

**Smokefree Nurses Symposium:
Nurses leading the way to a Smokefree Aotearoa 2015**



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On Thursday March 19th Smokefree Nurses hosted the first ever Smokefree Nurses Symposium. The symposium brought together 45 nurses working in a range of practice settings, and speciality areas, academic's research nurses and nurse educators from around the country.



Dr Grace Wong, Director of Smokefree Nurses opened the day and was followed by key note speaker nursing researcher [Dr. Mark Wallace-Bell](#). Mark presented on the Stop Smoking evidence and the importance of empathy. He

argues that a nurses' communication skills are as critical to the success of a smoking cessation intervention as the intervention itself.

NZNO Kaiwhakahaere Kerri Nuku traced Te Runanga's journey from advocacy at the Maori Affairs Select Committee's *inquiry into the tobacco industry in Aotearoa and the consequences of tobacco use for Maori*, to instigating research about Maori nurse smoking, and finally, action to support stopping smoking based on the research findings. Details of the research can be found [here](#).

Evelyn Hikuroa lecturer in Nursing at Manukau Institute of Technology on work she has been doing in [Supporting Maori nursing students to Stop Smoking](#). Evelyn used scholarships to see if financial incentives are an effective way to help nursing students to stop smoking.

Whanganui prison nurse [Stephanie Muir](#) discussed her master's research into prisoners' perceptions following stopping smoking. Benefits include improved lung Function. Not all prisoners' saw the benefit of being able to taste their food better!

[Dr. Barbara Daly](#) from the University of Auckland presented on her work in the areas of smoking cessation for diabetes patient by primary health care nurses. Identifying a serious lack of awareness of smoking as a risk factor for complications for patients with diabetes. Heart Foundation Nurse Educator [Miriam Lindsay's](#) presentation 'Putting the people at the heart of reducing CV risk' focused on concepts of shared decisions making, ensuring patients are aware of the options and choices available to lower their CV risk, including stopping smoking.

Auckland DHB critical care nurse [Markus Lang](#) a leader in smoking cessation in critical care environments presented on his research findings. Which show the positive attitudes nurses and doctors can bring to discussing stopping smoking with critically ill patients, and the need for education and action tailored to different settings. Smoking cessation advice can be delivered in critical care environments.





Hawke's Bay nurse and midwife [Jean Te Huia's](#) presentation on Smoking in Pregnancy showed that common sense is both a practical and well-received way to approach working with pregnant women who smoke. Jean refers all

pregnant women who smoke to cessation support and believes mandatory referral for cessation support gives women the best chance to make an informed decision, and receive support to stop.

Nurse Leader from East Health Trust [David Harrison's](#) presentation on Group Based Therapy showcased how nurses are leading the way in the implementation of Group Based Therapy in New Zealand.

[Georgina Darkins and Jane Galea Singer](#) presented on Mental Health Patients and Smoking cessation. Describing a picture of high smoking prevalence and poor physical health among Mental Health Patients making it all the more important to ensure we have the conversation.

Presentations from Mental Health nurses working within DHB and NGO environments, highlighted some learnings that could be used across practice areas. With [Elly Richards and Karen Fraser](#)



from Waitemata DHB presenting on a smokefree group they have established within a medical detox ward which supports patients to plan ahead for how they will manage without tobacco during the hours where they will not be able to go off the ward to smoke.

Angela Spalding from Richmond New Zealand revisited the Stages of Change Model with mental health patients in her presentation "[What Day are you now?](#)" Reflecting on the often cyclic process patients go through to Stop Smoking. Angela has used the patient voice throughout her presentation.

