



(VBA) VERY BRIEF ADVICE ON SMOKING CESSATION

an evidenced-based tool to help you support your patients to quit smoking.

Very Brief Advice (VBA) is a quick and effective way to discuss smoking with your patients. It can be used by all healthcare professionals in any consultation and allows you to offer practical advice in 30 seconds.

ASK

and record your patient's 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 stop smoking service that many of my patients have found useful."

"You can receive support right here in our clinic"

ACT

Refer to One You Surrey.

**Ensure patient understands where to find support if they are not ready.
Provide service details or patient leaflet.**

One You Surrey offers short, free, online training on VBA. Please contact us at marketing@oneyousurrey.org.uk or visit our website www.oneyousurrey.org.uk for more information.

Up to 3X - smokers are up to three times more likely to quit when offered specialist support compared to quitting alone.

ONE YOU SURREY