

Issue 18 March 2011

BUSY, BUSY. February was a busy month for Smokefree Nurses as much of it was devoted to the roadshow which revolved around a visiting speaker from the UK. Jennifer Percival, RN, MW, HV is the Tobacco Policy Advisor for the Royal College of Nursing. On this, her second visit to NZ, she spoke to audiences about motivational interviewing and helping people to quit smoking. She was accompanied in some of the sessions by Hayden McRobbie, our own smoking cessation guru.

Jennifer had three key messages for the tobacco control team at the Ministry of Health when she met them.

First, nurses worry about colleagues who smoke.

Second, the “cutting down is okay” message is being delivered to pregnant women. This is not correct. Cutting down is NOT okay. The message is that quitting is best for baby. When mothers say “I’ve cut down, isn’t that enough?” AVOID saying “Well done, that’s a good start”.

Third, nurses need new “chat lines” to deliver the ABC brief intervention to pregnant women and smokers who have relapsed or are not interested in quitting.



Jennifer Percival and Hayden McRobbie

To learn new chat lines that will refresh your ABC brief interventions with smokers go to the recording of Jennifer’s final seminar together with accompanying materials at <http://www.smokefreenurses.org.nz/Whats+Going+On/Events.html>

START (NRT) RIGHT – Learn how to use nicotine replacement therapy products correctly.

We strongly recommend a friendly, new, short (just 7 minutes) YouTube clip available for quitters and health professionals who want to get the best out of nicotine replacement therapy. It was made by the Ministry of Health. Go to, http://www.youtube.com/watch?v=vo_oNWpFqvk

NRT, school students and school nurses.

Have you been following the controversy about school children in Wellington and NRT? Smokefree Nurses supports helping nicotine addicted school children to quit smoking using NRT to reduce their cravings.

There is guidance on the use of NRT with children on the Quit Card usage sheet and in the Nursing Council/NZNO statement about nurses and NRT which can be found at <http://www.smokefreenurses.org.nz/Information++Learning/PapersReports/Reports+and+Guidelines.html>.

The ASH New Zealand statement about the use of NRT and children clearly addresses issues raised in the media about NRT and school students. This will soon be on their website, www.ash.org.nz

Nurses and the Government Commitment to a Smokefree New Zealand by 2025

The March 2011 government commitment to a Smokefree New Zealand by 2025 gives new life to our messages encouraging nurses to help smokers quit. We are an important part of the current planning processes for smoking cessation. Most smokers want to quit. Our challenge is that there is only 14 years in which to help reduce the number of smokers from about 620,000 to those who are unable or don’t want to stop. There is about one nurse for every 13 smokers. We can and will make the critical difference by training and delivering evidence based brief interventions supported with NRT.

WORLD SMOKEFREE DAY on 31 May is prompting Smokefree Nurses at AUT University to do something about the fact that the University is still not a smoke-free institution – appalling. Tell us what you are doing.

A FURTHER STRATEGY to address health inequalities is now available which has been written collaboratively by Evelyn Hikuroa, Angilla Perawiti and Jeanine Tamati-Eliffe



Evelyn Hikuroa, Grace Wong, Angilla Perawiti and Jeanine Tamati-Eliffe with her new baby, Hokura.

Tobacco use is a major barrier to enlisting New Zealand's largest Māori health workforce to undertake smoking cessation training and to help patients and whānau to quit smoking. Unsurprisingly, those who smoke find it difficult to advise patients who smoke to quit. The Smokefree Nurses' Māori Strategy reflects the desire of Māori nurses to support quitting among their colleagues and to support a Tupeka Kore Aotearoa. This strategy can be found at www.smokefreenurses.org.nz/Information++Learning/Health+Equity.html.

AND NEXT we are arranging a presence at several conferences.

The first one will be the **Maori Student Nurses' Hui** early in April to be held in Hastings. Evelyn Hikuroa, nurse lecturer of Manukau Institute of Technology will be representing us and will be focusing on helping the 69% of Maori nurses who don't smoke with delivering interventions.

We are working on a presence at the **Enrolled Nurse Section Conference** in late May in Gisborne. ENs are in an excellent position to offer their patients smoking cessation advice and this comes within their scope of practice. Smokefree Nurses has not had the opportunity to address this group of nurses and now is seen as an opportune time. We would like to have an exhibition stand at this conference. If any of you in the Gisborne area have a few hours to spare or know of someone going to the conference who might we would love to hear from you as it is proving tricky in finding people to be on the stand during the break periods.

This will be followed by a presence at the **NZ Mental Health Nurses Conference** in Dunedin early July. Tio Sewell and Fiona Howard have submitted abstracts The purpose of our presence is to further support the Mental Health Strategy which was produced last year.

We have committed to having an exhibition stand and are now looking for people to help man it. If you will be attending this conference or know someone who is can you please contact us.

The Oceania Tobacco Control Conference is being held in Brisbane 17-20 October. At the last one Kate O'Brien (BOPDHB) called a nurses' meeting to explore and share what others were doing in smoking cessation. If anyone is going to this please let us know so that something similar can be done.

RENEE BITTOUN In May 2011, Te Hotu Manawa Maori will be offering a number of education workshops throughout New Zealand, with guest speaker, Adjunct Associate Professor Renee Bittoun, Brain Mind Research Institute, Faculty of Medicine, University of Sydney. More information can soon be found at: www.smokingcessationworkshops.com

FINALLY AND BELATEDLY, we are sorry to hear of the sad passing of Andrew Wilkins, 2 August 1952 - 10 December 2010. Andrew worked for the Hawkes Bay DHB as the Smokefree Liaison Nurse in Wairoa and the Chathams. Easily recognisable in his long hair and beard he loved his Smokefree work and once met was never forgotten. Andrew dreamt about taking the Smokefree message to the far flung corners of the world.

He had a lifelong interest in aeroplanes and New Zealand's wildlife and was a longstanding member of the Forest and Bird Society.

Andrew is survived by his two daughters Jenna and Bree.



Carleine Receveur, Rebecca Missen, Kate O'Brien, Andrew Wilkins, Suzanne Marshall