

Helping Smokers Quit: Guide to the HSQ Project Website

An important component of the Helping Smokers Quit project is to provide nurses with resources and information through the Web. Please see a detailed description below of what you can find on the HSQ website (www.helpingsmokersquit.org). To access the website, use the username/password: `hsq/hsq`.

The HSQ website contains:

1. A section on frequently asked questions (FAQs) that address issues and concerns that you may have about the project and about providing cessation interventions. This section is only on the web and will be updated periodically during the project.
2. Specific information for nurses in the three states participating in the project (West Virginia, Indiana, and California). This includes:
 - a. Downloadable factsheets that describes issues related to tobacco use in the state, and state-specific cessation resources so that you can be informed when talking with your patients about quitting smoking. A hard copy is in your toolkit folder.
 - b. The PowerPoint slides used in the training sessions for nurses in your state. You can print this out from the web for future reference.
 - c. Links to state-specific resources on tobacco use and smoking cessation that you can use for your reference and to assist you with helping smokers quit.
3. A link to the Tobacco Free Nurses website (www.tobaccofreenurses.org) which also has materials and information, including a library of references specific to nurses and smoking that may be useful to you.
4. A downloadable, pdf version of “*Helping Smokers Quit – A Guide for Clinicians*” to help you remember the 5 A’s for delivering an effective smoking cessation intervention, including a fold-out sheet with brief information about approved medications to help people quit. This *Guide* also has the national telephone quitline number that can be used by smokers in any state. You should have received a hard copy of the *Guide* in your toolkit folder. Additional copies of this *Guide* can be obtained from AHRQ at 1-800-358-9295.
5. A downloadable fact sheet (pdf format) about nurses and smoking to provide you with information about why this study is so important. A hard copy of this page is in your toolkit too.

As always, if you have any comments or question, please contact us at hsq@tobaccofreenurses.org.

Thank you for your participation in this project.
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Where can you get more information?

HELPING SMOKERS QUIT PROJECT - UCLA School of Nursing

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