

## SMOKEFREE NURSES

### Long term goal & objectives

- To decrease the incidence over the long term of illness and death caused by tobacco smoking.
- To increase quit rates and decrease initiation and relapse among clients of health services and the public.
- To increase quit rates and decrease initiation and relapse among nurses and student nurses thereby improving physical, emotional and mental well health.

### Strategic objectives

- Partnership with nurses.
- Increase health equity.
- **Create MH strategy.**
- Normalise smoking cessation in nursing education and practice settings.
- Reduce smoking among nurses.
- Support public health tobacco control.

### Mental Health Strategy

#### RATIONALE

Premature deaths attributable to tobacco smoking are the largest single source of preventable deaths in Aotearoa/New Zealand.

Tobacco use has traditionally been part of the culture of mental health services.

Mental health service users smoke tobacco at a much higher rate than the general population.

Significantly more mental health nurses smoke tobacco than their non-mental health nursing colleagues.

Smoking cessation interventions are successful for mental health service users and help them experience significant health benefits.

## Kaua e kai paipa, me waiho

### Three Leading Challenges

#### MENTAL HEALTH NURSING LEADERSHIP

Nurses working in mental health and addiction services are role models and incorporate smoking cessation into their daily practice.

#### EDUCATION

Nurses in mental health and addiction have knowledge about the harm caused by tobacco smoking, the benefits of cessation and the tools used for cessation, and are confident to pass this onto consumers and their whānau.

#### CESSATION

Smoking cessation must be part of the care plan of every consumer who smokes tobacco and continues when consumers transition to and from other services.

### Activities

#### MH ACTION PLAN OBJECTIVES

Increase awareness about smoking cessation among mental health nurses.

Ensure alignment with Mental Health nursing ethos and professional standards.

Decrease smoking among mental health nurses.

Encourage research into smoking cessation.

Increase numbers of mental health nurses undertaking the on-line ABC course or a face-to-face course.

Break down barriers, dispel the myth that smoking is helpful to consumers and create smoke-free culture.

Make more specialist, advanced clinical information available.

Non-mental health smoking cessation staff more informed of the mental health setting.

Smoking cessation is an organisation-wide intervention.

Partnerships formed with mental health workforce, consumers and family/whānau to support smoking cessation.