

Quit Connection

A service for health care practitioners interested in better helping their patients stop smoking, Quit Connection, is available through the Clinical Tobacco Intervention (CTI) Program.

70% of smokers want to quit. Research indicates that success rates increase significantly when there is even brief clinical intervention, and increase further when combined with pharmaco-therapy and/or intensive behavioural counselling. In as little as three minutes you can help by asking about tobacco use, assessing readiness to quit and faxing a referral to the Smokers' Helpline (SHL) for assistance through the Quit Connection Program.

What is Quit Connection?

Quit Connection provides a seamless integration between the cessation services of SHL and health professionals who identify and refer clients who smoke or want to remain smoke-free. The Quit Connection Program eliminates the need for clients to call SHL. Instead, a Smokers' Helpline Quit Specialist will contact the tobacco user to provide services.

How does Quit Connection work?

Quit Connection brings patients and evidence-based services together through a fax referral system. Physicians need only identify a patient interested in quitting. A brief fax referral form is completed (including patient's signed consent) which is then faxed directly to Smokers' Helpline by the health care provider. Smokers' Helpline does the rest!

What is Smokers' Helpline?

The Canadian Cancer Society Smokers' Helpline (SHL) is a free, confidential, service that provides personalized support, advice and information about quitting smoking and tobacco use. Smokers' Helpline is an evidence-based program, offered by telephone, online and by text messaging that increases a tobacco user's chance of quitting successfully.

What types of services will my patients receive?

Upon receipt of a faxed consent form, the referral is entered into the SHL's confidential database and a call is scheduled for a preferred time of day that the client has identified. Four attempts will be made to contact the client. Quit Specialists provide information about the service, assess a client's readiness to quit, and offer services based on each individual client's situation.

How can I become involved?

Physicians are in a unique position to assist tobacco users. You encounter people at "teachable moments" when patients may be more inspired than usual to change unhealthy behaviours. Even a minimal contact intervention can powerfully motivate clients to make a quit attempt. Smokers' Helpline Quit Connection is a program that can be used on its own, or as a positive adjunct to clinician intervention. Clinicians can simply follow the **5 As**:

1. **Ask** your patient if he/she uses tobacco.
2. **Advise** your patient to quit.
3. **Assess** your patient's readiness to quit smoking.
4. **Assist** your patient to quit smoking.
5. **Arrange** follow up by obtaining consent to fax a referral to Smokers' Helpline.

Quit Connection

PROGRAM REGISTRATION

I am interested in participating in the Quit Connection Program.

PHYSICIAN NAME _____

MAILING ADDRESS _____

CITY _____

ONTARIO _____

POSTAL CODE _____

PHONE () _____

FAX () _____

Materials are available in English and French. Please select language(s) of materials preferred.

ENGLISH

FRENCH

As part of ensuring the delivery of a quality program, Quit Connection may contact you at a later date for your input in the evaluation process.

PLEASE PRINT CLEARLY AND FAX THIS FORM TO:

1-800-267-6973

Your privacy is important to us. Some information you provide in this order form may be considered personal information. This information will be collected, used and shared for the sole purposes of delivering the Quit Connection and Clinical Tobacco Intervention programs to you and your patients.

