

### **SMOKEFREE IN DARWIN**

*We are grateful to Kate O'Brien from HBDHB for representing us in Darwin at the Oceania Tobacco Control Conference last month.*

Greetings all,

Darwin was hot and tropical; the conference was worthwhile and very topical. Nearly 300 delegates attended the Oceania Tobacco Control Conference in Darwin – the theme: "Reducing Inequality Through Tobacco Control". Highlighted was the huge need to focus and drive efforts into reducing smoking prevalence amongst indigenous groups. Australia's national smoking prevalence is 18%, however in remote aboriginal communities this is commonly as high as 76%. NZ has a similar story with Maori smoking prevalence being roughly double that of the general population. I wore my Nurses for a Smokefree Aotearoa hat and called a nurses meeting – it was a great opportunity to meet and network with other nurses working in the tobacco control sector.



Top from left: Kate O'Brien, Mark Mitchell, Julie Tolliday-Poulton, Kate Stepic, Kathy McKenna. Bottom from left: Debra Oag, Gwyneth Fullard

### **NSFANZ IN THE MEDIA**

There is an article about NSFANZ in the September issue of the International Woman Against Tobacco e-journal. The theme for this issue is about nurses and tobacco control. [http://www.inwat.org/images/pdfs/NET\\_2009\\_nr\\_2.pdf](http://www.inwat.org/images/pdfs/NET_2009_nr_2.pdf)

### **SMOKEFREE WARRIORS**

Jeanine Tamati-Elliffe works with Grace Wong at ASH. Recently her sons, Kilonia (aged 7) and Waikahutia (aged 5) were watching men in their late 20s on the skateboard ramp at the park. Two were smoking. Kilonia told them "My Mum and Dad are auahi kore (smokefree)". Waikahutia said "My Mum can give you some smokefree mints" (meaning nicotine lozenges). The smokers didn't know what to say. Eventually one told the boys he hoped they would never smoke. We look forward to the day when all nurses have ABC training. Their children will be able to tell smokers "my Mum (or Dad) can give you some nicotine lozenges". Imagine how many smokers we could help. Their Dad was so proud of his two little auahi kore soldiers.



### **NEW FACE**

*Lynn Stevenson is NSFANZ's project manager responsible for ensuring the smooth running of the MOH contract that we have for supporting the nursing workforce in delivering smoking interventions. Lynn started work at the end of September and is available Mon – Thurs, 0800 – 1300.*

Hello, everyone. I have been working for NSFANZ for a few short weeks with a human whirlwind – Grace Wong – and she makes me realise what a passion everyone involved with this project has and just how much has already been accomplished based on love and a shoestring.

I have worked both for the private sector and a government agency on many projects, large and small, some health-related some not and I pride myself on having been able to deliver these projects to time, quality and budget.

So I look forward to working with all of you and benefitting from your extensive knowledge in this area so that the MoH contract that NSFANZ has can be brought to a successful conclusion.



Lynn (in purple) at the powhiri for new staff based at AUT

### ***MONKEY BUSINESS from Gil Stokes our Research Fellow***

NSFANZ are using Survey Monkey to explore smoking cessation education in undergraduate nursing curricula. Survey Monkey is an on-line tool for creating and collecting surveys and is extremely user-friendly.

The survey is being sent to Heads of Schools of Nursing to forward to anyone who provides, or who organises others to provide, smoking cessation education to nursing undergraduates. The survey responses will then be collected by Survey Monkey and can be downloaded onto spreadsheets for analysis – easy as that.

As most of you know, it is expected that all nurses will be able to not only ask patients who smoke if they have considered quitting, but also provide at least brief advice for those who wish to make a quit attempt. The survey will explore how students are being prepared for this at the present time and how the ABC

approach is being utilised. A summary of the results will be provided in this newsletter early next year.

### ***LET'S HEAR FROM YOU***

In the August newsletter we told you about the 5 day smoking cessation course that international cessation expert Hayden McRobbie was to hold at AUT in October. In terms of attendees this was extremely successful as 37 people were there as opposed to just 12 last year.

One of the themes that kept coming through was that no one approach to intervention is suitable for all situations as every smoker is different. It was most enlightening to hear from others in the group about the different approaches that they took when broaching the subject of smoking cessation with their patients/clients.

An example that was given by Hayden was a colleague of his who was presented with a middle-aged lady who was truly wedded to her cigarettes. His colleague said to this lady that he had seen two other ladies in exactly the same situation as her who had died within the last six months from smoking related diseases and he didn't want her to become a third so would she let him help her to give up smoking.

Individualising the approach is a key element in the success of delivering the smoking cessation message and it would be informative to hear from any of you about the different approaches that you have taken with your patients when introducing this subject.

Send us an email about what the particular situation was and what approach you took. We can then share this with everybody through the medium of this newsletter.

Learning from the experience of others helps us all deliver the message.

*If you are not the original recipient of this newsletter but would like to receive your own copy then please send an email and we will add you to the list.*