

Three-step brief advice to support patients who smoke

Ask

Do you currently smoke?

Yes
Document smoking status in medical record

No

Have you smoked in the past?

No

Yes

When did you stop?

Many years ago

Recently (<30 days)

Great! Do you need support to stay quit?

Yes

No

Congratulate and reaffirm

Document smoking status in medical record

Advise

Advise all patients who smoke to quit in a clear, non-confrontational, personalised way that focuses on the benefits

'Quitting smoking will help you recover from surgery and will reduce the chance of complications.'

AND

Advise all patients who smoke about the best way to quit:

- Behavioural intervention (Quitline) **plus**
- Pharmacotherapy (e.g. nicotine replacement therapy)

Key practice points

- All inpatients who smoke, regardless of desire to make a quit attempt, should be offered NRT to manage nicotine withdrawal.
- Even patients who have declined an initial offer of support should continue to be offered NRT and a Quitline referral throughout their hospital stay.
- Stopping smoking may impact some medications, and dosages may need to be adjusted.
- Communicate smoking cessation care offered in discharge documentation to primary care providers.

Help

- Make a referral to Quitline at quit.org.au/referral
'You don't have to be completely ready to quit to speak with Quitline. Why not try just one call?'
- Offer and prescribe pharmacotherapy (refer to your health service's relevant guidelines)
'NRT is safe and effective, why not try it while you're in hospital and can't smoke?'
- Provide Quit resources and tools, available at quit.org.au
- Document care provided in medical record