



A SMOKE FREE FUTURE FOR ALL WITH DR SHARON LAWN

In August 2009 the Cancer Society in conjunction with Pathways and the Mental Health Foundation organised a series of workshops under the banner **'A Smokefree Future for All with Dr. Sharon Lawn'**.

Workshops were held with mental health and smoking cessation staff in Auckland, Wellington and Christchurch. The workshops aimed to support mental health staff with the implementation of smokefree mental health in-patient units, and to support cessation staff working with mental health consumers.

The website www.quitsmoking.org.nz contains all presentations, worksheets, printed resources, literature reviews and toolkits, links, comments from participants and photos of the workshops.

PRESENTATION TITLE	PRESENTER
Smoking in Mental Health: A Thorny Public Health Issue	Dr Sharon Lawn University of South Australia
Smoke-Free in psychiatric inpatient units: Evidence from a national consultation with Australian sites	Dr Sharon Lawn University of South Australia
Smoke and Mirrors: Myths about Smoking and Mental Illness	Dr Sharon Lawn University of South Australia
Nicotine Addiction & Smoking Cessation Medications that can help & how to manage medications during cessation	Nikki Homes - Pharmacist, Waitemata DHB, Dr. Mark Wallace Bell - National Heart Foundation
ABC: a lifesaving intervention for smokers	Hayden McRobbie, Dorothy Clendon - Ministry of Health
Real Life Stories: BRC Goes Smokefree, Buchanan Rehabilitation	Dawn Bannister - Clinical Team Leader Karen Mann – Auckland DHB Kaaren Beverley - Healthy Lifestyles Coordinator,
Real Life Stories: Healthy Lifestyles Programme	Basil Fernandes - Healthy Lifestyles Coordinator, Pathways
Real Life Stories: Going Smokefree, Counties Manukau DHB	Courtney Rouse - Mental Health Smokefree Coordinator, Counties Manukau DHB
Real Life Stories: Going Smokefree, Greymouth Mental Health Service	Heather Muir, West Coast DHB
Real Life Stories: Going Smokefree, Hawkes Bay DHB	Carleine Receveur - Hawkes Bay DHB



OTHER USEFUL INFORMATION

Smoking cessation interventions for people who use mental health services (extract from NZ Smoking Cessation Guidelines 2007 - www.moh.govt.nz/moh.nsf/indexmh/nz-smoking-cessation-guidelines)

KEY POINTS

- There is evidence that interventions known to work in the general population (for example, support and medication) are effective for mental health service users.
- There is evidence from two RCTs that bupropion improves short-term abstinence rates and that it has a good safety profile in this population group.
- Most people with mental health disorders do not experience a worsening in the symptoms of their illness when they stop smoking. Smoking cessation can precipitate a relapse of depression in some people, but this is rare and is not a sufficient reason to not support people to stop smoking. Rather it is a reason for closer monitoring such people's mental health.
- Smoking cessation may affect the metabolism of a number of medications, including those used to treat mental health illness. Some people using such medications may need dosage adjustments.

VIDEO

Dr. Hayden McRobbie has produced a short video which can be seen on YouTube that takes you through the correct usage of Nicotine Replacement Therapy: a good refresher for those who recommend this treatment as well as for those who use it. Hayden is part of the Guidelines Development Team.

How to use nicotine therapies correctly:

http://www.youtube.com/watch?v=vo_oNWpFqvk

TRAINING

For those who have not yet undertaken their training in smoking cessation, a 40 minute online learning module is available on

www.smokingcessationabc.org.nz.

Completion of this allows nurses to qualify as Quit Card providers.

Information and support for nurses can be found at:

www.smokefreenurses.org.nz