

Internet Delivered Support for Tobacco Control in Dental Practice: Randomized  
Controlled Trial  
J Med Internet Res 2008;10(5):e38

Multimedia Appendix 1: Sitemap and screenshots of [www.oralcancerprevention.org](http://www.oralcancerprevention.org)

**Oral Cancer Prevention Project Website Homepage**

**SECTION 1:  
Educational Cases**

Case 1

**Goal: How to approach tobacco screening during a routine dental exam**

Health History Form  
Ask Advise Refer  
Personal Relevance  
5 R's  
Print your CME

Case 2

**Goal: How to assess a patient's readiness to quit tobacco and how to assist a patient in quitting**

Screening at each visit  
Assess Readiness to Quit  
Identify appropriate messages for precontemplator  
Assist the preparation patient to quit  
Print your CME

Case 3

**Goal: How to encourage and assist a patient who is ready to quit tobacco**

Personal Relevance  
Assist the preparation patient to quit  
Print you CME

**SECTION 3:  
Other Supplementary Content**

Forum: chat with others

Discuss the content of the study club and other dentistry-related issues with providers participating in the study club.

Ask-A-Question

Ask questions to project coordinators regarding oral cancer prevention.

Headlines

Read current research and news in oral cancer prevention in dentistry.

Provider's Stories

Read how other providers have made oral cancer prevention work in their practice.

**SECTION 2:  
Patient Education and Practice Tools**

1. Patient Education Materials

Quit Smoking Rationale Card  
Social Contract  
What the patient can expect  
Distraction and Substitution  
You Can Quit Smoking, pocket card  
You Can Quit Smoking, 5 day Countdown  
You can Quit Smoking, consumer guide  
Support and Advice From Your Clinician  
Support and Advice From Your Prenatal Car Provider

2. Practice Tools

Dental Practice Tobacco Use Cessation Protocols  
Smoking as Vital Sign  
5A's Intervention  
Tobacco Cessation F/U Record and Index Card

3. Help Your Patients Quit – The Quitting Toolbox

4. Patient Quit Line (1-800-Quit-Now)

5. Information about TREATMENTS

Nicotine Replacement  
Commit Lozenge  
Bupropion  
Nortryptiline  
Table Comparing Treatments

6. Library for your practice

Smoking and Risk to Oral Health  
Smoking and Risk to General Health  
How to Counsel- the 5A's and 5R's  
Tobacco Control in Dental Practice  
Do Dental Patient Expect Counseling?  
Headlines

7. The Treating Tobacco Use & Dependence Guideline

8. Oral Cancer Screening Exam Poster Checklist

Screenshot 1: [www.oralcancerprevention.org](http://www.oralcancerprevention.org) home page

Address  <http://www.oralcancerprevention.org/home.asp>  Go  Links >>

# Oral Cancer Prevention

An Online Community for Dental Practices 

Developed by the University of Alabama at Birmingham  
Funded by the National Institutes of Health

- 1** Educational Cases 
- 2** Patient Education and Practice Tools
- 3** Forum: chat with others
- ?** Ask-A-Question

Question of the week  
Read about friendly Question of the week contest [HERE](#)

 **New: Practice Action Plan!**

**Instructions for the course:**  
Although you may navigate the site in any order you wish, we recommend three steps.

- 1** : Complete interactive "[Educational Cases](#)"
- 2** : Visit the "[Patient Education and Practice Tools](#)" to download patient education materials and other practice resources, find out where to refer patients and read more evidence
- 3** : Visit the "[Forum](#)" to chat with other dental providers or send a message to the course directors

Also, read how others have integrated prevention into their [practice](#), check out latest [headlines](#).

