

SMOKING CESSATION

ces·sa·tion

se'sāSH(ə)n/

noun

the fact or process of ending or being brought to an end.



Smoking Cessation - Patient Self-Referral Form

If you are ready for help with quitting smoking, please complete the following details:

Patient Information

Name _____

Preferred Phone Number(s) _____

Family Doctor _____

Patient Consent

By signing below you give consent that this information will be faxed to the Public Health Promoter who will call you at the time suggested on this form.

Patient Signature _____ Date _____

All information provided to the Public Health Promoter will be treated as strictly confidential.

Preferred Time to Call

_____ am/pm

Is it OK for the Public Health Promoter to leave a message? Yes No

Once complete, please give this form to Reception at your Family Doctor's office.

The STAR Family Health Team, in partnership with the Perth District Health Unit (PDHU) and the Centre for Addiction and Mental Health's (CAMH) STOP Study, provides a Smoking Cessation Program for patients of the STAR Family Health Team who are ready to quit smoking.

How our Smoking Cessation Program works:

The Public Health Promoter from PDHU will contact you to set up a 1-on-1 meeting where they will help you identify triggers, set and plan for a quit date, and have the needed support from peers as well as health care providers.

You will then be able to contact one of our Pharmacists for initial and follow-up meetings where the appropriate **free** Nicotine Replacement Therapy (NRT) will be provided to you.



OFFICE STAFF: please send to the STAR FHT Administrative Assistant (f) 519-273-0371