



Acknowledgement of Country

ASK, ADVISE, ACT



Brief Advice and Very Brief Advice.

- Considered as a critical approach to support smoking cessation.
- Health professionals should undertake at each opportunity as well.
- If you ask about smoking, you can find out if people are wanting to quit.
- Having a clear guide helps to keep everything consistent.

Chance of Quitting.

Pharmacotherapy

+

Behavioral Support

=

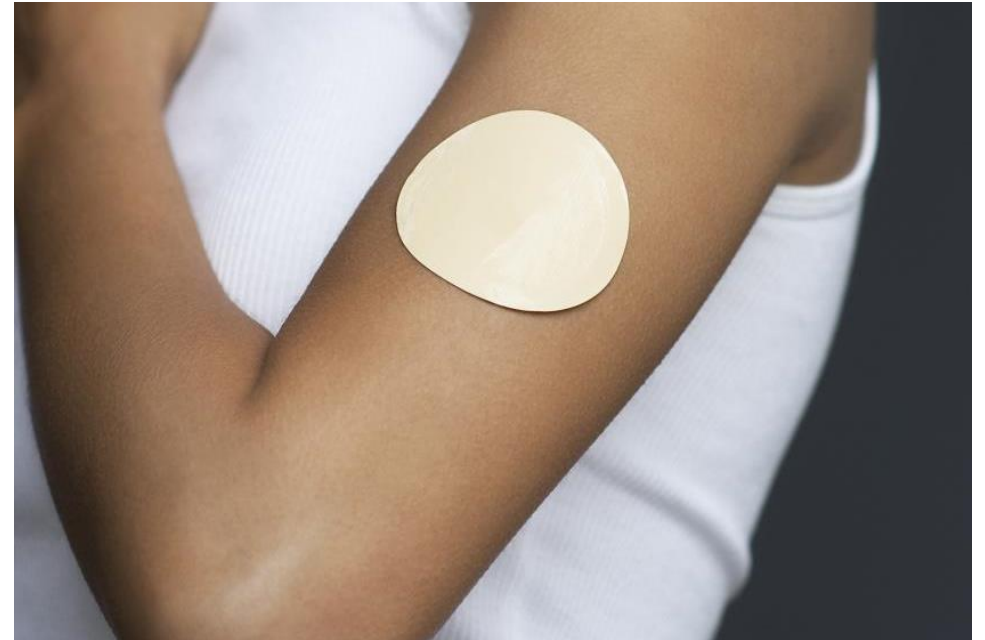
Best Chance of
Quitting

Prescription Medications.



Nicotine Patches.

- Come in light, medium and heavy strength
- There are 16hr and 24hr patches
- Provides a steady release of nicotine
- Apply to different area each day



Intermittent Nicotine Replacement Therapy (NRT)



Gum



Lozenges



Inhalator



Mouth Spray

Having conversations.

Ask Do you currently smoke?

Advise The best way to quit is behavioural support (e.g. Quitline) combined with stop smoking medication (like NRT)

Act By providing information or referral.

Ask – Do you currently smoke?

Who should you be asking about their smoking status?

When should you ask?

How often should you ask?

Can you record the information?

Ask, Advise, Act at big events you run.

What strategies can you use?



Advise.

“Behavioural support (e.g. Quitline/ Clinic) combined with stop smoking medication improves your chance of quitting”

“On the benefits of quitting smoking”

Talking about the Smokes study found that –
70% of people who smoke, want to quit.


Advise.



Clear



Non-
confrontational



Personalised

Act.

- Provide a resource
- Refer to Quitline
- Refer to clinic or GP
- Encourage to attend other activities/events

Act.

- Support a booking at a clinic for GP support
- Refer to the Quitline. Undertake, online or take details to fax.

<https://www.quit.org.au/referral-form>



Fax Referral Sheet

To: Quitline (Victoria) Fax: 1800 931 739

Patient information – confidential

* mandatory fields *First name: *Last name:
*Preferred phone no:

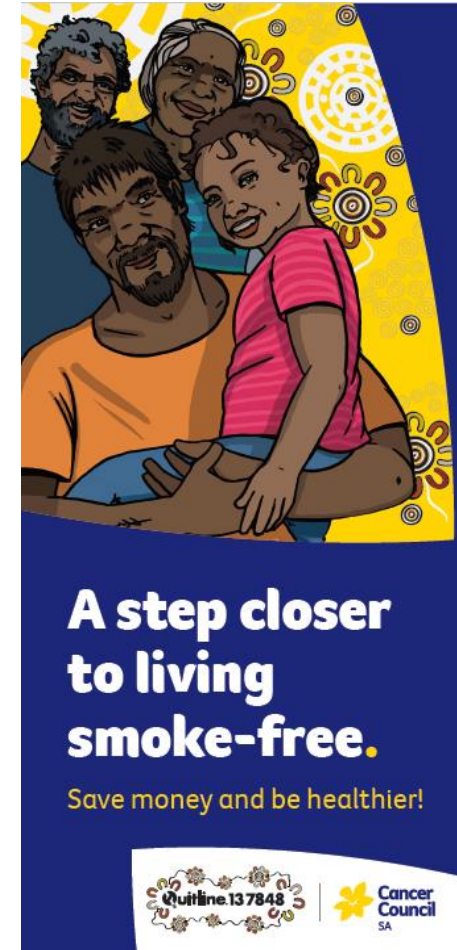


Quitline referrals

- Referrals can be made online
- Available: Monday – Friday: **8am to 8pm**
- Cost of a **standard call** but offer **free call backs**
- The caller can request for an **Aboriginal or multilingual counsellor**.
- Offer the National Relay Service for those who are **hearing impaired**
- You **don't have to be ready** to quit to call



Resources



Skills practice

Groups of 3:

- Client (person 1)
- Staff member (p2)
- Observer (p3)

Skills practice 1: Adam.

Client (1)
Case worker (2)
Observer (3)

- Adam is 46 years old
- Lives by himself
- Has been smoking since he was 12
- Recently quit smoking
- Used to work in construction where he would smoke about 40 rollies a day
- Finds it hard to spend time with friends who smoke as it is a trigger for him
- Having coffee in the morning is also another 'danger time'
- He has 'slipped up' a couple of times and is worried he might become a regular smoker again

Skills practice 2: Georgie.

Observer (1)
Client (2)
Case worker (3)

- Georgie is 15
- Vaping daily.
- Has realised she is dependent when couldn't go for a day without using her vape.
- Georgie felt anxious, had headaches, and was obsessed by the thought of her next vape when she ran out of her usual products.
- That worried her a bit – Georgie hadn't considered that she'd find it hard to stop.
- She thinks her parents don't know she's using vapes and thinks they would be angry with her
- Most of Georgie's friends use vapes at least occasionally.
- Georgie has a small part-time job and enjoys having money for little luxuries.
- Now, she uses the money from her job to buy products from the local vape shop.

Skills practice 3: Joseph.

Case worker (1)
Observer (2)
Client (3)

- Joseph is 33 years old
- Smokes 20-30 cigarettes a day
- Would often go without food to buy these
- Feels like smoking is the best way to cope with stress and anxiety
- Tried to use patches and gum but stopped using them because he started to feel nauseous and experience 'bad' dreams
- Wants to quit but worries about his mental health and is hesitant to use NRT again because he doesn't want to experience the side-effects
- Doesn't think he will be able to quit without additional support

Wrap-up

Key take aways



Thank you.