

VBA FOR SMOKING

ASK: *'One of the best things you can do to look after your health is to quit smoking. Do you smoke?'*

Provide feedback:

- a) *"We want to support you to have great health and have every opportunity to stop smoking"*
- b) (meeting the recommendations) – *'Great. (If the person used to be a smoker you could add "It's important that you stay a quitter. If you think you might relapse then there is help at hand")'*

EXIT STRATEGY – for those who meet recommendations Provide positive reinforcement. *'Well done, keep it up!'*

Are they responding positively?

ADVISE: Offer brief advice containing the following:

"If you smoke you have a 50% chance of dying from a smoking related disease"

POP IN A POSITIVE: *'The best way to quit is with a combination of nicotine replacement treatment and support from Stop Smoking Services. We've got some great support locally to help you when you decide to quit'*

Provide person with information. *'Here's a leaflet to help get you started.'*

EXIT STRATEGY – for those not interested: Close the conversation *'It's fine if you don't want to discuss this now. You're welcome to come back and ask questions at any time'*

ASSIST: Signpost to local Stop Smoking Services or to NHS Choices or Smoke Free