# **Quit’s online brief advice training – FAQs**

## **What is brief advice?**

Brief advice is a way of having a fast, simple and effective conversation about stopping smoking with your patients. One in every 33 conversations in which a doctor advises a patient to quit smoking will result in the patient successfully quitting.

Three step models for smoking cessation have been adopted around the world, including in the UK and New Zealand. Quit, in collaboration with health professionals, has developed a simple Ask, Advise, Help (AAH) brief advice model that all health professionals, including GPs, can use in helping patients to quit:

* **Ask** all patients about their smoking status and document this in their medical record
* **Advise** all smokers the best thing they can do for their health is to quit, and the most effective way to quit is with a combination of pharmacotherapy and behavioural intervention
* **Help** patients to quit by prescribing pharmacotherapy (nicotine replacement therapy or stop smoking medications like varenicline) *and* referring to Quitline

## **What is Quit’s brief advice online training?**

Quit has developed brief advice online training to give health professionals the skills and confidence to have efficient and effective smoking cessation conversations. Designed with GPs in mind, it covers topics including best practice smoking cessation treatment for high priority populations, prescribing pharmacotherapy, making a referral to Quitline, and signposts to Quit’s extensive range of resources for health professionals and their patients.

## **How long does the training take to complete?**

The training takes approximately two hours to complete. You can work thorough the training at your own pace -your progress will be saved if you log out and you can resume where you left off.

## **Does the training attract RACGP QI&CPD points?**

* The training is accredited by the RACGP and attracts **4** Category 2 points.

## **How do I access and complete the training?**

1. Visit <https://education.quit.org.au>
2. Select “Online training for health professionals” and complete the registration form.
3. Once registered, click on “Brief advice training for general practitioners”.
4. Follow the prompts and complete the pre-training skills assessment.
5. Work through each of the core learning modules.
6. Complete the post-training skills assessment six weeks after course completion (you will be emailed a reminder to do so). You will then be able to access your certificate of completion (see below).
7. You can log back into the training at any time by visiting <https://education.quit.org.au> and clicking on the course under “Active courses”.

## **How do I access my certificate?**

1. From your course page, click on the “Dashboard” link on the top right-hand side of your course page to take you to your learner dashboard.
2. Your certificate will appear as a downloadable link under “Completed courses*”* on the right-hand side of your learner dashboard.
3. Click on the course link to view and download your certificate. Quit will forward your certificate to the RACGP for allocation of your points.

## **Where do I go for more information?**

* For further queries or information about the training, please email Quit.HP@cancervic.org.au or phone 9514 6368.