

3-step Quit Smoking Brief Advice

– AAH model

MAKE SMOKING
HISTORY 

Ask



Advise

Advise all smokers to quit in a clear, non-confrontational, personalised way
“The single most important thing you can do for your health is to stop smoking.”

Advise the best way to quit and stay quit

- Behavioural intervention (Quitline, Stop Smoking Service)
- Nicotine replacement therapy products or stop-smoking medications

Remember quitting smoking may impact some medicines and adjustments may be required.

Help

Offer to arrange a referral to Quitline by sending a referral form (makesmokinghistory.org.au/quitline). Referral increases smokers’ use of Quitline and improves their chances of quitting.

Encourage use of behavioural strategies. View information, tools and apps on makesmokinghistory.org.au

Encourage clients to use nicotine replacement therapy products and stop-smoking medications – some available on prescription

Record smoking status in client record and follow up at next visit/meeting.

 **Quitline 13 7848**

Make Smoking History would like to thank Quit Victoria and Pharmaceutical Society of Australia for allowing us to adapt and reproduce this resource.

Partner:

