

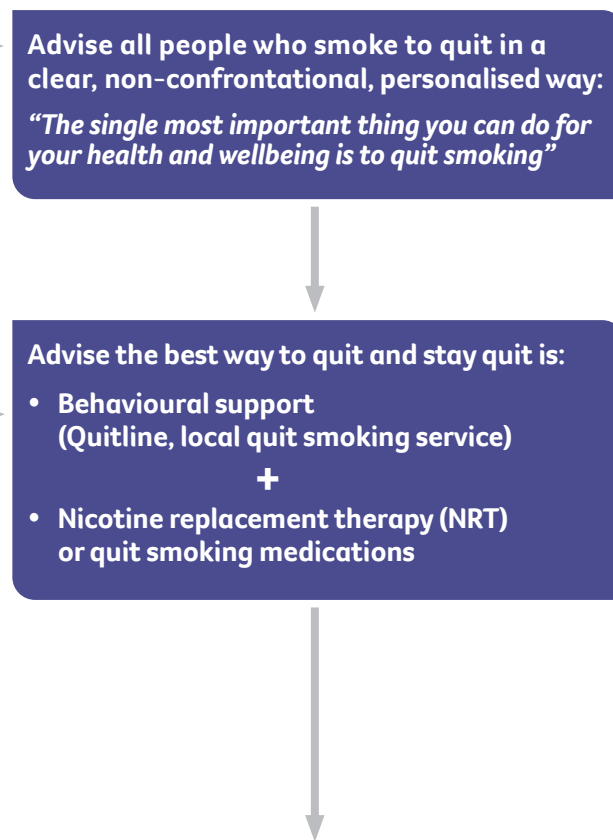
# Tackling Tobacco Brief advice conversation guide

Three-step brief advice: Ask, Advise, Help

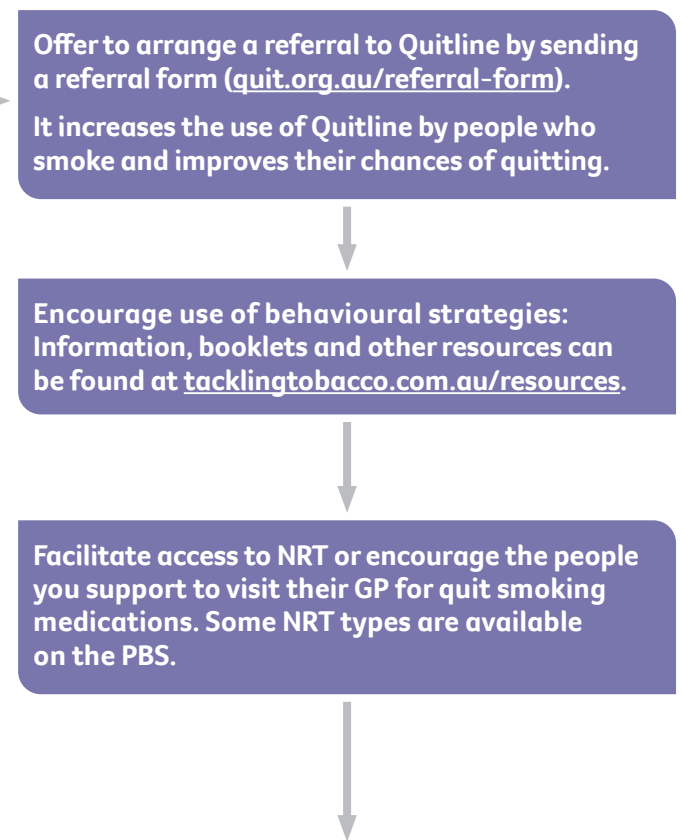
## Ask



## Advise



## Help



Record smoking status and support provided, and follow up when appropriate.

Adapted with permission from Quit. 3-step brief advice for smoking cessation [chart]. Version 1.0 (June 2022). [www.quitcentre.org.au/clinical-tools](http://www.quitcentre.org.au/clinical-tools). Source © 2023 Cancer Council Victoria



Aboriginal Respect Symbol. Designed by Marcus Lee Design for Cancer Council NSW.



