

**MORE CONTACTS** have been made with nurses who have attended a variety of conferences and symposia.

Evelyn Hikuroa (Maori Strategy Leader) was present at the auahi kore Maori Council of Nurses' student nurses' conference which took place at in EIT in Hastings. Evelyn reported that the opportunity was taken to endorse the role of nurses in smoking cessation. Several approaches were made by students who were interested in discussing their own cessation experiences. Promoting smoking cessation fitted well with the hui's theme of Pathways to Health.

Smokefree Nurses had an exhibition stand at the Enrolled Nurses conference in Gisborne in May and this was supported by Carol Ford (Midlands Health Network) Sue Stevenson (Canterbury DHB) and Andrea Ryan (Waitemata DHB). It became evident that many Enrolled Nurses have completed their ABC training and are delivering smoking cessation advice. Equally, many did not appreciate that this came within their scope of practice and so this new knowledge came well within the conference's theme of Transition. Thanks to Val Scott (Enrolled Nurses) for making it possible for Smokefree Nurses to be at this conference.

Pauline Allan-Downs has been generous with her time in having a stand at the recent Northern Primary Health Care Symposium in Waitangi and also in taking the message to a meeting of Maori Midwives in Kaihoe. Pauline will also be representing Smokefree Nurses at the Te Runanga annual hui this month.



*Pauline Allan-Downs at Waitangi*

In addition, the NZ Mental Health Nurses conference takes place in Dunedin in July and Smokefree Nurses has a heavy-hitting presence. The outcome will be covered in the next newsletter



*EIT nursing students welcoming attendees*

**SMOKEFREE PRISONS** There has been much coverage in the press of late relating to the fact that prisons went smokefree on July 1 – including the fact that inmates were smoking their NRT patches and predictions that prisoners would riot. Smokefree Nurses interviewed prison nurse Kirstin Harrison and produced a media release with her predictions about what would happen on July 1. She was absolutely right – see what she thought would happen by viewing the release here <http://www.scoop.co.nz/stories/GE1106/S00129/prison-nurses-committed-to-helping-prisoners-quit-smoking.htm>

**HIIRC** The Health Improvement and Innovation Resource Centre website has a number of useful documents:

This link takes you to various media generated by Hayden McRobbie on NRT and Champix:

<http://www.hiirc.org.nz/page/26688/finding-your-way-around-the-various-nicotine/?section=10541&tab=822>

Additional information on bupropion and varencline can be found at <http://www.hiirc.org.nz/page/25324/one-pager-references-for-smoking-cessation/?section=10543&tab=266&contentType=251>

There are also several ABC Smoking Cessation fact sheets entitled:

Smoking Cessation in Cancer Services:

<http://www.hiirc.org.nz/page/25801/key-messages-for-smoking-cessation-in-cancer/>

Key messages for Emergency Departments: <http://www.hie/25137/the-abc-approach-for-smoking-cessation-key/?section=9088&contentType=451&tab=828>

Key Messages for Maternity Services: <http://www.hiirc.org.nz/page/24355/key-messages-to-target-in-maternity-care/?highlight=maternity+services&tab=2612>

This document is important for all nurses. Nurses are more likely to encounter pregnant women who smoke than any other health professional group. This is partly because most women have their pregnancy confirmed in GP settings. For some women this is the only time they access antenatal care in their pregnancy. If they smoke they must receive at least a brief cessation intervention to boost the chances that they will quit and protect the health of their babies. Smoking in pregnancy has been called a “medical emergency”. This document states the latest evidence based messages for nurses and other health professionals clearly and simply.

**CHAMPIX** You may have seen the recent publicity connecting Champix with adverse CV events. The FDA has issued a Safety Announcement which it may be useful to read.

[www.fda.gov/Drugs/DrugSafety/ucm259161.htm](http://www.fda.gov/Drugs/DrugSafety/ucm259161.htm)

and the attached gives Pfizer NZ's point of view.

Patient's views can be coloured by what they see in the media so it is important to be aware of the evidence in case a patient raises this with you.

**AUT SMOKEFREE** In our last newsletter we mentioned our challenge to ourselves for World Smokefree Day. We were appalled that our host organisation, AUT University, is not 100% smokefree. We stimulated a storm of e-mails among academic and support staff and a University wide survey by sending an email reasserting our concerns to all staff in the Faculty of Health. This added to concerns expressed by students and others. On World Smokefree Day the vice-chancellor declared that AUT will go 100% in February, 2012. Hooray!!!

## **NURSES AND RESEARCH ABOUT SMOKING CESSATION**

Smokefree Nurses is always keen to support nurses doing research in smoking cessation and tobacco control in their various practice areas. We would love to feature you in our newsletter and website if you are undertaking or have completed a study.

**INSIDE NEW ZEALAND** on TV3 July 6th addresses personal stories of smokers on “Dying for a smoke” It investigates NZ's smoking problem, focusing on smoking among Maori but also looking at the community as a whole. If you can't watch it check out TV On Demand.

**AND FINALLY**, I would like to thank all of you who participated in the survey last month regarding the Smokefree Nurses' website. This will take some time to analyse and implement. In the interim, some redesign work has been done on the website to make it easier to navigate so making it quicker to find things.