

What Smokers Really Want

The 'What Smokers Really Want' campaign is a Smokefree Nurses 2014 highlight. Since the launch at Te Kura Kaupapa Maori o te Kotuku on 23rd October 2014, we have promoted the campaign resources to PHO's, Nursing Schools and NGO's, written articles and presented at the HPA Seminar, Dunedin.



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Primary Health Care Conferences

Smokefree Nurses Aotearoa/New Zealand have been busy throughout NZ over the past 6 months. A big thanks to the nurses that helped with our conference stands and promoting the new Guidelines for Helping People to Stop Smoking at GPCME in Rotorua and Dunedin and at the NZNO Primary Nurses Conference in Wellington.

The [Guidelines for Helping People to Stop Smoking](#) can be found on the Smokefree Nurses website.



Nurses at the launch: Loma-Linda Tasi, Evelyn Hikuroa, Angilla Perawiti, Shona McLeod, Kay Shannon, Pauline Allan-Downs, Karen Stevens, Grace Wong, Dr Barbara Daly, Miriam Lindsay.

Take just two minutes to share the nurses' and patients' conversations in the short films [here](#). They include:

-A young pregnant woman having a brief stop smoking conversation with Angilla Perawiti, RN, Te Ha Oranga.

-A mother of three, getting support to quit from David Harrison, practice nurse manager, East Tamaki PHO.



Yvonne Rogers and Karen Stevens at GPCME, Rotorua

Population Health Congress

Smokefree Nurses attended the Population Health Congress held from 6-8 October in Auckland. The Smoke Free 2025 Master Class at the congress was an opportunity to think about how we might achieve the Smokefree 2025 goal.

Radical and incremental intervention approaches were compared using modelling scenarios under different conditions. They suggest that new radical approaches **on top of** ongoing tobacco tax increases need to be implemented if New Zealand is to be Smokefree by 2025. You can find more information [here](#).

Proceedings from the Congress should be available electronically on the [congress website](#) in early 2015.



Performers at the launch

The 10 minute film features the Honourable Taria Turia, and Jane O'Malley (Chief Nurse) as well as the smokers, ex-smokers and nurses who gave their time to support nursing practice and Smokefree 2025.

goodLife productions made the TV quality short films.

Contact us for copies of the videos and campaign resources.

Work in the Pacific

Every day of the November South Pacific Nurses Forum in Tonga was colour themed. Tuesday was Hot Pink, Wednesday was Royal Blue and so on.



Tongan delegates at Hot Pink Tuesday at SPNF, 2014, Tonga

We are proud that we were granted permission to have the only stand at the Forum. Loma-Linda Tasi has steadfastly maintained a smokefree nursing presence at SPNF since 2008. She said “It feels like Pacific Island nurses are really interested in smoking cessation this time round”.

We ran activities like lung age and CO monitoring (very popular); a presentation; a smokefree presence at the Chief Nurses Midwifery Officers and Regulators meeting; training for 3rd year Queen Salote School of Nursing students; and a meeting with Tongan tobacco control team members promoting stop smoking training for RNs.



Loma-Linda Tasi and students from Queen Salote School of Nursing

This work towards the 2025 Tobacco Free South Pacific goal was funded by [Tobacco Control Nurses International](#) (TCNI) via [Global Bridges](#).

General Practice Tool Kit

The Ministry of Health released a useful Tool Kit for practice nurses and other staff in October to support

- Better Help for Smokers to Quit
- More Heart & Diabetes Checks.

The aim of the short videos is to help you to

- minimise the administrative burden *while*
- maximising the clinical gain for patients

Some of the video titles are:

- Useful IT tips for everyday practice
- Using an audit tool to improve patient care
- Ideas for proactive general practice

If you haven't already, then watch the videos [Better help for smokers to quit – what's involved?](#)

Smoking Cessation beyond the ABC: tailoring strategies to high-risk groups

A recent publication in the Best Practice Journal is worth highlighting. It focuses on tailoring stop smoking strategies to high-risk groups.

While overall smoking rates in New Zealand are declining, the rates among highly deprived communities, Maori, Pacific peoples and people with mental health disorders, remain unacceptability high.

The article shows how ABC can be adapted for different patient groups and reviews pharmacological smoking cessation aids.

You will find a copy on our [website](#).

Smokefree Nurses Symposium March, 2015

Put March 19th in your diaries now! Smokefree Nurses invites you to a one day symposium focused on nursing and smoking cessation. It follows the one day Health Promotion Agency's tobacco control and smoking cessation national update (March 18th).

Make a point of coming to share your stories and learn new skills. Please send ideas and suggestions. More details coming in January.

 **Happy Christmas and New Year Everybody!** 