



Introduction

The Center for a Tobacco-Free Finger Lakes (CTFFL) is funded by the NYS Department of Health's Bureau of Tobacco Control. CTFFL is contracted to work with all Medical and Behavioral Health systems in the Finger Lakes Region. Referral to the State Quitline and Quitsite (also funded by the Bureau of Tobacco Control) is a common strategy to provide ease of treatment referrals to evidence-based treatments (quitline and web-assisted tobacco intervention) for New York residents who smoke and are ready to quit or explore their quitting. Telephone "Quit Coaches" provide highly trained and experienced support.

What to say to Patients (sample scripts and bullet points)

1. It is University of Rochester Medical Center policy with all patients who smoke to "Ask, Advise, Assess, Assist, and Arrange", including providing direct counseling (advice to quit and description of medications), and referral to treatment that has shown to be helpful.
2. Do you have any questions for me about the available medications that can help smokers quit?
3. The New York Smokers' Quitline can help you talk about quitting, and/or provide you with two weeks of free Nicotine Patches if you are eligible.
 - a. The Patches are available to patients **except** for those who:
 - Smoke 9 or fewer cigarettes per day
 - Under age 18
 - Are pregnant
 - Have a heart condition
 - b. For other exclusions, the Quitline counselors will help determine who is eligible
 - c. The Patches can be ordered more than once or twice in a 1-year period: Ask the Quit Coaches for more details
 - d. Even if not eligible for the Nicotine Patches, the Quitline provides valuable "quit coach" advice, answers questions, and can help determine if your Insurer covers smoking cessation medications
4. The Quitline and Quitsite are for cigarette smokers, as well as people who use e-Cigarettes, chewing tobacco, etc. They are not for people who use only marijuana.
 - a. The Quitline referral process is not intended as a substitute for point-of-care discussions, even as brief as brief advice to quit / avoid all tobacco and related products, or as lengthy as needed per clinical decision making / office work flows.
 - b. The Quitsite is also available to providers for support: <http://www.nysmokefree.org>
 - c. You can find resources and CME-based training for providers at the Quitsite

Next Steps

If you agree to be referred to the Quitline, I will send your information to them by the end of the day. Someone will call you within 1-3 days. Feel free to ask them any questions you'd like about how to quit smoking for good. At your next visit, let's go over how the Quitline or Quitsite worked (or didn't work for you) and what other options we have to help you quit smoking for good.

Note: As of 09/29/17, URM's current "Smoke and Tobacco Free Policy" (URMC Policy 10.03) can be found at: <https://urmc-smh.policystat.com/> (with proper URM employee login)