

Welcome to the first edition of the Smokefree Nurses Newsletter for 2016. It is hard to believe that 2015 went so fast. We hope everyone had a Merry Christmas and a safe and happy holiday and we wish everyone a happy 2016.

It is with pleasure we welcome 53 Nurse Educators who signed up to the Smokefree Nurses mailing list at the Australasian Nurse Educators Conference held in Auckland in November 2015. This is the largest number of nurses we have had sign up at one conference. We will ensure each newsletter contains a section on undergraduate nurse teaching, in this issue see pg.3.

In this issue we focus on Smoking Cessation treatment and showcase nurse-led treatment options being used by nurses around the country; including the use of Group Based Treatments in Primary Care and in a Medical Detox inpatient setting; supporting patients participating in WERO; and an example of how Practice Nurse Jane Quinn has incorporated some Motivational Interviewing techniques into her Practice Nursing role.

We have a number of other articles on nurse-led treatments in the pipeline so look out for their inclusion in future newsletters. If you would be happy to share your experiences of nurse led-treatment or of teaching Stop Smoking treatment in future newsletters please [contact us](#).

Group Based Treatment to support Smoking Cessation

East Health Trust PHO Nurse David Harrison is passionate about providing Group Based Treatment to support patients to stop smoking. The results of Group Based Treatment speak for themselves with quit rates ranging from 68% to 100%.



The seven week group based smoking program is based on an evidence based program which has been running in the United Kingdom for 25 years. The program combines Cognitive Behavioral Intervention with structured weekly tasks, group support and mentoring. The one hour sessions are run in a Motivational Interviewing style, and are non-judgmental.



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David co-facilitates the 7 week program with his colleague Parvin Kapila Health Promotion Coordinator for East Health Trust PHO.

In week one and two of the program participants focus on preparing for quitting, providing the group information on NRT and prescribed medications to aid quitting. This gives participants time to see their GP for medications if they choose to use them and to begin using medications or NRT before the quit date.

Week three of the program is quit day. The role of the group changes with participants taking a key role in supporting each other. They start to txt or ring each other during the week between sessions, providing buddy support to each other for the remaining 4 weeks of the program.

When asked what Nurses bring to facilitating group based treatment David is unequivocal in his answer

“Nurses bring empathy, compassion ‘clinical knowledge and skills to understand those with complicated medical histories or co-morbidities. The underpinning clinical knowledge of long term conditions, (asthma, COPD) is a strength nurses bring to this program”.



East Health Trust PHO also run ‘Call Centre training’ for Practice Nurses and Receptionist aimed at supporting them to provide front line telephone support to their enrolled patients. It helps them to draw on a motivational interviewing approach to create ‘change talk’ to move a smoker from ambivalence to setting a quit date. Knowing how to respond to resistance and answer common questions is essential to help the client on their journey to become smoke free.

Nurses supporting patients to become smokefree through the WERO challenge

Nurses at the Bluff Medical Centre use the WERO Stop Smoking challenge as a vehicle to promote and assist their patients to become smokefree.

For Practice Nurse Charleen Waddell WERO provides a different way to encourage patients to stop smoking.



“WERO appeals to people’s competitive side, and it provides an opportunity for people to do some good, while also helping them on their journey to becoming smokefree”.

Establishing a practice based team to enter WERO starts with promoting future competitions to people who walk into the practice. However, they also work in a way to support change within families by supporting patients to ‘recruit’ whanau members to take part alongside them. So mums and dads, mothers and daughters and larger roopu whanau are taking up the challenge together.

Nurses also work alongside the local Aukati Kai Paipa (AKP) worker Barbara Metzger from the Nga Kete Matauranga Pounamu Charitable Trust in Invercargill. Hosting weekly drop in clinics at the medical centre throughout the competition, and utilising the flexibility of the AKP service to do home visits to provide additional support and to complete CO monitoring if needed. This complements the Medical Center’s free Nurse and Doctor visits available for WERO participants throughout the challenge ensuring patients are supported, have access to stop smoking medicines and NRT throughout the challenge.

Partnering with the AKP provider also has the added benefit of bringing in someone who is well respected and well known in the local community who has significant rapport and connections with whanau living in the area. ‘It is not uncommon for Barbara to turn up to meet with one person and find four or five whanau members all wanting to join and take on the WERO challenge together’ said Charleen.

The partnership has led to success in successive National WERO challenges, with teams supported by Nurses at the Medical Centre winning national challenges. In fact the latest WERO challenge, which ran from September 1 to November 30, 2015 saw the Bluff Medical Centre and Nga Kete support multiple teams with two going on to win the National Competition with all 10 members having quit smoking after the 3 month challenge!

WERO regional co-coordinator and Registered Nurse Trish Fraser was quoted in the [national media](#) after the latest win describing the support Nga Kete and the Bluff Medical Centre provide to support patients to stop smoking as ‘an inspiration’.

The next [WERO competition](#) starts on March 1st 2016.

Smoking Support Group in Medical Detox

Waitemata DHB Nurses Karen Fraser and Elly Richards have established a Smoking Support Group within a Medical Detox Ward to support 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.

While the Smoking Support Group has a variable uptake, the people who do attend benefit as evidenced by their increased use of NRT, reduced craving and better management of nicotine dependence while in the unit. There is also increased quit attempts and an increase in requests for quit cards to be written on discharge for clients attending the group.

In 2015 a WDHB patient support facilitator on the Smoke Free Team has been established to facilitate referrals for clients who wish to have more support to reduce or quit smoking in the community.

