Very Brief Advice on Smoking

ASK

and record smoking status

"Do you smoke?"

ADVISE

on the most effective way of quitting

"Did you know that the best way of stopping smoking is with a combination of specialist support and medication or a nicotine vape?"

"I can refer you to our friendly Local Stop Smoking Service that many of my patients have found useful."

or ***"You can receive support right here in our clinic/hospital/local pharmacy."***
or add any other support options available locally.

ACT

on patient's response

INTERESTED

Build confidence.
Give information. Prescribe.

Refer to: Local Stop Smoking Service
OR in-house stop smoking support
OR any other locally available support

Patients are three times more likely to quit with support and a stop smoking aid.

FOLLOW-UP
Make a note of the referral, and ask about referral uptake and smoking status next time you see the patient.

NOT INTERESTED

"It's your choice of course. Help will always be available. You can always return to see me, contact the smokefree helpline or your GP if you change your mind."

Ensure patient understands where to find support.

REASSESS
Repeat VBA+ at future visits and at least once a year.