

# HIV Case Managers

## Tobacco cessation services for people living with HIV: How you can help your clients quit now

### Free help is available for CAREAssist clients who want to quit

The CAREAssist Program wants to help PLWH quit tobacco for good and is offering the following cessation services at no charge to CAREAssist clients:

- Free Oregon Tobacco Quit Line services, including five or more counseling calls with a Quit Coach and nicotine replacement therapy (NRT):
  - » Clients can call the Quit Line at 1-800-QUIT-NOW or you can refer them directly by fax or email.
- Free NRT (patches, gum or lozenges) from a Safeway pharmacy or mailed directly to your client from the mail-order pharmacy, Wellpartner.



- Free pharmacotherapies like bupropion and Chantix - Clients can fill a prescription from their provider at their usual pharmacy.



### Supports for non-CAREAssist clients

Even if a person is not enrolled in CAREAssist, there are many resources to help them quit.

- All Oregonians can access the Oregon Quit Line, by phone or online ([www.quitnow.net/oregon/](http://www.quitnow.net/oregon/))
- Health insurance plans often cover tobacco cessation services
- Many online and community based resources are available. A quick search should bring up many helpful links.

## PLWH listen to their case managers

PLWH say that case managers are a trusted link to vital resources. Case managers play a key role in helping patients quit tobacco by encouraging them to quit and referring them to services.

- Use the five A's (ask, advise, assess, assist, arrange) and five R's (relevance, risks, rewards, roadblocks, repetition) to assess client readiness for tobacco cessation and help build their confidence to quit.
- Refer clients who want to quit to their doctors and/or the Quit Line.
- Encourage your clients to get support during their quit attempts:
  - » PLWH report that loneliness, isolation and stress are main reasons for continued tobacco use.
  - » Data show that counseling and medication are most effective when used together.
  - » CAREAssist clients who quit tobacco said support was a key factor in their success.

**Oregon Health Authority**

PUBLIC HEALTH DIVISION  
HIV Community Services

<http://public.health.oregon.gov>

This document can be provided upon request in an alternate format for individuals with disabilities or in a language other than English for people with limited English skills. To request this publication in another format or language, contact the HIV Community Services at 971-673-0144, or email [www.healthoregon.org/hiv](http://www.healthoregon.org/hiv).

## Tobacco use undermines client health and well-being

- PLWH in Oregon use tobacco at twice the rate as Oregon adults overall.
- PLWH suffer greater consequences from tobacco use than others, including:
  - » Acceleration of well-known tobacco-related risks like cancers, cardiac disease and strokes
  - » Decreased efficacy of antiretroviral therapy (ART)
  - » Decreased quality of life
  - » Premature death
- Tobacco users with well-managed HIV are more likely to die from tobacco-related causes than HIV.
- Tobacco is expensive. Quitting can help patients achieve other financial and life goals.
- Most PLWH who use tobacco say they want to quit and at least half indicate high motivation to quit soon.

## Need help? Have questions?

For programmatic questions or to get your agency set up to provide direct Quit Line referrals, contact [christy.j.hudson@state.or.us](mailto:christy.j.hudson@state.or.us) (971-673-0159).

For client related referrals, contact the tobacco cessation specialist 971-673-0144.

