

Very Brief Advice Guide



Very Brief Advice (VBA) is the most effective and efficient way for clinicians to advise patients that use tobacco to quit. It has been used for over 15 years by the United Kingdom's National Health Service in primary care.

With VBA, the clinician advises the patient that:

1. Quitting is the best thing they can do for optimal health and well-being.
2. Help is available to support them with quitting.

See the **Ask-Advise-Act Clinician Script Tool** for a detailed illustration of VBA during a patient encounter. Keep in mind that VBA must be delivered in a non-judgmental, caring manner for it to be effective.

With a little practice, the VBA message takes only 30 seconds to deliver. Helping the patient pick a quit date or helping them complete a Kick It California online form can be delegated to someone else on the clinic team. This delegation enables the clinician to focus on the patient's priorities during the encounter.