



Welcome to the 33rd edition of the Smokefree Nurses Newsletter. In this newsletter we feature an update from the Society for Research on Nicotine and Tobacco (SRNT) conference held in Prague in early September 2016. Grace had an amazing time and shares her learnings with us.

We also have an update from the NZ Smokefree Research Symposium, information on the vape2save program and an update from the latest Cochrane Review on e-cigarettes.

Have a safe and happy Christmas and New Year.

Society for Research on Nicotine and Tobacco 2016 Conference Report

In September Grace Wong presented the Smokefree Nurses' *Cow Pat Quit & Win* study poster at the Society for Research on Nicotine and Tobacco (SRNT) conference in Prague. SRNT is the pre-eminent smoking cessation conference globally. Grace met Czechoslovakian and Slovenian nurses who are engaged in mobilising the workforce to deliver smoking cessation interventions. Challengingly the smoking rate among Czech nurses (40-50%) is higher than that of the general population.



Eva Kralikova (conference convener), Czechoslovakian smokefree nurse leaders and Grace Wong

The conference was exciting. Grace focused on new research about e-cigarettes, smart applications, and pregnancy and smoking. The debate about e-cigarettes raged. Anyone going to the conference could come away with objective material that supported their personal point of view. More definitive efficacy studies are underway.

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The SmokeBeat App was fetching. It uses the gyroscope, accelerometer, and GPS locator in a smart watch to detecting smoking behaviour with a view to offering personalised support to stop. In addition, data is collected in the Cloud across all users leading to sample sizes sufficient for meaningful analyses.

Reducing smoking in pregnancy remains problematic and studies are dogged by difficulty with participant recruitment. There are studies underway of medication and smoking (two about bupropion), e-cigarettes, partner support et al.

This was Grace's first time in Europe. She said "It took 30 hours to get there. It was such a surprise. I felt like I was in a beautiful but imaginary land, and when I walked round the corner, I would be in Auckland".

NZ Smokefree Research Symposium

Smokefree Research Symposium, Wellington, Wednesday 26 October 2016.

Stephen Vega, Smokefree DHB Coordinator at Hutt Valley DHB, enjoyed the recent Smokefree Research Symposium. Key smoking cessation and tobacco control researchers presented the latest New Zealand evidence.

Three memorable points from Stephen:

- Professor Janet Hoek reminded us to watch out for roll-your-own tobacco - cheaper, more ritualised, and falsely believed to be better for you.
- Associate Professor Natalie Walker hinted that we might see Cytisine here in the future. If we do it would be great if it was cheap and accessible
- Natalie also spoke about reduced nicotine cigarettes where there are considerable barriers to implementing a regime whereby they can be effective at the population health level.

Vape2save
(Healthy whanau/wealthy whanau)

Vape2Save combines smoking cessation with financial literacy for priority population participants (see photo and [video](#)). It gives them power over their smoking and their lives by supporting them to quit and to put money in their pockets, in a familiar whanau-centred milieu.

The smoking cessation component comprises support (group-based treatment) and nicotine replacement (e-cigarettes). Participants purchase e-cigarette starter kits and e-juice and track their savings and their expenditure. Some have started to save while others are reducing debt. Vape2Save is popular and effective according to many participants.



A proud and exciting day for Vape2Save Glen Innes Library group 6. They received their starter kits and nicotine e-juice on September 19 this year. They were ready to kick tobacco for good.

Vape2Save is Rebecca Ruwhiu-Collins' brainchild. We caught up with her at the Panama Rd, Otahuhu *Community Treasure Hunt*. For the treasure hunt, community members walked round Panama Rd getting stamps from stands. Fully stamped card holders were eligible for draws for 10 prize packs. Smokefree Nurses supported the busy ADHB Smokefree stand.



Grace Wong (Smokefree Nurses), Rebecca Ruwhiu-Collins (Vape2Save founder), and Karen Stevens (ADHB & Smokefree Nurses)

As is usual these days, there was a lot of interest in quitting and e-cigarettes. To meet the demand, two Vape2Save groups will start in the Riverside Community Centre, Panama Rd, Otahuhu, soon. Go to the [Vape2Save Facebook](#) page to catch up with the action. Like their page to help them celebrate their 1st anniversary.



Karen Stevens and Alberto Bonini, ADHB Smokefree staff, give supporting smokers to quit their best shot.

Better Help for Smokers to Quit

The National Health Target, Better help for Smokers to Quit is designed to prompt practitioners to routinely ask about smoking status as a clinical 'vital sign' and provide brief advice and offer quit support to current smokers.



