

# 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 e-cigarettes?"*

*"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 support options  
locally available.

**Patients are three times more likely to quit with support and medication.**

### FOLLOW-UP

Make a note of the referral and ask about 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.