



**NURSES MAKING A DIFFERENCE** Kate O'Brien is a nurse and national STEPS workshop facilitator (Sustainable Trainer Education Promoting Smokefree). This is her story.



My smokefree work began in 2008 when I took up the new role of Smokefree Liaison Nurse for the Hawke's Bay DHB. Originally I supported implementation of smokefree systems into clinical settings and coordinating smokefree education.

I became a national Smokefree ABC Trainer in 2010. Now I facilitate STEPs workshops throughout the country. STEPs helps health professionals to be supportive and encouraging and to link people in with support. Each workshop participant becomes a smokefree trainer themselves and returns to their own organisation to train other Registered Health Professionals around Smokefree ABC.

The workshops blend best practice with adult teaching and accelerated learning principles in the workshop delivery and teaching materials. We provide a fresh approach to smokefree education and have received consistently excellent feedback.

Historically, health professionals either ignored a patient's smokefree status or adopted a punitive approach, telling them not to smoke, or - more damaging - telling them off for smoking! There has been a massive growth in smokefree in the last four years. It has been incredible to see the shifts in thinking, perception and culture: - from the grounds going smokefree and the hospital 'smoking room' being removed, through to the clinicians embracing smokefree practice as part of their 'duty of care'. The introduction of the Tobacco Health Targets significantly accelerated change as smokefree became prioritised high on the agenda.

Highlights in my journey include hearing the success stories and feeling the excitement from clinical staff when their own change in practice

has created positive results for their patients. I have been fortunate to work in a passionate and forward thinking team, and continue to benefit from the support that this provides.

**STEPS** is a Train the Trainer Programme, funded by the Ministry of Health and delivered nationwide by Hawkes Bay DHB and Counties Manukau DHB. For any queries regarding workshop bookings or to register your interest in attending a workshop in your area, please email [kate.obrien@hbdhb.govt.nz](mailto:kate.obrien@hbdhb.govt.nz)

**NURSES WHO SMOKE** The issue of smoking by health professionals is often raised by nurses in feedback to Smokefree Nurses Aotearoa/New Zealand.



Carleine Receveur, Hawkes Bay DHB and Smokefree Nurses Steering Group member, presented "Supporting Smokefree Health Professionals" at the "Health of Health Professionals" conference held in Auckland this month. You can find her useful slides [here](#). Carleine will also represent Smokefree Nurses

Aotearoa at the global nurses meeting at the World Conference on Tobacco or Health in Singapore next March. She will present about the key role of nurses in New Zealand's innovative ABC smoking cessation approach. The meeting is sponsored by the Global Bridges Project. This is a worldwide science-based initiative to help healthcare providers unite to treat tobacco dependence while advocating for effective tobacco control policies. You can find out more about this project and join up [here](#).

**STUDENT NURSES AND SMOKING CESSATION TRAINING** Educating students to deliver smoking cessation interventions is a priority. Smokefree Nurses worked with STEPs and lecturers from Nursing at AUT University to

promote this message at the Australasian Nurse Educators Conference this month.

Smokefree Nurses shared a stand with STEPS and supported Claire Doole's presentation about incorporating ABC smoking cessation training into undergraduate curricula successfully. Professor Jo Walton (Victoria University; Nursing Council of NZ) said that Smokefree Nurses is a "shining example" of a group of nurses advocating for policy change in her plenary. This tribute is for all nurses who help people to quit and inspire other nurses to deliver effective brief interventions by example.



Claire Doole, Jaga Maya Shrestha-Ranji, Gwen Erlam, Loma Linda Tasi- Mulitalo at the Nurse Educators Conference

**PACIFIC NURSE LEADERS** convened in November to discuss smoking cessation amongst Pacific communities. The fono was opened and closed by Lina Galu (second right)



Below, Siloma Masina (Chairperson, Pacific Nursing Section, NZNO) presents a proposal for work to engage Pacific nurses in smoking

cessation training, quitting for those who smoke and health promotion/smoking cessation in their communities by 2013. Slides from this meeting can be found [here](#).



**CCU NURSES' RESEARCH ABOUT SMOKING CESSATION** Renee Swindells (Staff Nurse) and Pauline Chrisstoffels (Clinical Charge Nurse) Critical Care Unit, Auckland City Hospital presented their interesting research about smoking cessation at the ADHB Nursing Grand Round in August.

Renee found that 15% of cigarette smokers also used marijuana. She recommended assessing smoking and drug taking history in all patients in order to target counselling and therapy more effectively.

Pauline traced the long history of nurse delivery of smoking cessation in her presentation of an audit of a smoking cessation programme at Auckland City Hospital CCU. She concluded that the nurses were enthusiastic and on board but that nicotine replacement therapy is still underutilised.

**AND FINALLY**, a heads up that Jennifer Percival will return to New Zealand in April next year. She is the Tobacco Policy Advisor to the Royal College of Nursing. This will be her third visit to New Zealand. She will present workshops and seminars focused on delivering brief effective smoking cessation advice that can be incorporated naturally into nurses' work and brief advice for smokers who have refused treatment previously or relapsed. Further information will be circulated once her programme has been confirmed.