

Quit Connection

smokers' helpline

CONNECT TO QUIT
smokershelpline.ca
1 877 513-5333

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 is *Smokers' Helpline Quit Connection*?

Smokers' Helpline 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.

What is my role as a health professional?

Health professionals 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*.

How will SHL follow up with my patients?

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 do I get started?

You can obtain a form and information from your *Smokers' Helpline* Regional Coordinator. To get in touch with the Coordinator in your area, call *Smokers' Helpline* at **1 877 513-5333** or e-mail smokershelpline@ontario.cancer.ca.



Smokers' Helpline
CONFIDENTIAL
Fax Referral Form
Fax: 1 877 513-5334



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HEALTH PROFESSIONAL REFERRAL SOURCE – REQUIRED – PLEASE PRINT

Health Care provider (select one)
 Physician Nurse Dentist Pharmacist Physiotherapist Other (specify) _____

Contact Information of Referring Clinician
 (or include fax transmissible stamp with equivalent information)

First name _____	Last name _____	Office stamp
(_____) _____	(_____) _____	
Telephone _____	Fax _____	

PATIENT/CLIENT- CONTACT INFORMATION – REQUIRED – PLEASE PRINT

FIRST NAME _____		LAST NAME _____	
STREET ADDRESS _____		CITY/TOWN _____	
Ontario _____	PROVINCE _____	POSTAL CODE _____	BIRTHDATE (mm/yyyy) _____
(_____) _____ TELEPHONE _____ <input type="radio"/> Home <input type="radio"/> Cell <input type="radio"/> Work		Language preference of service <input type="radio"/> English <input type="radio"/> French <input type="radio"/> Interpreter requested (specify language) _____	
email ADDRESS (optional) _____		Gender <input type="radio"/> Male <input type="radio"/> Female <input type="radio"/> Other _____	

Smokers' Helpline usually calls the client within 3 business days of receiving a referral. When should we call?

Please call me in the Morning Afternoon Evening Anytime

May we leave a message identifying ourselves as *Smokers' Helpline*? Yes No

PATIENT/CLIENT-INFORMED CONSENT

I give permission for this form to be faxed to *Smokers' Helpline* (SHL), so that SHL can contact me regarding my attempt to quit smoking, and also for SHL to communicate with my healthcare provider. I understand that SHL will keep my information confidential and will only use it for the purpose of administering the fax referral program.

SIGNATURE OF CLIENT _____ DATE (mm/dd/yyyy) _____

This fax is private and confidential and may contain privileged information. It is intended for *Smokers' Helpline* only. If you have received this fax in error please notify the sender and destroy this faxed message immediately. Any unauthorized use or disclosure of this faxed information is strictly prohibited.
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