# Brief advice on smoking:
## 30 seconds to save a life

gsk health partner

### 1 Ask
and record their smoking status

"Do you Smoke?"

### 2 Advise
the most effective way of quitting

"Did you know...
that the best way of stopping smoking is with a combination of medication and specialist support. if you are interested I can refer you to our local friendly stop smoking service that many of my patients have found useful?"

### 3 Act
on patient's response

**Interested**

- Give information
- Prescribe medication and refer to local stop smoking service
- Patients are four times more likely to quit with support

→ **Refer** to local stop smoking service

**Not interested**

"Its your choice of course. Help will always be available. Do let me know if you change your mind."

→ **Reassess** at future visits

Adapted from NCSCT: Very brief advice