**Providers' Stories**



[Read how others made it work](#)

**Headlines**

[Read more headlines](#)

**What about the children? Tobacco Use Cessation in Youth [more ....](#)**







[Objective and credit information](#) | [Who funded this site?](#) | [Contact Us](#) | [Site Map](#) | [Instructions for this site](#)

Screenshot 2: Question 1 of CASE 1

The screenshot shows a Microsoft Internet Explorer window titled "Oral Cancer Prevention - Microsoft Internet Explorer". The address bar displays the URL: [http://www.oralcancerprevention.org/cases/case1\\_d\\_1/question1.asp](http://www.oralcancerprevention.org/cases/case1_d_1/question1.asp). The page header includes the text "Oral Cancer Prevention An Online Community for Dental Practices" and the University of Alabama at Birmingham (UAB) logo. Below the header, it states "Developed by the University of Alabama at Birmingham Funded by the National Institutes of Health".

A photograph of a woman is shown on the left side of the page. To its right, a text box contains the following information: "Joan Shaw, age 35 arrives at the dental practice for an Initial Exam and cleaning appointment. Her main complaint is that she does not like the appearance of her teeth. She is also concerned her gums bleed sometimes when she brushes. She is given a medical history form to fill out by the front desk staff."

The main content area features a question: "Question1: At this point, you would like to review the patient's history for factors that might be related to her problem. Which of the following questions are on your practice's medical history form?". Below the question is a note: "(Click on all checkbox options in the yellow area that apply to your practice)".

On the left side, there is a navigation menu with three options: "Home", "Current Case", and "Previous Cases".

The central focus is a "Health History Form" with the following fields and sections:

- Patient's Name: \_\_\_\_\_
- Age: \_\_\_\_\_ Sex: \_\_\_\_\_ Race: \_\_\_\_\_ Date: \_\_\_\_\_
- Closest Relative: \_\_\_\_\_ Phone: \_\_\_\_\_
- Past Medical History** (highlighted in yellow):
  - Do you have high blood pressure?
  - Do you have diabetes?
  - Do you currently smoke or use oral tobacco?
  - Do you currently take any medications? (Please list)
  - Do you currently take birth control patch or pills?
  - Have you ever been told you have HIV or AIDS?
  - Have you ever been told you have a bleeding disorder?
- History Reviewed Follow-up**:
  - Date: \_\_\_\_\_
  - Signature: \_\_\_\_\_
  - Date: \_\_\_\_\_
  - Signature: \_\_\_\_\_
  - Date: \_\_\_\_\_
  - Signature: \_\_\_\_\_

The Windows taskbar at the bottom shows the Start button, several open applications (Oral Cancer Preventi..., Sign In - Microsoft Int..., Microsoft Excel - Robi..., oralcancerprevention...), and the system tray with the time 9:19 AM.

Screenshot 3: Example tailored feedback to Question 1 Answer

The screenshot shows a web browser window displaying a page titled "Oral Cancer Prevention" with the subtitle "An Online Community for Dental Practices". The page is developed by the University of Alabama at Birmingham and funded by the National Institutes of Health. The main content area is titled "Feedback for question 1" and features a small image of a woman. The feedback text states: "You indicated the following items are included on your practice medical history form" followed by a list of three items: "1. Have you ever been told you have a bleeding disorder", "2. How often do you brush your teeth", and "3. How often do you floss your teeth". Below this, the text explains that a potential diagnosis is periodontal disease and lists factors like diabetes and dental hygiene. It then provides feedback: "You did not indicate that your medical history form includes screening for current or previous tobacco use. As you know, tobacco use is related to periodontal disease and also to more serious problems that may be detected during a routine dental visit such as oral cancer. Your medical history form can provide an initial assessment of significant oral health risk factors that you can evaluate and address with your patients. By not asking about tobacco use on your health history form you may miss an obvious opportunity to help your patients address this health compromising behavior. Further, by not obtaining systematic documentation of patient tobacco use you may be leaving your practice more vulnerable to liability risks. [\[read more\]](#)". A final paragraph states: "Dental/health history forms should include questions that permit you to identify and consistently document tobacco use status for every patient in your practice. [\[see example form\]](#). Reviewing responses to tobacco use questions provides DHPs an opportunity to initiate recommended tobacco intervention efforts with patients. [\[read more\]](#)". At the bottom of the feedback section are two buttons: "Back to previous page" and "Click here to continue". The footer includes logos for NIDCR, NIDA, and DPBRN, along with links for "Who funded this site?", "Contact Us", "Site Map", and "Instructions for this site".

