VERY BRIEF ADVICE (VBA):

an evidence-based tool to help you support your patients to quit smoking[1,2]

nicorette® nicotine

VBA is a quick and effective way to discuss smoking with your patients. It can be used in any consultation and allows you to offer **practical advice in 30 seconds;**[1]

ASK
Start a conversation about smoking with your patient

ADVISE
Advise on all available options that can help your patient quit

ACT
Respond to what your patient has told you, encourage them to quit, and prescribe and/or refer to support their quit attempt

The delivery of VBA is an indispensable tool to drive down smoking rates and reduce the gap in life expectancy between population groups

— Asthma UK and the BLF[2]

A survey of UK GPs by Asthma UK and the British Lung Foundation (BLF) found that:[2]

Over 50% of GPs had not received any training in VBA

Only 2% of GPs had received comprehensive training in VBA

Only 8% of GPs deliver VBA daily

The NCSCT offers a **short, free, online training module** on VBA, which is recommended by NICE guidance.[2,3]

Prescribe combination NRT to help your patients quit. Combination NRT 25% more effective than single NRT[4]

RR: 1.25, 95% CI: 1.15-1.36: anticipated absolute effects: quit rates with monotherapy 139 per 1000, quit rates with combination NRT 174 per 1000.[4]

By training all frontline teams in VBA, clinicians will be equipped to play their part in ending smoking for good

— Asthma UK and the BLF[2]

Use VBA to help turn your patients' intention to stop smoking into a successful quit attempt[2]

References:

1. National Centre for Smoking Cessation and Training (NCSCT). Local stop smoking services. Service and delivery guidance 2014. Available at: https://www.ncsct.co.uk/usr/pub/LSSS_service_delivery_guidance.pdf. Accessed November 2022.

2. National Institute for Health and Clinical Excellence (NICE) Tobacco: preventing uptake, promoting quitting and treating dependence. NG209.

3. Asthma UK and the British Lung Foundation. A breath of fresh air: Research into the training needs of UK GPs onVery Brief Advice for smoking cessation. January 2021. Available at: https://www.asthma.org.uk/55d7e859/globalassets/campaigns/publications/vba-on-smoking-cessation---final.pdf Accessed: November 2022.

4. Lindson, et al Cochrane Database Syst Rev 2019.

Prescribing information

Nicorette Inhalator (nicotine) Prescribing Information. See SmPC for full information.

Presentation: Inhalation cartridge containing 15mg nicotine for oromucosal use via a mouthpiece.

Uses: Relieves and/or prevents cravings and nicotine withdrawal symptoms associated with tobacco dependence. It is indicated to aid smokers wishing to quit or reduce prior to quitting, to assist smokers who are unwilling or unable to smoke, and as a safer alternative to smoking for smokers and those around them. It is indicated in pregnant and lactating women making a quit attempt.

Dosage: *Adults and Children over 12 years of age:* Nicorette Inhalator should be used whenever the urge to smoke is felt or to prevent cravings in situations where these are likely to occur. Smokers willing or able to stop smoking immediately should initially replace all their cigarettes with the Inhalator and as soon as they are able, reduce the number of cartridges used until they have stopped completely. Smokers aiming to reduce cigarettes should use the Inhalator, as needed, between smoking episodes to prolong smoke-free intervals and with the intention to reduce smoking as much as possible. As soon as they are ready smokers should aim to quit smoking completely. Maximum of 6 cartridges per day should be used. When making a quit attempt behavioural therapy, advice and support will normally improve the success rate. Those who have quit smoking, but are having difficulty discontinuing their Inhalator are recommended to contact their pharmacist or doctor for advice.

Contraindications: Children under the age of 12 years. Known Hypersensitivity to nicotine or any component in the inhalator.

Precautions: Underlying cardiovascular disease, diabetes mellitus, G.I disease, uncontrolled hyperthyroidism, phaeochromocytoma, hepatic or renal impairment, seizures, chronic throat disease, obstructive lung disease or bronchospastic disease. Susceptibility to angioedema and urticaria. Stopping smoking may alter the metabolism of certain drugs. Transferred dependence is rare and both less harmful and easier to break than smoking dependence. May enhance the haemodynamic effects of, and pain response to, adenosine. Keep out of reach and sight of children and dispose of with care.

Pregnancy & lactation: Smoking cessation should be achieved without NRT. However, for women unable to quit without pharmacological support, NRT may be recommended to assist a quit attempt only after consulting with a healthcare professional.

Side effects: *Very common:* headache, throat irritation, nausea, hiccups, stomatitis. *Common:* hypersensitivity, cough, burning sensation, dizziness, dysgeusia, paraesthesia, abdominal pain, diarrhoea, dry mouth, flatulence, salivary hypersecretion, vomiting, dyspepsia, fatigue, nasal congestion. *Uncommon:* abnormal dreams, palpitations, tachycardia, flushing, hypertension, bronchospasm, dysphonia, dyspnoea, sneezing, throat tightness, eructation, glossitis, oral mucosal blistering and exfoliation, paraesthesia oral, urticaria, hyperhidrosis, pruritus, rash, pain in jaw, asthenia, chest discomfort and pain, malaise, chest discomfort and pain. *Rare:* dysphagia, hypoaesthesia oral, retching. *Very rare:* reversible atrial fibrillation. *Not known:* anaphylactic reaction, seizures, angioedema, blurred vision, lacrimation increased, dry throat, lip pain, muscle tightness, erythema, gastrointestinal discomfort.

NHS cost: 4-cartridge pack: £6.11, 20-cartridge pack: £21.17, 36-cartridge pack: £33.38

Legal category: GSL

PL holder: McNeil Products Ltd, 50-100 Holmers Farm Way, High Wycombe, HP12 4EG

PL number: 15513/0358

Date of preparation: 19 Aug 21