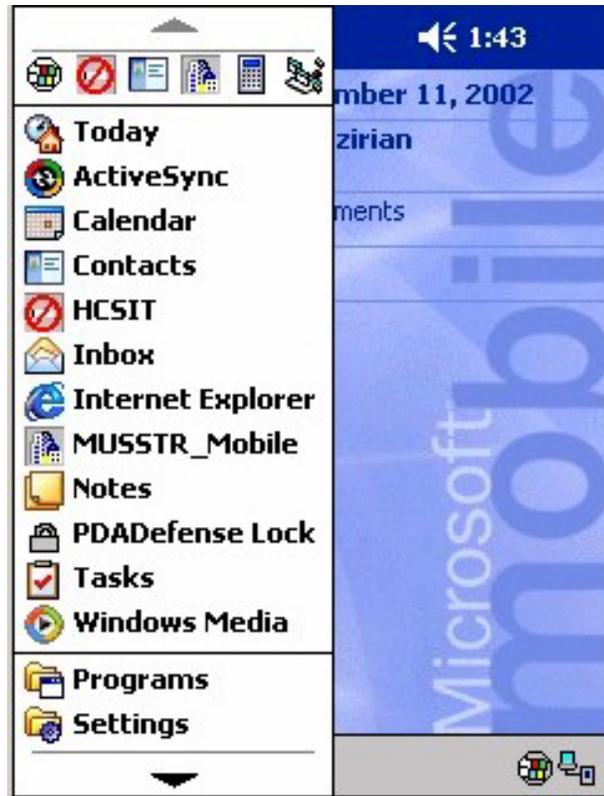
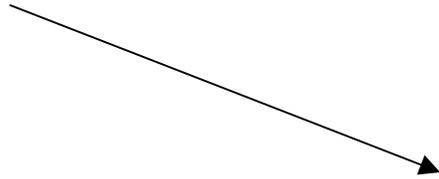


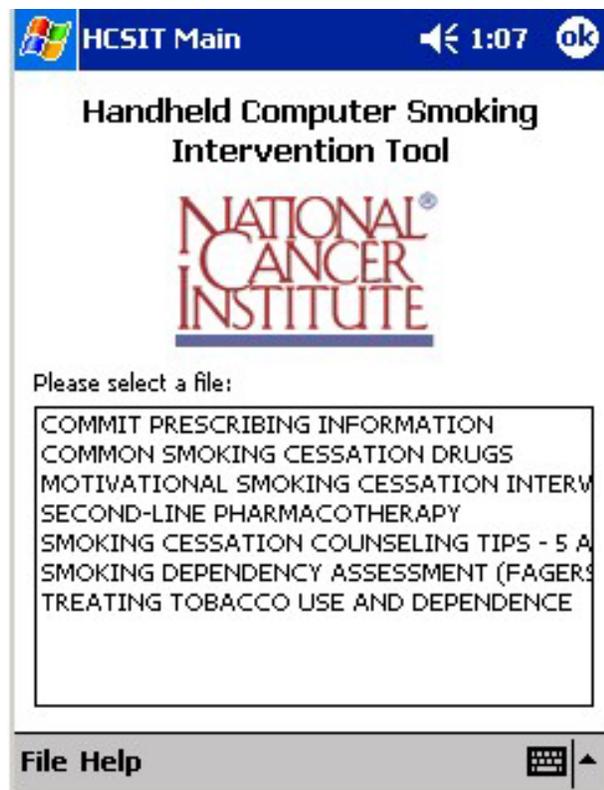
# HCSIT Quick Tips

Click the HCSIT icon, located in the Start menu of your Pocket PC, to begin the application.