Presentations

Grace Wong	Smokefree Nurses
Mark Wallace Bell	Stop Smoking the latest evidence, empathy and Motivational Interviewing
Evelyn Hikuroa	Supporting Maori nursing students to Stop Smoking
Stephanie Muir	Change in health perceptions of male prisoners following a smoking cessation programme
Dr Barbara Daly	Smoking Cessation for diabetes patients by primary care nurses - how well are we doing?
Miriam Lindsay	Putting people at the heart of reducing cardiovascular disease
Marcus Lang	What are the factors that influence the delivery of smoking cessation advice in critical care environments?
Jean Te Huia	Smoking in Pregnancy
David Harrison	Group Based Therapy
Georgina Darkins & Jane Galea-Singer	Mental Health Patients and Smoking cessation
Elly Richards & Karen Fraser	Smoking Support Group in a Medical detoxification Inpatient Unit
Angela Spalding	"What Day are you now?"

Copies are on the [Smokefree Nurses website](#)

International Nurses Day

May 16th Nurses to Help at Mangere Market

Smokefree Nurses have had a request for some nurses to assist with smoking cessation at the Mangere markets May 16th. Any volunteers who would be available to help out could contact smokefreenurses@aut.ac.nz

Smokefree Nurses Aotearoa/New Zealand is in the final stages of developing our Primary Health Care Strategy for 2015-2018. Mary Carthew, Smokefree Nurses Primary Health Care Lead had led the process.

The strategy sets out a vision for Primary Health Care nurses to lead Smokefree Aotearoa into 2015. If you would like to receive a copy of the consultation document email smokefreenurses@aut.ac.nz

[Unlit - stop smoking together](#)

Unlit is a free New Zealand-based online stop smoking programme that provides all the support and information needed to stop smoking. Unlit provides expert advice on the different types of medication available, allows your patients to register for subsidised nicotine replacement and is a way to find out the different medication options that a GP can prescribe.

It also connects people to support from others who are going through the same thing so that people trying to stop smoking can support each other stay on track and keep motivated. Unlit means that patients are not on their own - they're guided right the way through to help them stop smoking.

Symposium: Electronic Cigarettes: Opportunity or Threat

Grace Wong attended the symposium on March 12 at Auckland University with vapers, e-cigarette retailers, smokefree practitioners, researchers, policymakers, regulators and Hon Sam Lotu-liga, Assoc Minister Health.

One vaper described how she had stopped smoking by using an e-cigarette with nicotine. However, the evidence about their safety, efficacy for smoking cessation, dual use with tobacco cigarettes and as a gateway to addiction and tobacco smoking among young people remains unclear. This gap in the evidence needs to be addressed urgently because of the toll of smoking and proximity of the Smokefree 2025 goal. In the meantime, it is illegal to sell electronic delivery devices (e-cigarettes) which contain nicotine ([Ministry of Health, 2014](#)).

The link to the webinar and programme is [here](#).

Achieving a Smokefree 2025 will require supporting those who find it hard to quit smoking and those who have yet to be engaged in cessation support. Users of Mental Health and Addictions Services are a prime example of a population that ticks all the boxes for inequalities in health and social standing and yet must be included to avoid being in the less than 5%. We know for example that a very high proportion of people who are diagnosed with schizophrenia are heavy smokers. Will our census show a similar correlation to that in the literature? If the data show a percentage of people with schizophrenia as ex-smokers, what worked for them?

Waitemata DHB Mental Health and Addictions Services are currently participating in a Smokefree Census. Primarily to determine the extent of smoking prevalence across the sector and also to identify from the data specific strategies for the various client groups served – upwards of some 14,000 people. The debate within all services will provide clear indications for clinical practice – exciting!

Upcoming events

HPA Tobacco Control Seminar Series

The [HPA Tobacco Control Seminar Series](#) 2015 continues with Seminars in:

- Hawkes Bay: 13 May, 2015
- Wellington: 18 June, 2015

World Smokefree Day 31 May



World Smokefree Day on 31 May 2015 is coming around again soon for more

information and to order resources for the day go to <http://smokefree.org.nz/world-smokefree-day>

Primary Care Symposium: Sharing Good Practice

The Health Promotion Agency, PHO Alliance and the Heart Foundation are hosting a [Primary Care Symposium: Sharing Good Practice](#) on Tuesday 2 June at Te Papa. The Symposium is aimed at sharing good practice, innovation and supporting better outcomes for patients. The draft Agenda can be seen [here](#).