

# HCSIT Quick Tips

Click the HCSIT icon to begin the application.



## Main Screen:

1. Commit Prescribing Information – Adapted from <http://commitlozenge.quit.com> – 202.
2. Common Smoking Cessation Drugs – Some commonly prescribed smoking cessation drugs.
3. Motivational Smoking Cessation Intervention (5 RS) – Relevance, Risks, Rewards, Roadblocks, and Repetition.
4. Second-Line Pharmacotherapy – Pharmacotherapy for which there is evidence of efficacy for treating tobacco dependence.
5. Smoking Cessation Counseling Tips (5 AS) – Ask, Advise, Assess, Assist, and Arrange.
6. Smoking Dependency Assessment (Fagerstrom Questionnaire) – Series of questions to determine treatment level.
7. Treating Tobacco Use and Dependence – U.S. Department of Health and Human Services, Public Health Service, June 2000.



## Commit Prescribing Information

Commit Prescribing Information  
Page 1 of 1 OK

**REFERENCE: Adapted from**  
http://commitlozenge.quit.com -  
202  
GlaxoSmithKline, Inc.

**PRESCRIBING INFO:** Use 2mg if  
patient smokes first cigarette  
more than 30 minutes after  
waking up, 4mg if they smoke  
first cigarette of the day  
within 30 minutes of waking up.

Annotations:  
- Arrow pointing to the OK button: Tap OK to return to the main screen.  
- Arrows pointing to the left and right navigation arrows: Tap arrows to scroll up and down within a page.

## Common Smoking Cessation Drugs

Tap (once) on the drug name to view detailed information.

Tap on OK to return to main screen.

Use arrows to scroll up and down the list.

Some commonly prescribed smoking cessation drugs:  
(Please see manufacturer's prescribing information for full details on side effects and dosing recommendations.)

Commit Lozenge  
Nicoderm@CQ  
Nicorette@

Commit Lozenge

Tap OK to return to drug list.

**PRESCRIBING INFO:** Have patient place a Commit Lozenge in their mouth and allow it to dissolve slowly. They should not chew or swallow it - as they won't absorb the correct dose of medication if this is done. Consuming the lozenge too fast can also lead to heartburn or indigestion.

# Motivational Smoking Cessation Intervention – 5 RS

The screenshot shows a mobile application interface with the following elements and instructions:

- Page Header:** "Motivational Smoking Cessation" and "Page 1 of 7".
- Navigation:** A left-pointing arrow icon for moving backwards, a right-pointing arrow icon for moving forward, and an "OK" button to return to the main screen.
- Text Content:** A reference citation: "REFERENCE: 'Treating Tobacco Use and Dependence', U.S. Department of Health and Human Services, Public Health Service, June 2000". Below this is a paragraph: "Patients who use tobacco but are unwilling to quit at this time should be treated with the '5 R's' motivational intervention (Relevance, Risks, Rewards, Roadblocks, and Repetition)."
- Scrolling:** A vertical arrow icon at the bottom right of the text area for scrolling up and down within the page.

Instructions for navigation:

- Tap here to move backwards among the seven pages.
- Tap OK to return to the main screen.
- Tap here to move forward among the seven pages.
- Tap arrows to scroll up and down within a page.

## Second-Line Pharmacotherapy

Tap (once) on the drug name to view detailed information.

