



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 QUITWORKS<sup>SM</sup>-NH?

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

QUITWORKS<sup>SM</sup>-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<sup>SM</sup>-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<sup>SM</sup>-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](http://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](http://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](http://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](mailto:quitworksnhinfo@jsi.com) or call **QUITWORKS™-NH** at **1-800-QUIT-NOW** (1-800-784-8669).