

Welcome to the 30th edition of the Smokefree Nurses Newsletter! We have an exciting newsletter this month with updates on Continuing Professional Development opportunities, including an online CPD training based on the 'What Smokers Really Want' videos. The Smokefree Nurses Primary Health Care Strategy is now complete and can be accessed on our website and we are developing a Strategic Plan in light of the current Ministry of Health Tobacco Control service realignment.

In our next newsletter we would like to take a focus on treatment and showcase nurse led treatment options from around the country. If you are involved in working with patients using Group Based Therapy, Motivational Interviewing, supporting patients with WERO, Stoptober or any nurse led treatment modalities and would be happy to share your experiences please [contact us](#).

What Smokers Really Want – CPD

[“Enhance your professional development portfolio”](#)

Smokefree Nurses have developed an online Continuing Professional Development activity based on the 'What Smokers Really Want' video resources. The training builds on key nursing skills supporting nurses to use their unique combination of communication and nursing skills to provide meaningful support to patients who smoke.

The free online training takes approximately 1 hour, including watching the 'What Smokers Really Want' video's, can be done anytime, and is proving popular with nurses who can't easily get to CPD. By answering question on each video and correctly answering 80% of the overall review questions nurses can download a certificate to support their portfolios.

If you haven't already completed the CPD based on these videos you can do so [here](#).



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Continuing Smokefree Education in Primary Care

Cathy Moriarty the Smokefree Liaison Nurse at the Hawkes Bay DHB has kindly allowed Smokefree Nurse to make available a resource she developed detailing the Steps to developing and/or Continuing Smokefree Education available in Primary Care. The details of the training available for Registered Health Care Workers is summarised in the table below.

Smokefree Continuing Education

New to Smokefree

Ministry of Health: Helping People Stop Smoking

Online e-learning program for health practitioners, experience the benefits of using the revised ABC pathway with each of your patients.

Ko Awatea: Optimising the use of NRT in clinical practice

An e-learning programme that will ensure participants are able to provide brief advice, strongly encourage smokers to use cessation support, discuss dosage and safety of NRT, discuss Cravings & Triggers, Quit Plans and quit cards and know who to refer the person to for ongoing cessation support.

Heart Foundation – Stop Smoking practitioner Training Stages 1&2

Face to face learning designed to increase knowledge in tobacco control including how to motivate people to become smokefree.

Previous Experience or refresher

Ko Awatea: Safe Sleep Principles

Two e-learning education programs 'Baby essentials' and 'Through the tubes' prepares nurse to be safe sleep advocates to help prevent sudden unexpected death in infancy (SUDI).

Ko Awatea: Smokefree Training for Mental Health and Addiction Health Care Workers

E-learning program that enables participants to demonstrate an understanding of how to apply smokefree best practice principles to everyday practice when supporting mental patients

Annual Competency Check

Consider using Smokefree evidence of practice for nursing portfolio

Ministry of Health: Helping People Stop Smoking

Repeat e-learning course every three years, and when guidelines are updated

The flow chart and full details are available on our website.

Smokefree Nurses Primary Health Care Strategy

Smokefree Nurses Aotearoa/New Zealand have completed our Primary Health Care Strategy for 2015-2018. The strategies vision is “Primary Health Care nurses leading Smokefree Aotearoa into 2025”.

The vision is supported by three visions for primary care nurses:

- Every primary health care nurse has a personal goal working towards a Smokefree Aotearoa 2025
- Every primary health care nurse is a quit card provider
- Every primary health care nurse and their whanau/family striving to be smoke-free

We thank Mary Carthew, for her leadership in the development of the Smokefree Nurses Primary Health Care Strategy. Copies of the strategy will be available on our website.

Primary Health Update/Activity

Smokefree Nurses have attended a number of Primary Health Care events over the past few months promoting the ‘*What Smokers Really Want*’ Continuing Professional Development resources and promoting the role of Primary Health Care Nurses in Smoking cessation. Stands were held at the Primary Care Symposium held in Wellington and GP CME in Rotorua, where Grace Wong and Karen Stevens also presented to over 100 nurses during the Practice Nurse Day.



Jan Pearson, was one of the nurses who assisted us with our stand at the College of Primary Health Care Nurses Conference held in Wellington.

Primary Care Symposium: Sharing Good Practice

Smokefree Nurses attended the Health Promotion Agency, PHO Alliance and the Heart Foundation hosted a Primary Care Symposium: Sharing Good Practice on Tuesday 2 June at Te Papa. The Symposium was aimed at sharing good practice, innovation and supporting better outcomes for patients. Presentations on smoking included:



- [Smoking Cessation](#) - Dr Hayden McRobbie
- [Smokefree Wairarapa](#) – Bronwyn Wood
- [Motivating Change](#) – Mark Wallace Bell

These and other presentations can be [seen here](#)

International Nurses Day

Smokefree Nurses collaborated with NZNO to celebrate International Nurses Day on May 16th. Director Grace Wong and Steering Group Member Karen Stevens assisted Florence Nightingale (aka Grace Benson) hosting a stall at the Mangere markets. Providing lung age checks and giving advice and information on Smoking Cessation as well as giving away 300+ balloons.



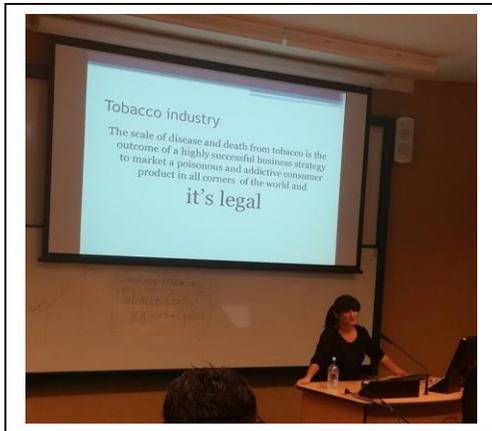
Occupational Health Nurses Delivering health targets?

