



District of Columbia Quitline

1-800-QUIT NOW

(800-784-8669)

Spanish-speaking: 202-333-4488

Fax to Quit: 800-483-3114

According to the Centers for Disease Control and Prevention, calling a quitline can double a smoker's chances of quitting for good, especially when combined with free nicotine replacement therapy (NRT). The District of Columbia provides free quitline services and NRT through the Free & Clear's (F&C) quitline counseling services located in Seattle, WA. This program is paid for with a grant from the DC Cancer Consortium through the DC Department of Health. The DC Tobacco Free Families Campaign is managed by the Breathe DC at United Medical Center. The Campaign provides free cessation services, including healthcare provider trainings and local support group programs, to encourage smokers to call the quitline and provides on-going support to smokers wanting to quit.

800 QUIT NOW Free Services for District Residents:

- **Five counseling sessions from certified tobacco treatment specialists**
- **Free NicodermCQ patches and Commit lozenges – eight week course of treatment**
- **Fax to Quit program for healthcare providers and community organizations to initiate pro-active call-backs from quitline counselors to qualified District smokers**
- **Local number for Spanish-speaking callers that connects directly to quitline**
- **Carbon monoxide (CO) testing conducted pre and post-cessation**

What Happens When a Smoker Calls:

- Smoker is transferred to an intake counselor who conducts a 30 minute interview process designed to assist the counselor in providing a personalized quit plan
- Smoker must be a DC resident with a DC address to be eligible to participate
- Once intake is completed, the intake counselor will schedule appointment with a tobacco treatment specialist (counselor)—every attempt is made to provide the same counselor throughout the full course of treatment
- A series of booklets are mailed to assist tobacco user in developing a quit plan
- Following the first counseling session, if the smoker elects the free NRT, a referral is sent to Breathe DC counselors (via email) for follow-up to provide the therapy

Free NRT Program:

- Once referral is received from F&C, Breathe DC counselors follow up within 48 hours to schedule a time for smoker to pick up selected NRT; a brief intake is done to assist Breathe DC counselors in prescribing the appropriate dose of the patch or lozenge and a CO test is done
- If smoker is disabled, Breathe DC counselor will either personally deliver or mail the product
- Smoker is provided a two week supply of selected NRT at a time for the full course of treatment

Fax to Quit Program:

- No limit to the number of smokers who can be referred (per healthcare provider or organization)
- Fax referral forms provided by Breathe DC
- Provider has smoker fill out and sign agreeing to call-back from quitline counselor; form is faxed to F&C quitline; intake counselor calls smoker to begin treatment process

Free Resources Available to Agencies and Organizations: Quitline promotional posters, brochures, quit-cards, and trainings, all available in both English and Spanish.

Contact: *Charles Debnam* at charles.bdc@umc-foundation.org or via phone at 202-574-6920.

PROMOTING QUITTING SMOKING TO YOUR PATIENTS YOUR ROLE IS THE FIRST STEP

The U.S. Public Health Service Guideline on Treating Tobacco Dependence was updated and released on May 7, 2008, and has identified new counseling and medication treatments that are effective for helping people quit smoking. The May 7, 2008, issue of *JAMA* includes a commentary that urges clinicians to use the updated guideline to accelerate progress in reducing the use of tobacco.

Treating Tobacco Use and Dependence: 2008 Update was developed by a 24-member, private-sector panel of leading national tobacco treatment experts that reviewed more than 8,700 research articles published between 1975 and 2007. The review found that there are now seven medications approved by the Food and Drug Administration as smoking cessation treatments that dramatically increase the success of quitting. The medications are: bupropion SR, nicotine gum, nicotine inhaler, nicotine lozenge, nicotine nasal spray, nicotine patch, and varenicline.

The 2008 PHS Guideline update also found evidence that counseling by itself or especially in conjunction with medication can greatly increase a person's success in quitting. In particular, Quitlines were found to be effective and can reach a large number of people; 1-800-QUIT-NOW is an access number that connects people to their State-based quitline. It also provides broad access to cessation counseling for diverse populations and is easy for clinicians and patients to use.

WHAT YOU CAN DO: Implement the Ask, Advise, Refer model in your practice. The PHS Guideline recommends the 5 A's—Ask, Advise, Assess, Assist and Arrange follow-up. However, referring to the District's Quitline allows for treatment specialists to do the Assess, Assist, and Arrange follow-up, makes it easier for you to incorporate the Ask, Advise, Refer model into your practice.

ASK your patients what their tobacco use status is, including former and current smoking status.

ADVISE them to quit if appropriate—give them the strongest advice possible, i.e., emphasizing the importance of quitting to their health and the health of their family members (especially if smoking in the home is allowed).

REFER them to the District's free Quitline for free counseling, including pro-active counseling call-backs, and free nicotine patches and lozenges. If you need patient materials on the Quitline, contact Charles Debnam at debname@gmail.com.

- Refer by giving them informational card on the Quitline and ask them to call directly, or
- Refer by filling out fax referral form (accessed on DCTFF's website <http://www.dctff/healthcare-provider-information/>)

Insurance Coverage for Tobacco Dependence Treatments:

- DC Medicaid—Bupropion, Varenicline, Nicotine Nasal Spray and Nicotine Inhaler.
- Medicare—Counseling and all FDA approved medications as part of treatment for a tobacco-related illness.

The DCTFF website has a wealth of information directly from the Agency for Healthcare Research and Quality to assist healthcare providers in helping their patients quit smoking, with links directly to the resources offered by the PHS Guideline. You will also find links to websites offering CMEs for online training in treating tobacco dependence. <http://www.dctff/healthcare-provider-information/>