Cancer Council  
Tackling Tobacco

This guide is here to help you when offering brief advice. Outlined below are the three steps to the **Ask, Advise, Help (AAH)** model and what can be discussed at each step. There are also suggestions of what resources/support you could offer.

Stage	What happens?	Conversation prompts	Supporting info/resources to help you
<b>ASK</b>	<ol style="list-style-type: none"> <li>1. Ask about smoking status.</li> <li>2. Document this in your organisation's data collection system.</li> </ol>	<p>.....  <i>"Do you currently smoke?"</i></p> <p>.....  <i>"Have you smoked in the past 30 days?"</i></p> <p>.....  <i>"Since we last spoke, how have you been going with your smoking?"</i></p>	<ul style="list-style-type: none"> <li>• Recording smoking status and delivery of quit smoking support: <ul style="list-style-type: none"> <li>• supports continuity of care for the person,</li> <li>• helps estimate the rates of smoking and support provision at your organisation, and</li> <li>• provides data that can be used to support future grant and funding opportunities.</li> </ul> </li> </ul> <p>✳ <b><u>Data collection and monitoring guide</u></b></p>
<b>ADVISE</b>	<ol style="list-style-type: none"> <li>1. In a <b>clear, non-confrontational, and personalised way</b>, advise the person that quitting smoking is one of the <b>best</b> things they can do for their health.</li> <li>2. Let them know that the best way to quit smoking is using pharmacotherapy (such as <b>NRT</b> or <b>quit smoking medications</b>) combined with behavioural support from a service such as <b>Quitline</b>.</li> </ol>	<p>.....  <i>"I'm sure you already know this, but it's important that I let you know that quitting smoking is one of the best things you can do for your physical and mental health".</i></p> <p>.....  <i>"Quitting smoking is not only really good for your health, it will help you save money too!"</i></p> <p>.....  <i>"Quitting smoking will not only reduce your risk of getting sick, it will also help improve your sleep, lower your stress levels"</i></p> <p>.....  <i>"Here at [insert organisation] we can help you quit for good"</i></p> <p>.....  <i>"Quitting smoking will support your recovery goals"</i></p>	<ul style="list-style-type: none"> <li>• Personalise the conversation by linking the benefits from quitting that resonate most with the person e.g. to save money.</li> <li>• Use reflective listening skills to make sure the person feels heard.</li> </ul> <p>✳ <b><u>Benefits of quitting poster</u></b></p> <p>✳ <b><u>Financial benefits of quitting</u></b></p>
<b>HELP</b>	<p><b>Help could be in the form of offering:</b></p> <ol style="list-style-type: none"> <li>1. A referral to behavioural support,</li> <li>2. Facilitating access to NRT/quit smoking medications through your organisation, local pharmacies and/or GPs, or</li> <li>3. Additional quit smoking tools.</li> </ol>	<p>.....  <i>"If you'd like to give NRT a go, we have some here that you can try for free."</i></p> <p>.....  <i>"There's telephone support available through Quitline. We can call them together if you like?"</i></p> <p>.....  <i>"Talking to your doctor about medications to help you quit smoking is an option, if you think that is something you'd like to try?"</i></p>	<ul style="list-style-type: none"> <li>• Quitline is a free* service that is available for further support and advice. They can be contacted by calling <b>13 7848 (13 QUIT)</b>.</li> <li>• Digital services people can access: <ul style="list-style-type: none"> <li>✳ <b><u>iCanQuit (website)</u></b></li> <li>✳ <b><u>My QuitBuddy (app)</u></b></li> </ul> </li> <li>• Information booklets: <ul style="list-style-type: none"> <li>✳ <b><u>Not ready to quit</u></b></li> <li>✳ <b><u>Thinking about quitting</u></b></li> <li>✳ <b><u>Ready to quit</u></b></li> <li>✳ <b><u>Staying quit</u></b></li> </ul> </li> </ul> <p><small>*The cost of a local call with higher costs from mobile phones. Referral to Quitline (13 78 48)</small></p>

### Follow-up with the person

Check in with the person regarding their use of quit support and any quit attempts they may have made, at an interval that is appropriate for you and the person you're supporting.

**For people who have quit:**  
 Congratulate them and reaffirm their decision to quit!

**For people who are yet to quit:**  
 Offer brief advice again using the same model.