



State-of-the-Art Cessation Interventions

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The New Hampshire
Tobacco Prevention &
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and the

New Hampshire
Tobacco Helpline

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What is QUITWORKS™-NH?

QUITWORKS™-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 QUITWORKS™ service that is recognized by the Centers for Disease Control and Prevention as a best-practice. QUITWORKS™-NH is operated by the New Hampshire Tobacco Helpline.

QUITWORKS™-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. QUITWORKS™-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 QUITWORKS™-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 QuitWorks-NH 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).