



Issue 15 June 2010

STUDENT NURSES Smokefree Nurses work closely with student nurses as it is important they get the message about smoking cessation right from the start. In May we sponsored activity at the Maori Student Nurses Hui where delegates were encouraged to deliver ABC smoking cessation interventions and supported to quit smoking by Angilla Perawiti (SNANZ Strategy Development for Maori Nurses) and Hineroa Hakiaha (Te Kaunihera o Nga Neehi Maori). We have also provided clinical placements for third year student nurses from Auckland University. Group one produced a media release for World Tobacco Free Day (Maria Kim, Karen Lum and Janet Liu) and Group two (Emma Millar, Ellen Waymouth and Helen Jung) produced a fact sheet on second hand smoke which will soon appear on our website.



Group three above (Khea Stevens, Manu Mossman, and Amanda Van Rooyen) investigated smoking cessation education in their own School of Nursing for a community project with ASH NZ and SNANZ. They surveyed their class mates and found that none knew what "ABC" stands for but that all believe that smoking cessation education is important. 88% have signed up to a nursing student initiative to provide National Heart Foundation training in their holidays. The University of Auckland will be joining AUT

University in training 3rd year nursing students to provide ABC smoking cessation interventions and to become Quit Card providers this year.

Smoking cessation intervention training is a vital part of undergraduate nursing education. All year three student nurses and year three physiotherapy students can now register as Quit Card providers following completion of the online ABC smoking cessation training. At AUT, nursing students can give Quit Cards when on clinical placements while under their normal supervision by registered nurses. We encourage you to mentor students on practice placements into delivering ABC smoking cessation interventions and issuing people who smoke with NRT vouchers (Quit Cards).

WEBSITE Smokefree Nurses' website is now up and running at www.smokefreenurses.org.nz. The aim of this site is to provide advice, support and encouragement to all nurses in providing smoking cessation interventions. The site is for all nurses and feedback is needed on how we can improve it so that it provides what you need. So have a look.

SURVEY OF NURSING CURRICULA

Dr Gil Stokes (SNANZ Research Fellow) used an online questionnaire to survey all 17 undergraduate Schools of Nursing about smoking cessation education in their curricula. The response rate was 82% (n=14). While 86% taught some form of smoking cessation, only 36% (n=5) taught the ABC approach solely. This is concerning as the 5As and "change theory" based approaches are not current best practice in New Zealand and it is confusing for students if they are taught multiple approaches. We are providing Schools of Nursing with support for up-to-date evidence based teaching about smoking cessation.

MAORI SELECT COMMITTEE On 30th June Smokefree Nurses presented to the Maori Affairs Select Committee inquiry into the tobacco industry and this is a summary of the submission:

- * Smoking cessation support has not been part of the role of many nurses in the past
- * Therefore nurses are a huge virtually untapped existing workforce who can support people who smoke to quit.
- * Nurses can help people who smoke to quit; nurses want to help them quit
- * It makes sense economically to enable an existing workforce to help people who smoke to quit
- * SNANZ and the MoH are working to encourage all nurses to do brief effective interventions.
- * Some nurses want to offer more than a brief intervention in their normal work.
- * Maori nurses want to include it in their kaupapa Maori whanau ora nurse work.
- * Pacific Island nurses want to include it in their tagata Pasifika nurse work.
- * Maori midwives want to include it in their kaupapa Maori whanau ora midwifery work.
- * Policy is needed to ensure that some of the increased tax take goes to cessation delivered by nurses as well as to the dedicated smokefree workforce.
- * Funding is needed:
 - i) to give nurses more training than the brief intervention training.
 - ii) to allow nurses to have dedicated time to incorporate some cessation support (not just brief interventions) in their everyday work if they want to.
 - iii) to support nurses who smoke to quit since nurses who smoke are less likely to help people quit. Nurses are role models and it is important for them to be smokefree.
 - iv) to develop and evaluate Maori, Pacific, mental health and mainstream nurse initiatives for smoking cessation.

Main submission:

<http://www.parliament.nz/en-NZ/PB/SC/Documents/Evidence/c/6/4/49SC-MA-EVI-00DBSCH-INQ-9591-1-A30841-Smokefree-Nurses-Association.htm>

Supplementary submission

<http://www.parliament.nz/en-NZ/PB/SC/Documents/Evidence/0/1/3/49SC-MA-EVI-00DBSCH-INQ-9591-1-A55102-Smokefree-Nurses-Association.htm>

DR. JEFFREY WIGAND blew the whistle on the tobacco industry in a now famous 60 Minutes interview 15 years ago. His message was that tobacco companies deliberately manipulate the amount of nicotine in cigarettes. His inside knowledge was gained as head of research at a US tobacco company and his actions were portrayed by Russell Crowe in the 1999 film The Insider. He has recently been in New Zealand and presented to the Maori Affairs Select Committee. A video of this is available for the next few days at <http://www.r2.co.nz/20100623/> and thereafter as a DVD. Compelling viewing.



Kaaren Beverley, Kate Dallas, Grace Wong
Dr. Jeffrey Wigand

FAREWELL It is with great sadness that we bid farewell to our Research Fellow, Gil Stokes. Gil has been with us for the past year and has done sterling work writing submissions and conducting a study into the provision of smoking cessation learning in the undergraduate courses at nursing schools. The report has been presented to NETS and been summarised as an article that has been submitted to Praxis. Contact us if you would like a summary.

All the best for the future, Gil.