.trytostop.org](http://www.trytostop.org) and [www.quitworksNH.org](http://www.quitworksNH.org)) offer cessation support to New Hampshire smokers, along with information and tobacco education resources to the public, tobacco control professionals, health care providers, and educators.

## 1-800-Try-To-STOP Toll-Free Tobacco Helpline

- Information on tobacco, referrals to tobacco treatment programs or telephone-based tobacco counseling, when available in New Hampshire
- Quit Tips available 24 hours a day
- Services in English and Spanish (1-800-8-DÉJALO / 1-800-833-5256) with translators in additional languages; recorded Quit Tips in English and Spanish (1-800-9-GET-A-TIP / 1-800-948-2847)
- To ensure equal participation due to a hearing impairment, please call 1-800-TDD-1477 (1-800-833-1477)

## New Hampshire Tobacco Education Clearinghouse

- Tobacco educational materials offered at low cost to local tobacco control programs and health care providers in New Hampshire

## [www.trytostop.org](http://www.trytostop.org)

- Website providing tobacco information, quitting assistance, and links
- The Quit Wizard—a state-of-the-art, self-paced, user-friendly, interactive program for tobacco users who want to quit smoking
- On-line community, bulletin boards, success stories, and ask-the-expert features

## [www.quitworksNH.org](http://www.quitworksNH.org)

- Website for the QuitWorks-NH program, providing information on the program and the QuitWorks-NH collaboration
- QuitWorks-NH enrollment forms, patient materials, provider and office practice guides, and re-order instructions available on-line

**QUITWORKS™-NH**

**Try-To-STOP TOBACCO**  
RESOURCE CENTER OF NEW HAMPSHIRE

QuitWorks-NH was developed by the Massachusetts Department of Public Health in collaboration with Massachusetts health plans, where it has been in operation since 2002. The program has been adopted by the New Hampshire Department of Health with permission of Massachusetts Department of Public Health.