Screenshot 4: Example of Toolbox Page



Developed by the University of Alabama at Birmingham  
Funded by the National Institutes of Health




## Patient Education Materials


Click on the right links below. Download and save the patient education materials so you can print them out. The materials are available in both Word document and Adobe PDF formats, and will open in a separate window. (close the window to return here).

You can also contact Andrea Mathews at (205) 934-5816 and we can mail you these supplies.

- Home
- Back to Patient Education and Practice Tools
- Patient Education Materials
- Practice Tools
- Help Your Patients Quit
- Patient Quit Line
- Preview of Patient Website
- Information about TREATMENTS
- Library for your practice
- The Guideline

### 1. Quit Smoking Rationale Card

[Word Document format](#)   
(file size = 29 Kb, 8 cards per page)

[PDF format](#)   
(file size = 10 Kb, 8 cards per page)

[Request color copies](#)



Screenshot 5: Further Example of Toolbox Pages (QuitLine link)

An online Community for Dental Practices - Microsoft Internet Explorer

File Edit View Favorites Tools Help

Address <http://www.oralcancerprevention.org/toolbox/quitLine.asp> Go Links


## Oral Cancer Prevention

An Online Community for Dental Practices

UAB

Developed by the University of Alabama at Birmingham  
Funded by the National Institutes of Health

### Quit Line




The National Cancer Institute has created a Toll-Free Quitline for smokers. Smokers will have access to a smoking information specialist who will provide:

- Help with Quitting
- Answers to patient questions
- Information resources


(available 9:30 a.m.-4:30 p.m. at your local time)

For help in quitting smoking, call [the National Cancer Institute's Smoking Quitline](#)  
Toll-free: 1-800-QUITNOW.

Patient Quit Line Flier (PDF format )

1. [A full-page size](#)
2. [3 card-stock-size leaflets](#)

# YOU CAN



## Quit Smoking

Toll-free: 1-800-QUITNOW  
1-800-784-8669


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<http://www.cancer.gov/cancertopics/tobacco/quitting-and-prevention> Internet


start An online Community ... oralcancerprevention... 10:01 AM

Screenshot 7: Further Example of Toolbox Pages

Address <http://www.oralcancerprevention.org/toolbox/helpptoquit/helpptoquit.asp> Go Links >>

**Oral Cancer Prevention** An Online Community for Dental Practices 

Developed by the University of Alabama at Birmingham  
Funded by the National Institutes of Health



### The Quitting Toolbox

As your patient is preparing to quit, here are some strategies for coping with cravings and difficult situations that might lead them to smoking.

The urge to smoke may last 2-3 minutes and your patient cannot rely on willpower alone to get through the urge. Urges happen many times during the day so they will need to develop a plan to help get through them. This is where you can help.

Your patient needs to identify the factors that trigger their urges. Some common triggers are:

- Frustration
- Depression
- Stress/Anxiety
- Spouse, close friend, or people around you are smoking
- Craving a cigarette after coffee or eating

Once your patient identifies the factors, they need to come up with strategies to help them cope with their urges.

Here are some strategies that your patient could use as coping tools until they get more independent of the urges.

- **Self Talk** – What your patient thinks or says to themselves can play a big role in how hard or how easy it is for them to quit smoking. Tell your patient that by thinking and speaking positively they will have better control over their urges. When your patient recognizes that they are having negative thoughts, tell them to interrupt it and replace it with a positive statement. **EX.** I can handle just one cigarette.

**STOP AND THINK.** "This urge will pass soon. If I smoke now, I will regret it later."

- **Relaxation** – A coping tool used to reverse the stress of quitting. Relaxation is used to reverse the body's

Done Internet



