



1-800-QUIT-NOW (1-800-784-8669) www.QuitWorks.org

### QuitWorks Stop Smoking Program Six-month Patient Outcome Report

The QuitWorks program attempts to contact patients at least six months after their initial intake call to determine their smoking status. Your patient has been reached and the following is their outcome information:

**Patient Name:**

**Referred by:**

**DOB:**

**Fax:**

**Intake completed:**

**Report contact:**

**Evaluation date:**

**Fax:**

- Your patient reported that he/she was still *SMOKING* at the time of the six-month status review.**

We suggest that each smoker receive congratulations for their participation in the QuitWorks program and encouragement to engage in future quit attempts. Consider reframing past failures as learning opportunities. Remind patients that most smokers make repeated quit attempts before they achieve abstinence.

- Patient reported [     ] quit attempts since the initial intake call.
- Patient's longest reported previous quit was [     ] days since the initial intake call.

Complete another 5A brief intervention to assess patient's readiness to quit. Please refer to the QuitWorks Provider Guide at [www.quitworks.org](http://www.quitworks.org) for more details regarding interventions and materials for the various stages of behavior change. In addition, consider re-referring your patient to QuitWorks by completing another enrollment form or encouraging him/her to call 1-800-QUIT-NOW and to go on-line to [www.trytostop.org](http://www.trytostop.org) to receive help in becoming smoke-free.

- Your patient reported that he/she was *NOT SMOKING* at the time of the six-month evaluation call for [duration].**

We suggest that each ex-smoker receive congratulations and encouragement to remain abstinent. Consider initiating a discussion about successes and challenges encountered in their quit attempt(s) and the benefits of quitting. Because tobacco dependence is a chronic relapsing disease, brief relapse prevention treatment is essential. Engage your patient in problem-solving regarding anticipated threats to staying quit, including mood changes, weight gain, alcohol/drug use, and other smokers. Encourage him/her to call 1-800-QUIT-NOW and to go on-line to [www.trytostop.org](http://www.trytostop.org) to remain smoke-free.

Thank you for your involvement in our innovative program to help your patients make the decision to quit smoking and to stay quit.

Sincerely,  
The QuitWorks Program