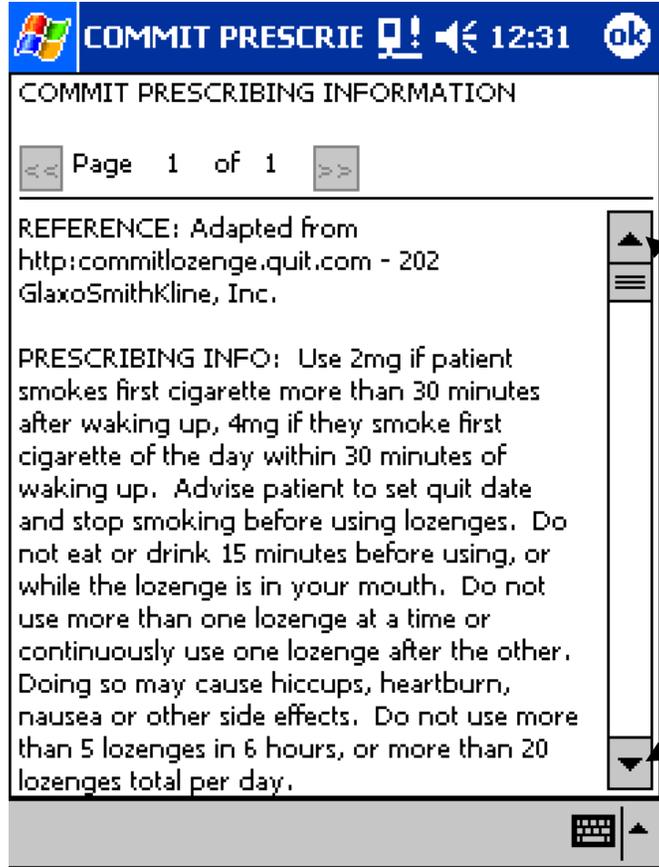
## Main Screen:

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.



← Tap ok to exit the application

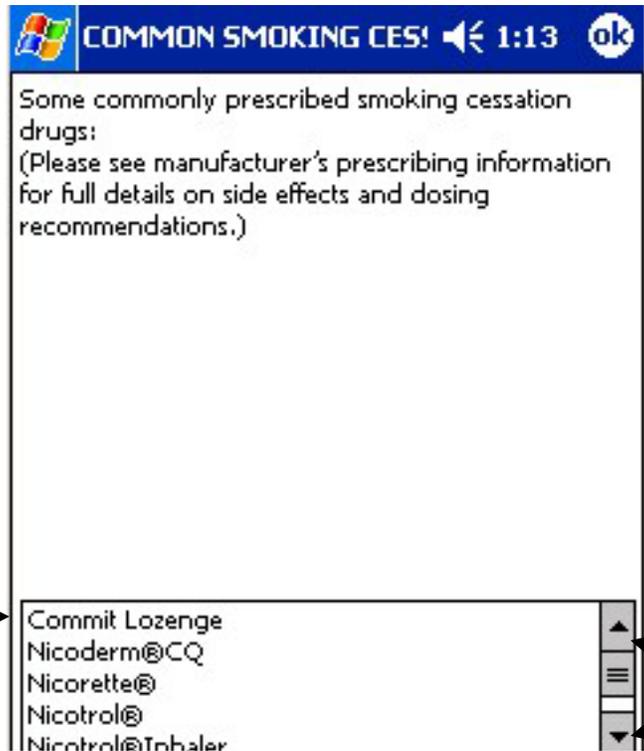
# Commit Prescribing Information



Tap ok to return to the main screen.

Tap arrows to scroll up and down within a page.

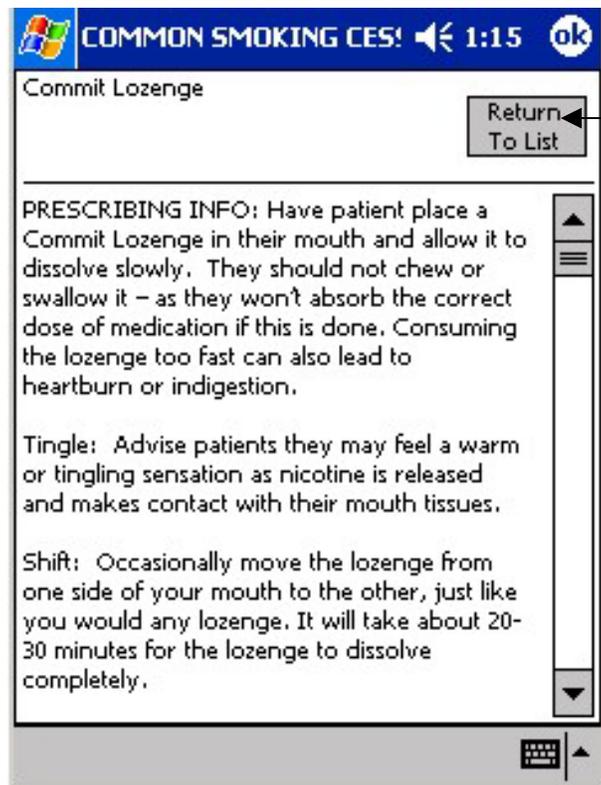
# Common Smoking Cessation Drugs



Tap on ok and return to main screen.