The Ministry of Health is investigating ways that current ABC health target activity undertaken by Occupational Health Nurses could be shared and recorded with the patients PHO. The intention is to develop a brief guidance document for PHO's to use in establishing/formalising relationships between Occupational Health Nurses and PHO's. The Ministry is interested in hearing from anyone who has experience in successful working with occupational health nurse.

Smokefree Nurses Maori Strategy Update

Smokefree Nurses continues to work on its Maori Strategy goal to be present at Maori nursing hui and again provided sponsorship of the National Council of Maori Nurses student Nurses hui held at MIT in May.

Smokefree Nurses Maori strategy lead Evelyn Hikuroa



facilitated workshops which were attended by 200 Maori student nurses and some Maori Registered Nurses.

At the NZNO Te Runanga Indigenous Nurses Aotearoa Conference on August 7th Evelyn presented to 300 Maori nurses and student nurses, a study she carried out in 2014 on reducing smoking among Maori student nursing using financial incentives.

National Smokefree Working Group Smokefree Aotearoa 2025 Action Plan 2015-2018

The National Smokefree Working Group has recently released their Smokefree Aotearoa 2025 Action Plan for 2015 – 2018. The plan includes 13 priorities set around three strategy areas.

- Increasing Effective Cessation
- Effective Legislation
- Increasing Public Support



The plan identifies four priorities to around Increasing Effective Cessation, namely

- Delivering comprehensive cessation services tailored to community needs
- Increase tobacco control mass media
- Utilise the best cessation technologies
- Develop a policy response to Electronic Nicotine Delivery Systems (ENDS)

If you have not already seen a copy it can be accessed on our [website here](#).

Smokefree Nurses Strategic Plan

The National Tobacco Control re-alignment process is currently being undertaken by the Ministry of Health. The purpose is to realign all contracts, including smokefree nurses contract.

While we have made a submission and attended meetings as part of the consultation process, we are working to develop a Smokefree Nurses Strategic Plan to set out our focus over the next 3 years. We will be undertaking consultation on this in the future.

Smokefree Nurses in Tonga



Smokefree Nurses Pacific Strategy lead Linda-Loma Tasi recently presented at the 3rd Tongan Nurses International Conference in Nuku'alofa, Kingdom of Tonga. Her presentation titled *'Tobacco Free Pacific*

2025 ... Tongan nurses LEAD the way!' focused on the concepts of Tongan Health and its alignment with evidence-based cessation to support the people of Tonga.

Every nurse must be part of the collaborative that champions the way towards a smokefree Pacific. Tongan nurses and the healthcare workforce must arm themselves with current and evidence-based cessation support and advice that not only ensures effective quit attempts, but also generates health choices for young Tongans today, and in their tomorrow.

Linda stayed on in Tonga for a week as a guest of the Tongan Ministry of Health and trained nearly 100 nurses, student nurses, doctors and allied health professionals in evidence-based cessation support and advice.

Smokefree Nurses have hosted 2 groups of Nursing Students from Auckland University who were completing projects for their Community Health Paper. The projects were both of very high standard.

The first group undertook a literature review and Key Informant Interviews to identify whether mandatory referral to Smoking Cessation Service in Pregnancy was effective. They talked to three experts, one in the UK where mandatory referral is being implemented.

We wanted to understand the evidence around this and also if it worked whether it would be worth looking at on confirmation of pregnancy so women were supported to stop smoking earlier in pregnancy. However, there is still insufficient information on whether mandatory referral to smoking cessation services is effective in reducing in smoking in pregnancy.

The second group looked at the future direction of Smokefree Nurses/ Aotearoa/New Zealand. They developed a survey for key informants to identify and rank priorities for smokefree nurses work into the future. Specifically, asking about Smoking in Pregnancy, Smoking as a nursing specialty, Smokefree Nurses on Social Media and soliciting further suggestions for priority from those interviewed.

What's Coming Up?



The next WERO challenge begins in September 2015. Could you support a team of patients or colleges to take up the challenge? Find out more information [here](#).

The 2nd annual Stoptober campaign launches on 1 October 2015. The 31 day stop smoking challenge aims to prompt mass quitting across New Zealand. Information on the 2015 campaign and how to support your patients/colleagues and whanau will be available from 1 September at www.stoptober.nz



Electronic Cigarettes

Smokefree Nurse have added a new section on our website with information on [E-cigarette](#). This includes information on the Scientific Evidence around E-cigarettes, and a Cochrane Review (2014) on the use of Electronic cigarettes for smoking cessation and reduction.

For those of you who have not seen the June 2015 Nursing Review article [Electronic Cigarettes Life savers or Smokescreen?](#) it is an interesting read. Bringing together both sides of the moral debate around e-cigarettes it presents the pre-cautionary approach being taken by amongst others the New Zealand Ministry of Health, alongside the 'lesser of two evils' or 'harm reduction' perspectives being taken by a number of health researchers and service provider.

Smokefree Cars

[Smokefree Cars Tool Kit](#) – a guide for local health promoters and community members is available here. The guide will be useful for Public Health nurses and those working in the wider community in Health Promotion roles.

Nurse-led smoking treatments

We are interested in highlighting the work of nurses using a range of treatment options:

- Group Based Therapy,
- Motivational Interviewing,
- Supporting patients with WERO, Stoptober
- Phone follow-up after providing NRT/ prescription
- any other nurse led treatment modalities

If you are involved in working with patients to help them stop smoking and would be happy to share your experiences with us for our next newsletter focus on 'treatment' please [contact us](#).

Smokefree Nurses Aotearoa/New Zealand

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