

How to perform a Stop Smoking brief intervention

Ask:

'Have you smoked in the last 4 weeks? - This site is smoke free and we would like to make you as comfortable as possible'.

Advise:

'We can give you enough safe nicotine that can reduce your cravings for a cigarette and this will help you to recover quicker and reduce the possibility of infection'.

Act:

'Lots of our patients are succeeding with our colleagues at the Stop Smoking Service. Would you like me to refer you to them for more advice? They can also visit you on the ward'.

Ask and record smoking status and inform of smokefree policy

Offer and order in dual NRT (patches and inhalator)

Offer referral to Smokefree Bristol

If yes, refer to Smokefree Bristol

On discharge give patient 2 weeks of NRT to take home

If no, give them a card for information