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

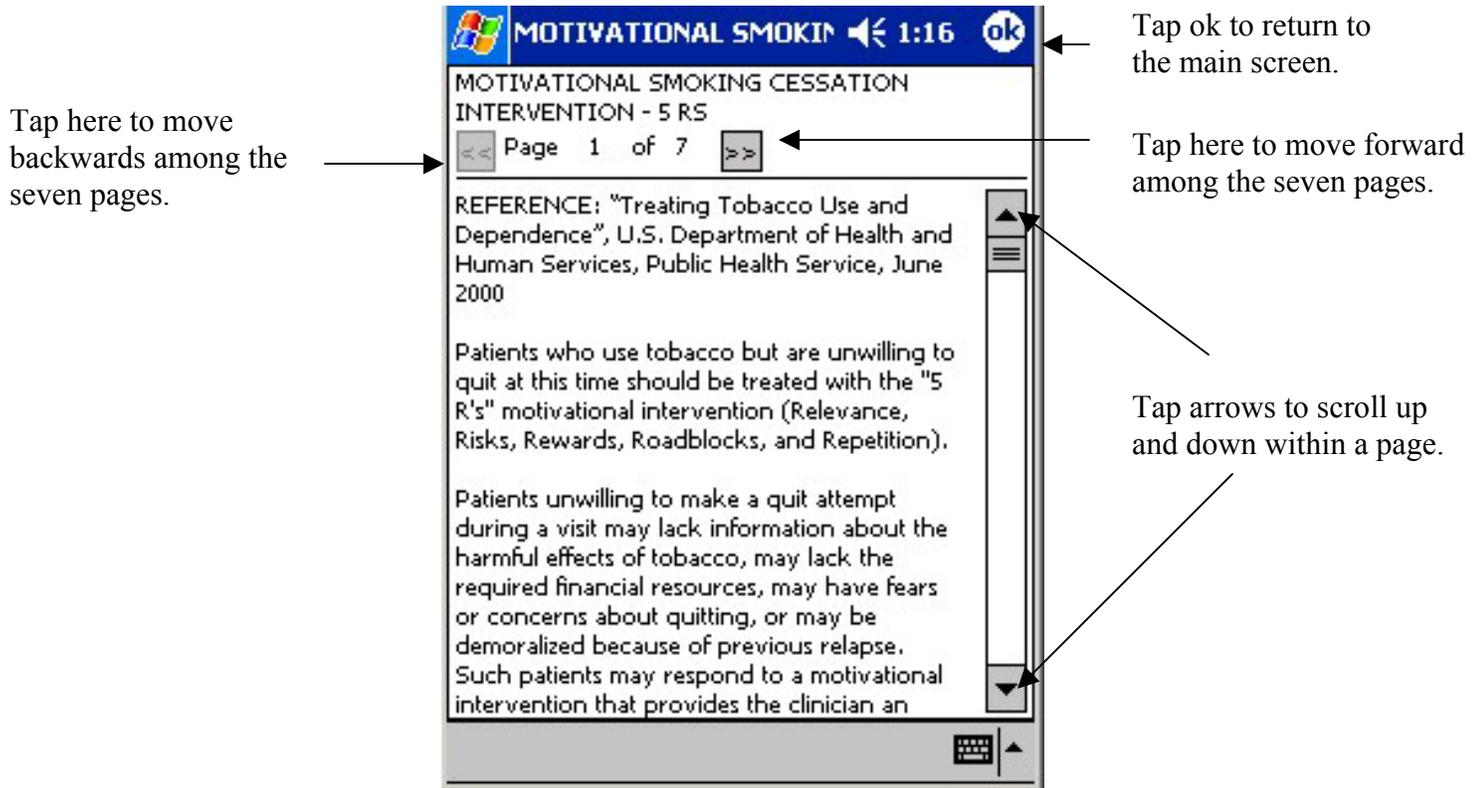
Use arrows to scroll up and down the list.



