Helping patients to stop smoking and vaping

Quit

3-step brief advice
Ask, Advise, Help (AAH)

Ask

Do you currently smoke and/or vape?

- No → **Have you smoked or vaped in the past?**
- Yes → **Advise all patients who smoke and/or vape to quit in a clear, non-confrontational, and personalised way**

Have you smoked or vaped in the past?

- No → **Congratulate and reaffirm**
- Yes → **When did you stop?**

When did you stop?

- A while ago → **Congratulate and reaffirm**
- Recently → **Great! Do you need help to stay quit?**

Great! Do you need help to stay quit?

- No → **Congratulate and reaffirm**
- Yes → **Advise all patients who smoke and/or vape to quit in a clear, non-confrontational, and personalised way**

Advise

Advise all patients who smoke and/or vape to quit in a clear, non-confrontational, and personalised way

Advise how to quit and stay quit:

Multi-session behavioural intervention (e.g. Quitline)

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Pharmacotherapy if clinically appropriate

Help

Offer to arrange a referral to Quitline
quitcentre.org.au/referral

'I can help refer you to Quitline. Quitline is a professional counselling service that supports people to plan, make and sustain a quit attempt.'

Encourage use of behavioural strategies and supports e.g. My QuitBuddy app

quit.org.au/my-quitbuddy

Facilitate access to pharmacotherapy if clinically appropriate - some available on the PBS

Record smoking and vaping status and help provided. Follow up at next visit.

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