

# Smoking Cessation

FirstQuit is an evidence-based tobacco-cessation program that provides certified tobacco treatment specialists who will assist tobacco users throughout the quitting process. The program includes:

- Customized quit plans
- Group classes or individual sessions
- Coping strategies to deal with physical withdrawal symptoms
- Medication education with starter pack of nicotine patches, gum or lozenges
- Support group services

**FirstQuit**  
Support to be tobacco-free

Fees range from \$5 to \$50, based on household income. FirstQuit is offered in Hoke, Moore, Montgomery and Richmond counties. For more information, call (888) 534-5333.

Locations include:

**Moore County** — 5 Aviemore Drive, Pinehurst, NC 28374

**Montgomery County** — 443 Wood Street, Troy, NC 27371

**Hoke County** — 6408 Fayetteville Road, Raeford, NC 28376

**Lee County** — 2919 Beechtree Drive, Sanford, NC 27330

**Richmond County** — 925 Long Drive, Rockingham, NC 28379

**FirstQuit Referral Form**



Place Patient Label  
Inside This Box

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**Outpatient Referral Form**

**COMMUNITY HEALTH SERVICES**

PO Box 3000  
5 Avimore Drive  
Pinehurst, NC 28374  
Phone: 1-888-534-5333  
Fax Number: (910) 715-2197



FirstQuit Staff: \_\_\_\_\_

**PATIENT INFORMATION**

**Name:** \_\_\_\_\_ **Date of Birth:** \_\_\_\_\_  
**Address:** \_\_\_\_\_ **City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip:** \_\_\_\_\_  
**Home/Cell Phone:** \_\_\_\_\_ **Work Phone:** \_\_\_\_\_ **Gender:**  Female  Male  
**Health Insurance:**  Private  Medicaid  Medicare  None  
**Tobacco Use:** Cigarettes (#per day): \_\_\_\_\_ Spit/smokeless tobacco (# per day): \_\_\_\_\_ Pipe/Cigar (# per day): \_\_\_\_\_

**MEDICATION INTERVENTION**

**NICOTINE REPLACEMENT OPTIONS**

- Nicotine Transdermal Patch**  
Dosing Guidelines: ( $\leq 10$  cigarettes/day use 14mg/day;  $> 10$  cigarettes/day use 21 mg/day)  
**Directions: Apply topically daily. Replace every 24 hours. Rotate sites.**
- Nicotine Polacrilex Lozenge (72 lozenges/box)**  
Dosing Guidelines: (First cigarette smoked  $>30$  minutes after waking use 2mg; within 30 minutes after waking use 4mg)  
**Directions: Dissolve one lozenge in mouth every 1-2 hours. Maximum 24 lozenges/24 hours.**
- Nicotine Polacrilex Gum (100 pieces/box)**  
Dosing Guidelines: ( $< 25$  cigarettes/day use 2mg;  $\geq 25$  cigarettes/day use 4mg)  
**Directions: Chew one piece every 1-2 hours. Maximum 24 pieces/24 hours.**

**PROVIDER INFORMATION**

**Referred by:** \_\_\_\_\_ **Facility:** \_\_\_\_\_  
**Signature:** \_\_\_\_\_ **Date/Time:** \_\_\_\_\_  
**Phone Number:** \_\_\_\_\_ **Fax Number:** \_\_\_\_\_

**Please fax form to FirstQuit Staff at (910) 715-2197.**