

IMPLEMENTATION GUIDE

Commit to Quit

*Using an Evidence-Informed Program to develop
a process model for program delivery in the practice setting*

Note: Refer to “Using What Works: Adapting Evidence-based Programs to Fit Your Needs”. Review the appropriate Modules and the handouts provided in each, in order to modify and evaluate this program to meet the needs of your organization and audience.

“Using What Works” is available online at:

http://cancercontrol.cancer.gov/use_what_works/start.htm.

I. Program Administration (Type of Staffing and Functions Needed)

Counselor (master’s- or doctoral-level clinical health therapist or psychologist recommended)

- Leads each program session and models the use of smoking cessation aids.
- Provides support to participants inside and outside the classroom when participants are struggling with potential relapse.

Exercise Specialist

- Conducts a baseline test with participants to determine their target heart rate range for exercise and monitors exertion levels during exercise sessions.
- Supervise exercise sessions and provide support inside and outside the gym.

II. Program Delivery

For additional information on modifying program materials, refer to the appropriate Module(s) for program adaptation from “Using What Works”.

A. Program Materials (*All listed materials can be viewed and/or downloaded from the Products Page*):

- **Commit to Quit: Counselor Manual:** This 29-page document provides step-by-step instructions for leading each of the program’s 12 sessions. Additional information not found in the participant manual is also provided in the form of handouts.
- **Commit to Quit: Participant Manual:** This 60-page document provides educational information to participants and includes exercises for practicing and encouraging target behaviors both inside and outside the classroom.

- **Commit to Quit: Exercise Protocol:** This 6-page document provides step-by-step instruction for 5-minute warm-ups, 30- to 40-minute exercise sessions, and a 5-minute cool down.

B. Program Implementation

The steps used to implement this program are as follows:

Step 1: The Counselor introduces participants to the program during week 1.

- Each participant shares information about their smoking history.
- Participants are given a copy of the Exercise Protocol and Participant Manual.
- Participants are given the “quit smoking” date (typically 4 weeks from the date of the first meeting).
- The Exercise Specialist helps participants identify their target heart rate for exercise.

Step 2: Participants begin using the Exercise Protocol in week 2 under the supervision of the Exercise Specialist. The protocol requires that participants exercise three times per week. This protocol continues through the end of the program. The Exercise Specialist

Step 3: The Counselor follows activities described in the Counselor Manual for each weekly program session.

III. Program Evaluation

For additional information on planning and adapting an evaluation, review the appropriate Modules for program implementation and evaluation from “Using What Works”.

http://cancercontrol.cancer.gov/use_what_works/start.htm

For further assistance in designing and conducting an evaluation, consider communicating with members from NCI’s Research to Reality (R2R) community of practice who may be able to help you with your research efforts. Following is a link to start an online discussion with the R2R community of practice, after completing registration on the R2R site:

<https://researchtoReality.cancer.gov/discussions>.