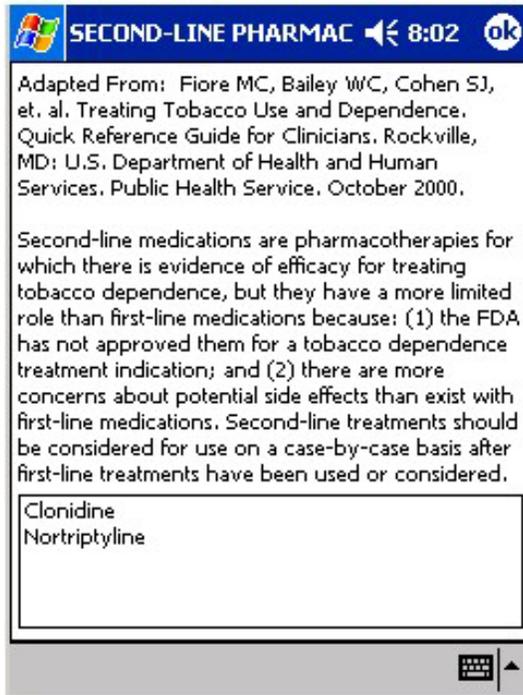
Tap on ok and return to main screen.

Tap to return to drug list.

## Motivational Smoking Cessation Intervention – 5 RS

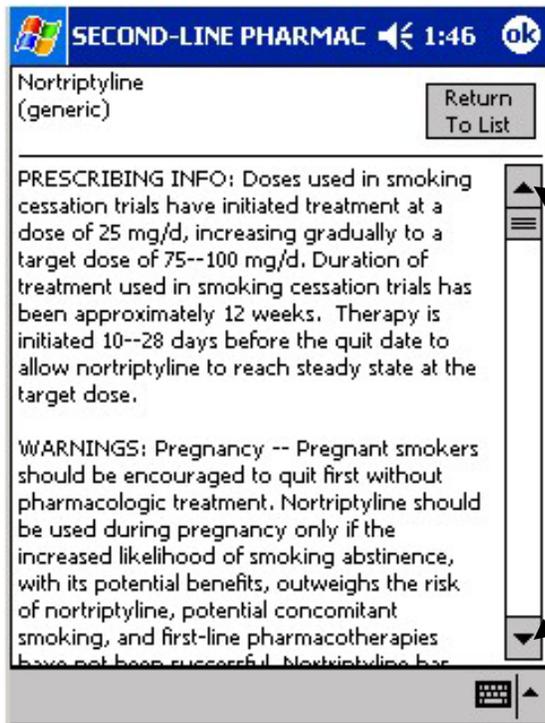


## Second-Line Pharmacotherapy



Tap on ok and return to main screen.

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

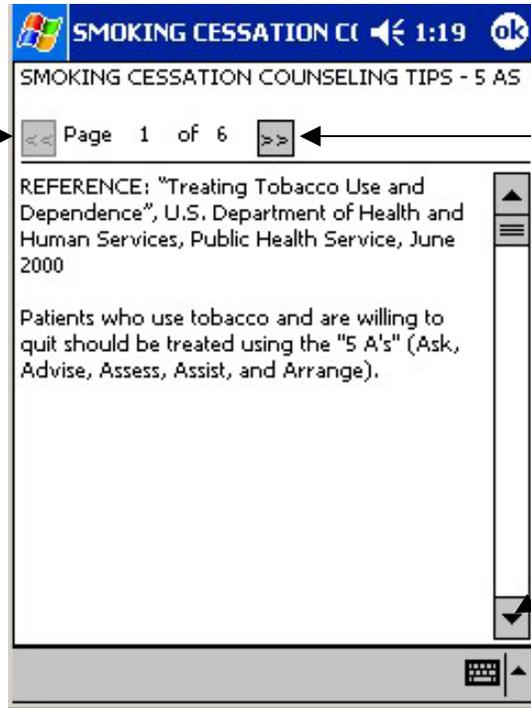


Tap to return to drug list.

Use arrows to scroll up and down the list.

## Smoking Cessation Counseling Tips – 5 AS

Tap here to move backwards among the six pages.



Tap ok to return to the main screen.

Tap here to move forward among the six pages.

Tap arrows to scroll up and down within a page.

# Smoking Dependency assessment (Fagerstrom Questionnaire)

Page 1

Tap drop down menu to view answer options.

Tap in the circle to select yes or no.

Tap ok on any page of the questionnaire, and return to main screen.

Answer options.

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?

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

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

Yes  
No

Next >>

Tap next to continue to page 2.

