

極簡短戒煙建議指引

1 詢問

「你有沒有吸煙？」

無吸煙

「非常好」

已戒煙

「非常好！
以後別再吸煙」

可因應個別病人情況
說出吸煙對病情的影響

或吸煙對健康的危害，例如
「每兩個吸煙的人，有至少一個
會因為吸煙而提早死亡」

有吸煙

2 建議

「戒煙藥物配合輔導
是最有效的戒煙方法」

同時向病人遞上戒煙單張

3 轉介

「我可以替你轉介
免費戒煙服務」

拒絕轉介

「你可以自行戒煙，
給你一份戒煙資訊，
有任何疑問，可以
致電戒煙熱線」

同意轉介

「好，我安排同事幫你」

記錄吸煙狀況，並在覆診時再次評估



衛生署控煙酒辦公室
Tobacco and Alcohol Control Office
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