Karen and Elly are also involved with an initiative to develop a set of “tool boxes” for MH and



Addiction services across the Northern region for smoking cessation support that includes sensory modulation. This is being led by Bernie McBride.

Are you a “Happy Smoker”?

“Who in the room flosses their teeth twice a day?”

That was how Mark Wallace-Bell started his session on Motivational Interviewing at the Smokefree Nurses Symposium in March 2015. Reminding us that none of us lead totally healthy lives and to suggest we should (and can) is not a good way to get buy in from people we want to encourage to give up smoking.

When I call people to have a conversation about smoking I start by saying “Hi is that Rose? I’m Jane, a Nurse from Victoria Clinic, we are updating our records and I see that you have been a smoker. Are you a “Happy Smoker” or do you think you are ready for a chat about smoking???” (I never say are you still smoking).

Reply1: If Rose says “Yes I am a happy smoker”

I say “Apparently 80% of people who smoke wish they’d never started. I just need to remind you that the chemicals in the cigarettes can lead to heart disease and various types of cancers, that’s why we “Harp on” about smoking. So if you change your mind and decide you want to quit please call us and we will be delighted to help”.

Reply 2: If Rose says “No I’m not a happy smoker, I would love to quit, I’ve tried often but I just start again...”

Then I tell her it’s an addiction and that it’s common for people to quit and start again. Triggers may be stress, being with friends who smoke, not wanting to decline an offered cigarette – it can just take one.

I ask what Rose used on previous attempts to quit. She may say she used patches only, so I explain the benefits of using patches together with gum or lozenges. I ask Rose when she smokes and how soon after she wakes she has her first cigarette, as that helps me understand the strength of her addiction.

I know Rose’s age from our records so I often say “You are really young (anyone under 35). If you could quit now you may avoid the problems smoking causes. To older people I talk about the benefits of quitting as

fewer chest infections, better health and money in the bank.

I offer her a voucher for NRT products and a copy of The Quit Book. I discuss the tips it contains, like switching from coffee to tea or water if she always has a smoke with her coffee; planning what she will do when out with friends who smoke...are there non-smoker friends she can stay with when the others go out for a cigarette?

I ask if I can call her within the week to see how she is doing, and I recommend she gets the support of Quitline, because they can be in touch more often than I can. If I’m talking to a patient in the Clinic who smokes, after I have checked their BP and talked about the reason for the visit I ask about smoking using the “happy smoker” approach as that seems to lighten the message and starts the conversation positively.

Incidentally for about a week after attending that session with Mark Wallace-Bell I flossed daily, but now it’s only a few times a week.

Australasian Nurse Educators Conference

Attending the Australasian Nurse Educators Conference for the first time was a rewarding experience for smokefree nurses staff and volunteers.



In addition to signing up 53 Nurse Educators to our mailing list we had 188 visits to the stand, and positive feedback on our What Smokers Really Want resources.

As well as being a Professional development tool the [‘What Smokers Really Want’ video resources can be used as a teaching tool to teach Smoking Cessation](#), and to **develop communication skills**.

Our evaluation of the use of the videos with nursing students showed the thing they liked about them most of all was the fact that **the videos are real nurses communicating with real patients**.

[The one hour online training](#) can also be completed by Nursing Students who will receive a certificate to add to their portfolio upon completion.

Pacific Strategy Lead wins Whitireia research star award.

Smokefree Nurses Pacific Strategy lead Loma-Linda Tasi was presented with a Whitireia research star award on 3rd December 2015.



The award was for her work on ABC Brief Smoking Cessation Interventions in Tonga earlier in 2015.

Our congratulations to Loma-Linda, it is great to see her hard work to contribute to a

Smokefree Pacific acknowledged.

Resources

The Heart Foundation Stop Smoking course changes



The Heart Foundation has launched a [new e-learning course](#). The Stop Smoking course includes three evidence-based online modules designed to equip health sector staff with the

required knowledge and skills to effectively promote smoking cessation. On completion of the modules, participants will be eligible to complete a face-to-face motivational skills workshop. The 2-3 hour online course builds on the '[Helping people to stop smoking](#)' e-learning course from the Ministry of Health covering more technical knowledge.

Oceania Tobacco Control Conference (OTCC) 2015

A copy of the conference program, plenary session videos and presentations from the Control Conference (OTCC) 2015 are now available on the [Cancer Council WA website](#).



What's Coming Up

HPA Smokefree Community Partnership s grants.

The HPA is again offering Community Partnership grants in 2016. These grants are for upto \$4,500 and can be applied for by community groups and non-government organisations. The aim is to provide financial support to undertake tobacco control work to support smokefree environments for wāhine hapu and their whānau, particularly whānau with young children.

The application form and related documents are available on the [smokefree.org.nz website](http://smokefree.org.nz).

Applications close **12 noon, Monday 1 February 2016**.

Otago University Summer School Program

ASPIRE 2025 will be hosting two courses at the 2016 Otago University (Wellington) Public Health Summer School that maybe of interest to nurses involved in Smokefree

- **Smokefree Urban Areas** 11 February 2016. This course provides an opportunity to learn about a growing area of policy change for cities and towns throughout New Zealand.
- **From Facebook to Instagram** 15 February 2016. This course provides an opportunity to learn about a growing area of policy change for cities and towns throughout New Zealand.

WERO Stop Smoking Challenge

The next WERO challenge begins on **March 1st 2016**. There is still time to support a team of patients or colleges to take up the challenge? Find out more information [here](#).



Smokefree Nurses Aotearoa/New Zealand

