

**HelpTeensQuit.org:
A Website for Clinicians**

Audrey Vanim, BA
Jonathan Pletcher, MD

**Primary Care Research Network
for Adolescent Smoking Cessation**

1. Develop, test, and disseminate innovative and promising solutions to decrease tobacco use by adolescents
2. Support education programs for primary care providers throughout PA that will improve skills related to assisting cessation efforts

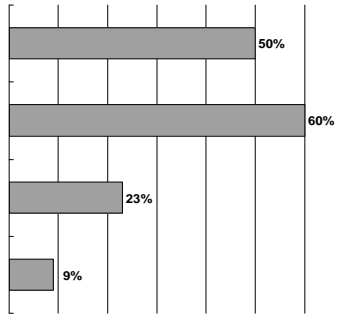
Deliverable Outcomes

- Create a website for health care providers to access information and tools to facilitate screening and intervention
- Develop a CME curriculum delivered through five teleconferences for primary care providers
- Coordinate a statewide conference for medical providers on cessation and issues associated with adolescent tobacco use

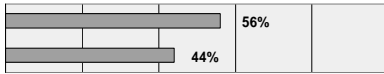
Statewide Survey of Attitudes, Practices, and Training Needs

- Internet-based 20-item survey sent to nearly 4,000 Pediatricians and Family Practitioners
- Received 490 responses
- All regions of state represented

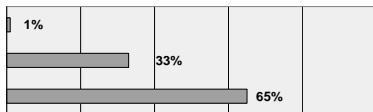
What tobacco products do adolescent patients in your practice report using?



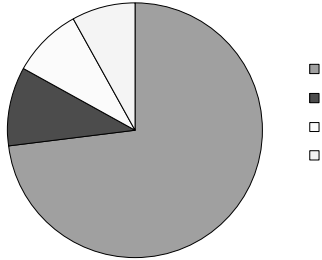
Do you feel confident that you can effectively intervene with an adolescent who is using tobacco?



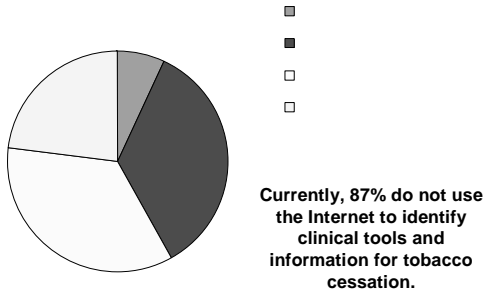
When I have an adolescent patient who is a regular tobacco user, I generally feel that I know what to recommend for further treatment.



Do you or your practice have a system for tracking adolescent patients who are smokers or involved in tobacco use?



If a website existed that was evidence-based and designed for health care providers, to what degree would you use it when assisting adolescents to cease using tobacco?



Conclusion

- Understanding and responding to tobacco use by teens is a high priority amongst health care providers.
- Access to training opportunities and clinical tools to aid cessation is an unmet need.

Stakeholders Meeting

- Examined the current status of primary health care providers' role in adolescent smoking cessation
- Identified attainable goals for maximizing their effectiveness
- Engaged over 50 participants
- Overall very positive evaluations

Stakeholders Meeting

- Identified provider-specific and systemic barriers to effective intervention
- Identified additional partners for providers
- Documented ideas and examples of effective web-based clinical tools
- Networking between state government officials, primary contractors, researchers, clinicians, and advocates

Community Advisory Board Membership

- Allentown: 6 members
- Philadelphia: 4 members
- Pittsburgh: 7 members
- Representation from primary tobacco contractors, Public Health Bureaus and Agencies, not-for-profit preventive health organizations, educational systems, Latino and African-American communities, youth, and other health care organizations

How to Use Helpteensquit.org

- The staircase paradigm
- Community resources and referrals
- Quality improvement
- News and calendar of events
- Continuing Medical Education

