

The PAQS Project

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We are offering and evaluating a program to help parents/caregivers of children under 18 to quit smoking. This may benefit children 0 to 18 years by helping them to breathe better and to reduce their health risk for infections and asthma. It may also benefit the health of their parents/caregivers. This program is funded by the National Institutes of Health.

Here is a brief description of the program:

- This program **totally takes place in the parent/caregiver's home**. A Visiting Nurse will provide education and intervention in 2 home visits and will make 6 follow-up phone calls to their home.
- Parents/caregivers receive child health education (e.g., healthy eating, exercise, managing asthma triggers, using medications appropriately) at no cost to them
- Parents/caregivers who are smokers and wish to quit smoking will receive counseling to help them to quit and up to **8-weeks of the nicotine patch at no cost to them**. Caregivers can participate even if they do not want to quit smoking. They are under no obligation to quit smoking, but must agree to discuss their smoking.
- An air sampler will be placed in the home to measure environmental tobacco smoke exposure (second-hand smoke) and the parent/caregiver will be provided with a report.
- Parents/caregivers will be **financially compensated** for completing surveys that evaluate the program's effectiveness at 5 different time points and can earn up to \$130.