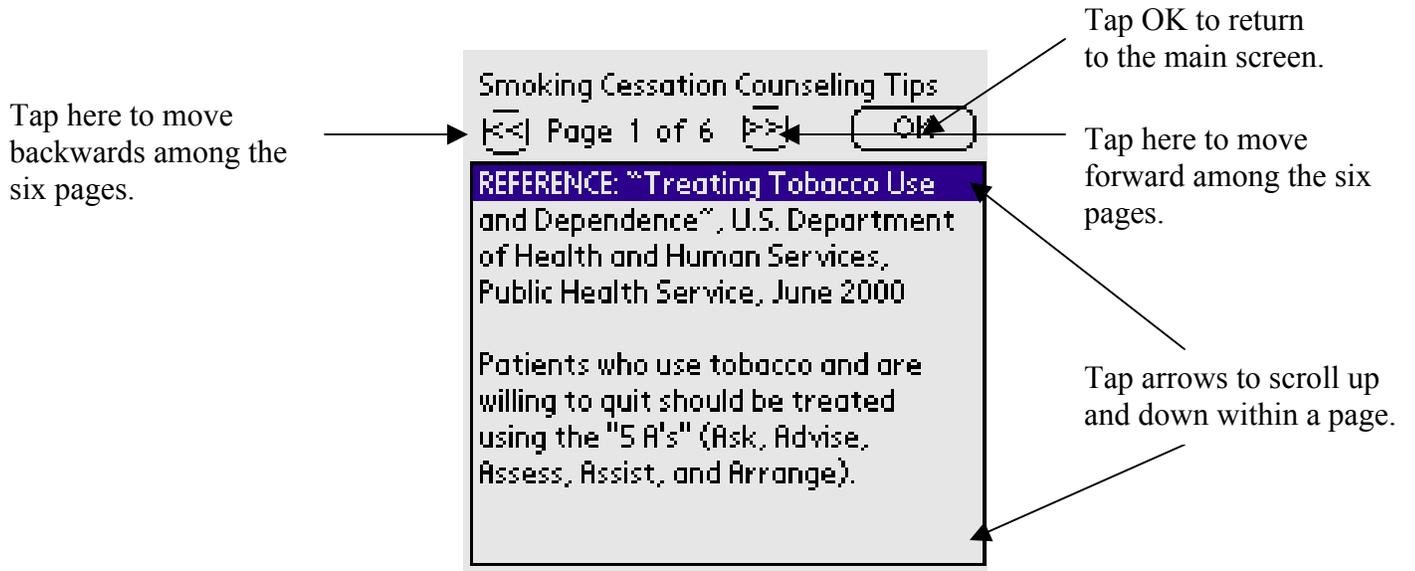
Tap on OK to return to main screen.

Clonidine

Tap OK to return to drug list.

Use arrows to scroll up and down the list.

## Smoking Cessation Counseling Tips – 5 AS



# Smoking Dependency assessment (Fagerstrom Questionnaire)

Page 1

Tap drop down menu to view answer options.

Tap in the box to select yes or no.

1. How soon after you wake up do you smoke your first cigarette?

2. Do you find it difficult to refrain from smoking in places where it is forbidden (eg. in church, at the library, in cinema)

Yes  
 No

[\(Next >>\)](#)

1. How soon after you wake up do you smoke your first cigarette?

Less than or equal to 5 min  
6-30 min  
31-60 min  
Greater than or equal to 61 min

Answer options.

library, in cinema)

Yes  
 No

[\(Next >>\)](#)

1. How soon after you wake up do you smoke your first cigarette?

▼ 6-30 min

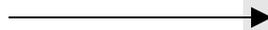
2. Do you find it difficult to refrain from smoking in places where it is forbidden (eg. in church, at the library, in cinema)

Yes  
 No

[\(Next >>\)](#)

Tap Next to continue to page 2.

Tap in the box to make a selection.



3. Which cigarette would you hate most to give up?
- The First in the morning
  - Any other

Tap in the rectangle to bring up a number input screen.



4. How many cigarettes per day do you smoke?

Tap Back to go back to page 1.



<< Back

Next >>

Number input screen.



3. Which cigarette would most to give up?

- The First in the morning
- Any other

4. How many cigarettes per day do you smoke?

<< Back

Next >>

Tap Back to go back to page 1.



Tap numbers to make input. Tap OK to close number input window.



3. Which cigarette would most to give up?

- The First in the morning
- Any other

4. How many cigarettes per day do you smoke?

<< Back

Next >>

Tap Next to continue to page 3.



Tap in the box to make a selection.

5. Do you smoke more frequently during the first hours after waking than during the rest of the day?

Yes  
 No

6. Do you smoke if you are so ill that you are in bed most of the day?

Yes  
 No

<< Back      Next >>

Tap on Next to view results.

### Questionnaire Results

Number score and description.

Tap on drug name to view more details.

OK

Score: 7

High degree of dependence, with more severe withdrawal symptoms, greater difficulty in quitting, and possibly the need for higher doses of medication. As always, use a good clinical judgement in your decision-making, and do not

Commit Lozenge

Nicoderm@CQ

Nicorette@

# Treating Tobacco use and Dependence

Treating Tobacco Use and Dependence  
Page 1 of 1 OK

REFERENCE: "Treating Tobacco Use and Dependence", U.S. Department of Health and Human Services, Public Health Service, June 2000

FINDINGS AND RECOMMENDATIONS

The key recommendations of the updated guideline, Treating Tobacco Use and Dependence, based on the literature review and

Annotations:  
- Tap OK to return to main screen.  
- Use arrows to scroll up and down within the page.

# About

Tap on Help to view the About option.

Tap About to view the About screen.



Tap ok to return to the main menu.