Homepage and Steps to Change

- Scroll over steps for a brief description of a teen at the indicated stage of change
- Click on step to jump to the specific step page for related tools, resources and information
- Scroll and click on upper toolbar for easy access to other pages and sections of the website
- Easy access to pages containing upcoming events and breaking news information at bottom of page
- Contact and search information in upper right corner
- Click the HelpTeensQuit icon at any time to return to this homepage

Step Page Tools and Materials for the Patient Encounter

- Description of patient's status, issues, and suggested clinical approach
- "What You Can Do": click on any action-oriented suggestion and jump down the page to the relevant materials
- Clinical Tools: questionnaires and databases tailored to each step for a patient's chart or to monitor quality
- Patient Handouts: informational forms, worksheets, journals, and resources for the patient or parents, designed for each unique stage of change

Step Page Tools and Materials for the Patient Encounter

- **Websites:** direct links to tools and solutions from websites other than HelpTeensQuit
- All website items link directly to the tool or resource which has been selected for the appropriate stage of change
- **Referral:** suggestions for determining when a referral is appropriate and a link to the community resources page
- Materials in Microsoft Word or PDF format for flexible clinical use and practice modification

Alternate Ways to Find Tools, Materials, and Additional Websites

- “Tools & Handouts” tab on toolbar links to a page which contains a catalog of the HelpTeensQuit downloadable materials seen in the individual step pages
- “Statewide” and “National” options under the “Community Resources” toolbar tab contains a list of additional websites for teens, clinicians, and parents

Community Resources and Referrals

- “Community Resources” tab on top toolbar directs to a page where a provider can select his or her geographic region for local cessation and tobacco resources
- All information under the “community” section of this page has been supplied by the state-designated primary tobacco contractor
- Organization contact, address, website, and/or phone number provided when available
- Free PA Quitline phone number for patients ages 14 and over
- “Statewide” and “National” links provide listings of organization and resource websites on the Pennsylvania and national levels

Quality Improvement

- “Six Steps to Assure Success”
- Practice Improvement: Tools & Materials: clinical guidelines, registries, and charting materials to help your practice integrate new initiatives
- Practice Improvement: Websites: links to websites that provide additional clinical materials and information about nationwide projects or systems
- Reimbursement: Tools & Materials, Websites: coding, Medical Assistance, and PROMISE information from the PA Department of Public Welfare to enhance reimbursement efforts and organization

Using the Website: Continuing Education

- Click on “Continuing Education” toolbar tab to access a page containing all previous HelpTeensQuit teleconference materials and audio files
- Continuing Education page also contains upcoming training or educational opportunities for Pennsylvania health care providers, including conferences and special programs

CASES

The Older Teen

- Jim is 19 years old.
- First cigarette at 14.
- ½ pack per day currently.
- Two prior quit attempts.
- Jim feels this is not the time to quit, though he wants to eventually.
- He reports financial stress compounded by frequent physical symptoms that limit his ability to work and attend classes.

Tobacco and Depression

- Anne is 16 years old.
- She started smoking 6 months ago after her grandmother died.
- She feels tobacco has helped her cope.
- She smokes 5-10 cigs/day, rarely alone.
- Because she mainly smokes with friends, she feels she does not addicted.
- She reports very few interests, is not pleased with her grades, and has few significant relationships.

Staying Tobacco Free

- Tameka is 18 years old.
- She quit smoking about 4 months ago.
- After quitting she broke up with her boyfriend, and recently started dating again.
- Her new boyfriend smokes, and buys her favorite brand.
- She reports mixed feelings about smoking, but overall views it as positive given its role in her new relationship.

Smokeless Tobacco

- Steve is 17 years old.
- He started using chew last year when his uncle introduced him to it on his 16th birthday.
- He does very well in school, and his parents and teachers have high hopes for him to attend an elite college.
- Many of his teachers have commented on the stains on his teeth.
- As he enters college interview season, he is considering quitting.

The Quit Plan

- Monique is 20 years old, and her quit date is 2 weeks away.
- She is open to medication and other methods to support herself as she quits.
- She has a history of intermittent depression that has responded well to medication and counseling.
- She is in college, and is studying journalism.

Website Improvements