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 >>

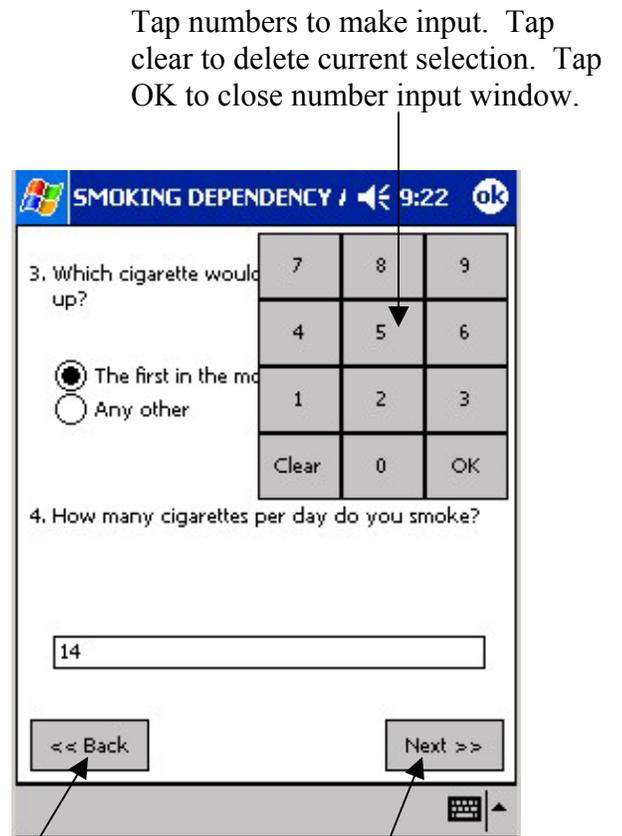
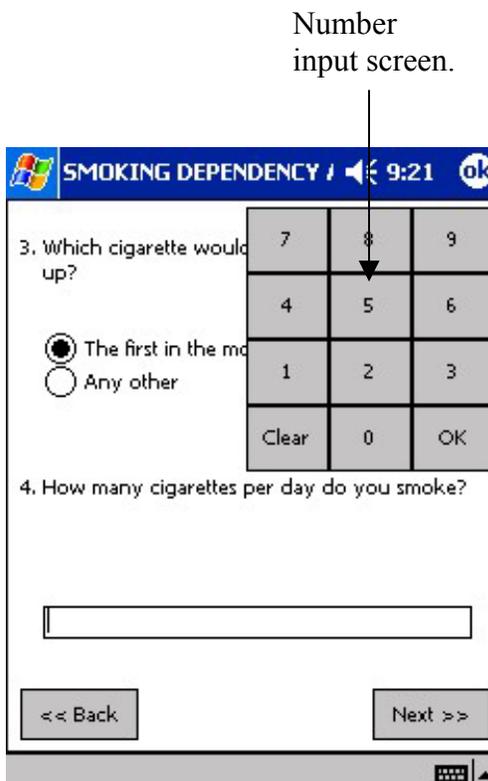
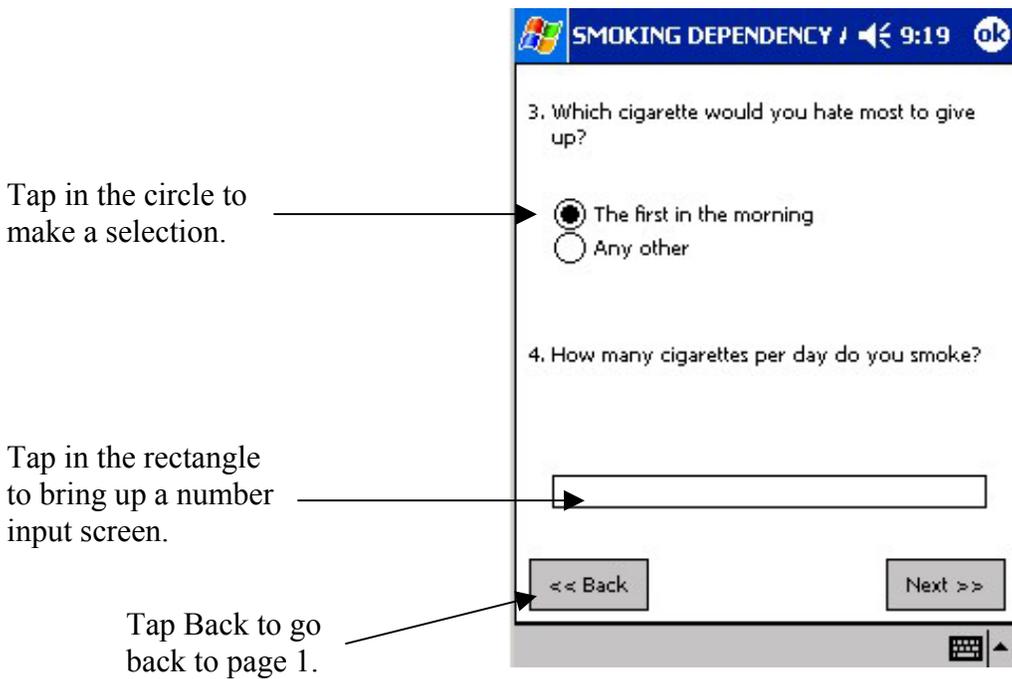
1. How soon after you wake up do you smoke your first cigarette?

