Very Brief Advice (V.B.A.) Fact Sheet

* VBA is a very simple form of advice
* VBA is to be used opportunistically
* VBA is given in under 30 seconds
* VBA is given in almost any consultation
* VBA is a tailored conversation not a quit attempt
* VBA should be implemented in your clinical practice
* VBA uptake to be encouraged amongst peers
* VBA should be integrated at all levels within the practice
* VBA is a simple tool applied anywhere/anyplace/anytime
* VBA with Minimum Effort gives Maximum Reward
* VBA is used to reinforce you are 4x more likely to stop with treatment and medication
* VBA training can be accessed at:

http://www.ncsct.co.uk/publication\_very-brief-advice.php