District Health Board and Primary Health Organisation achievements against the PHO enrolled and hospital patients who smoke targets are being achieved in most places. The focus is now moving to the target for pregnant women which is **smokefree incentive programs are now available in a number of other DHB areas including the Waikato**

90% of pregnant women who identify as smokers upon registration with a DHB-employed midwife or Lead Maternity Carer are offered brief advice and support to quit smoking.

So how can nurses help achieve this target?

- Ask all pregnant women their smoking status, particularly when confirmation of pregnancy is completed in primary care, as this will help get support to women early in their pregnancy.
- Suggest women talk to their midwife about their smoking, and let them know if they are using NRT or stop smoking medications
- Prompt women who are smoking in pregnancy to talk to their midwife about the impact on their babies' weight and birth outcomes.
- Continue to provide ABC in hospital and primary care throughout a women's pregnancy

Resources for supporting pregnant women to stop smoking are available from:

- [Ministry of Health](#) information on smoking, alcohol and drugs in pregnancy
- [Quitline](#) information on Smoking and Pregnancy
- [Bpac](#): Encouraging smoke-free pregnancies: the role of primary care

Smokefree Pregnancy Incentives

Nurses can also support Smokefree Pregnancies by referring pregnant women to Smokefree Pregnancy Incentive services. In New Zealand the incentives program was initially piloted in Counties Manukau DHB in 2013. Smokefree Pregnancy Incentives Services provide ongoing support, nicotine replacement therapy and vouchers for baby goods and services up to \$300 over 12 weeks for pregnant women and their whaanau.

The pilot found 70% of those referred to the program enrolled in the service, and of those who enrolled 76% set a quit date. Both of these rates are significantly higher compared to those achieved by previous smokefree pregnancy services. The intervention resulted in a 65% quit rate at 4 weeks CO validated and 60% at 12 weeks.

Counties Manukau DHB have extended the services at the end of the successful pilot. Smokefree Pregnancy Incentives Services are now available in a number of other DHB areas including Northland, Waikato, Hawkes Bay, at the West Coast.



E-cigarettes latest Cochrane review

The latest [Cochrane Review on electronic cigarettes](#) was published in September 2016. The review did not find any new randomized controlled trials (RCTs) with long-term outcomes looking at the effectiveness of electronic cigarettes in helping people to stop smoking. There were 11 new observational studies which contribute further information on the side effects of using electronic cigarettes to quit smoking.

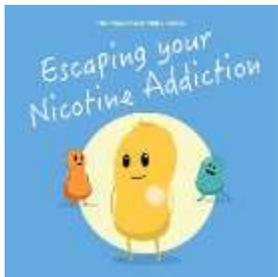
The [summary of key findings](#) reports the conclusion remain the same: **electronic Cigarettes may help smokers stop their smoking**, and the included studies did not find any serious side effects associated with their use for up to two years.

Mental Health Smokefree Resources

A new resource designed to help mental health service users stop smoking was launched on 29th November at the Mental Health Smokefree Forum in Auckland. Development has been funded by the Northern Regional Alliance Mental Health and Addiction NGO Smokefree Project.

The resource is a short series of videos named 'Escaping your Nicotine Addiction' and has been created primarily in order to educate smokers of how nicotine replacement therapy (NRT), when used correctly, can make quitting smoking a lot easier.

These videos include a trailer of 51 seconds duration and four episodes of approximately two and a half minutes.



The idea of having this in-depth information widely available has been through concerns of stop smoking practitioners at clients' reluctance to use NRT through misconceptions and misinformation and the resultant lack of correct use.

The resources include a website stopsmoking.org.nz where you can view the videos, which are also available to watch on [YouTube](https://www.youtube.com). Nurses at the launch of the What Smokers Really Want Campaign in 2014

Smokefree Nurses last newsletter

As we mentioned this is the 33rd edition of the Smokefree Nurses Newsletter. It will also be the final edition. Smokefree Nurses has been proud to bring you this newsletter. We are proud of the work being

done around the country by nurses leading the way to a Smokefree Aotearoa.

As many of you will be aware the Ministry of Health Tobacco Control funding realignment occurred earlier in the year. Smokefree Nurses are now wrapping up the advocacy work we have been undertaking. As one chapter ends another begins and we now turn our focus to pursuing more of the smokefree research work we have begun.

We would like to thank all the nurses who have supported us in our work. Our committed steering group deserve a special mention and we leave you with some photos of them and some of the other nurses who have supported us over the last few years.



Nurse Educators Conference



What Smokers Really Want Campaign launch 2014



Attendees at the Smokefree Nurses Forum March 2015