



TOOL 1: Ask, Advise, Help (AAH)

a brief intervention to support people who smoke/vape.

The AAH model encourages a sensitive and empathetic approach to support discussion about smoking and vaping cessation.

Ask

Ask the person about cigarette/vape use (including dual use of vapes and cigarettes and other products e.g., shisha, nicotine pouches).

Ask the person about nicotine dependence, record status, and identify the needs of the individual to tailor a support plan.

Advise

Advise all people who smoke or vape to quit in a clear and supportive way without judgement. **Advise** all people who smoke or vape to quit.

Advise best way to quit and stay quit:

- Multi-session behavioural intervention such as NSW Quitline
- Smoking cessation pharmacotherapy if required.

Help

Help by offering referral to services such as NSW Quitline and the MyQuit Buddy app.

Help by encouraging use of behavioural strategies:

- **Alternative dopamine reward:** Instead of smoking/vaping, a person could eat a snack (nuts/flavoured gum) for a dopamine release.
- **Rewards or incentives:** Suggest the person set measurable goals to reduce smoking or vaping including positive reinforcement (rewards or incentives) for periods of abstinence.
- **Distraction:** Suggest the person distract themselves by doing something else e.g., Play a video game, go for a walk, listen to music.

Help by encouraging patient to use smoking cessation medication such as NRT and provide follow-up.



Please note that while the main MND guide refers to e-cigarettes, this tool has been updated to refer to vapes and vaping in-line with recent terminology changes in legislation.