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

6-30 min

Yes  
No

Next >>



Tap Back to go back to page 1.

Tap Next to continue to page 3.

SMOKING DEPENDENCY / 9:24

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 in the circle to make a selection.

Tap on Next to view results.

### Questionnaire Results

SMOKING DEPENDENCY / 1:23

Score: 6

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 prescribe any medications which are contraindicated, or to which the patient may be allergic.

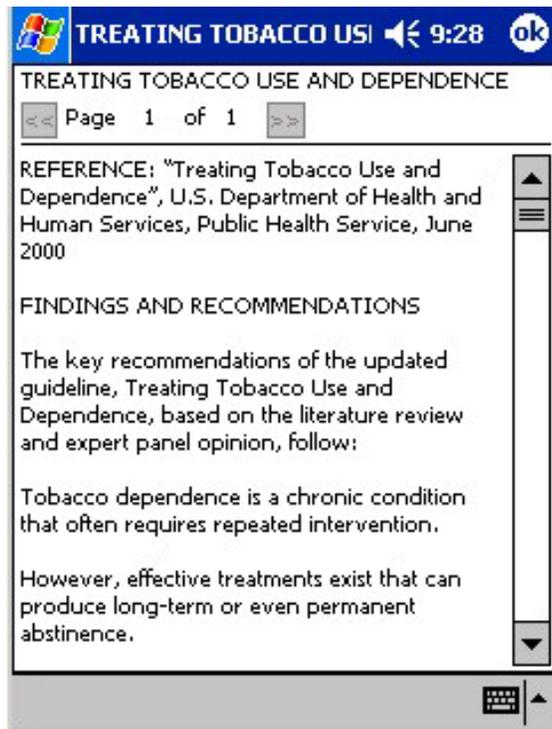
Some commonly prescribed smoking cessation drugs: (Please see manufacturer's prescribing information for full details on side effects and dos recommendations.)

Commit Lozenge  
Nicoderm@CQ  
Nicorette@  
Nicotrol@  
Nicotrol@Inhaler

Number score and description.

Tap on drug name to view more details.

# Treating Tobacco use and Dependence



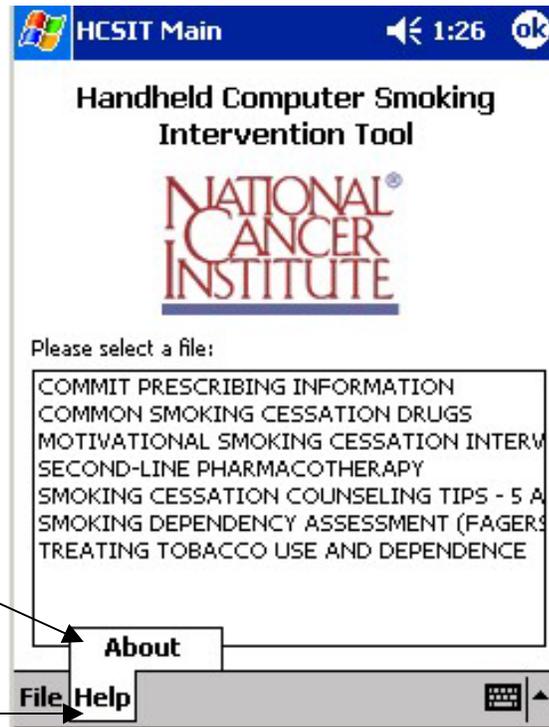
Tap ok to return to main screen.

Use arrows to scroll up and down within the page.

# About

Tap About to view the About screen.

Tap on Help to view the About option.



Tap ok to return to the main menu.

