



State-of-the-Art Tobacco Treatment Interventions In New Hampshire

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What is QUITWORKS™-NH?

Released by:

The New Hampshire Tobacco Prevention & Control Program

and the

New Hampshire Try-To-STOP TOBACCO Resource Center

QUITWORKS™-NH is an evidence-based tobacco treatment 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 and the NH Smokers' Helpline are operated by the New Hampshire Try-To-STOP TOBACCO Resource Center.

Telephone:
1-800-Try-To-STOP
(1-800-879-8678)

QUITWORKS™-NH is a free tobacco treatment service based on the U.S. Public Health Service Clinical Practice Guideline, *Treating Tobacco Use and Dependence*. It is intended to assist providers with the tobacco treatment efforts of their patients. QUITWORKS™-NH links patients who want to quit using tobacco to a full range of tobacco treatment services.

How does QUITWORKS™-NH Work?

Fax:
1-866-560-9113

Online:
www.quitworksnh.org

Any provider 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 to the NH Try-To-STOP TOBACCO Resource Center.

Email:
quitworksnhinfo@jsi.com

Address:
501 South Street
Bow, NH 03304

When the form is received, the Resource Center staff calls the patient, completes a patient assessment, and offers the patient free, evidence-based counseling services. Every referring provider receives a fax-back report to confirm contact with the patient and the services accepted. About one month later, a Resource Center staff member calls the patient to assess their tobacco use status and faxes a report on patient outcomes to the referring provider.

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 **QuitWorks-NH Brochure for Smokers** at check-in.
3. **Complete enrollment form** with patient's signature and fax enrollment form to the **QUITWORKSSM-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.

QUITWORKSSM-NH Takes It From There

1. **QW-NH: Calls your patient** – Upon receipt of an enrollment form, **QUITWORKSSM-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
 - Access to a wide-range of materials to download to help the patient
 - www.BecomeAnEx.org offers an interactive bulletin board and user community
 - Expert advice and success stories
4. **QW-NH: Faxes report to referring provider**, advises the status of patient contact, and indicates services selected.
5. **QW-NH: Sends a one-month patient quit status report** to the provider identified on the enrollment form; aggregate reports may be customized for your practice, if desired.

Tools for When You Start Using QUITWORKSSM-NH

Go to QuitWorks Tools to view the brochures, pocket guides, and Questionnaire that can be downloaded from the website. If you have questions or need assistance to use **QUITWORKSSM-NH**, please email us at quitworksnhinfo@jsi.com or call **QUITWORKSSM-NH** at **1-800-Try-To-STOP** (1-800-879-8678).