

Welcome to the 32nd edition of the Smokefree Nurses Newsletter. In this issue we continue our focus on Smoking Cessation treatment and showcase the nurse-led treatment options being provided by Josephine Davies a Nurse Practitioner at Mania PHO. Along with a write up on nurses' feedback from the Heart Foundation seminar on Supporting better health outcomes for Maori and Pacific in Primary Care.



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For nurse educators we also have a section introducing the 'Green Monster Analogy' that can be used in teaching students to understand nicotine addiction.

Nurse Practitioners supporting Smoking Cessation



Nurse Practitioner Josephine Davis has a large and varied role at Manaia PHO in Northland. Josephine's role includes training and supporting

the development of primary care capacity in respiratory care and assisting with development and localising of clinical pathways for respiratory conditions such as COPD and asthma.

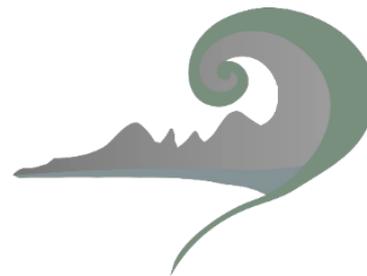
In addition to this Josephine carries a clinical load of children and adults with complex respiratory needs. Working with people with chronic/complex respiratory illness who smoke or are exposed to second hand smoke requires her to be 'realistic and non-judgemental'.

Josephine understands that some of her patients see smoking as their 'friend' and are highly addicted to nicotine, many have also tried to quit smoking a number of times before.

When asked how she supports these patients around their smoking she says

"Primarily it is about having the conversation, making sure patients are aware of what's available to help them stop smoking, know the door for help to quit is always open and continuing to prompt quit attempts."

Creating an environment and clinical relationship where there is no blame and no judgement is essential. Being able to prescribe stop smoking medications alongside other medications as appropriate is also a key role for her as a Nurse Practitioner.



Josephine also works to ensure that patients are aware of all of the health benefits of stopping smoking, advising patients of heart and other physical health benefits alongside the respiratory health benefits. As well as promoting the health benefits of smokefree environments for adults and children.

Josephine's advice to other nurses is to remember

"It is important to continue to ask the question, as this might be the right time to prompt a quit attempt."

What Smokers Really Want – Professional Development Prize Draw winner

Congratulations to Alison Edwards a practice nurse in Te Anau who won the Smokefree Nurses 'What Smokers Really Want' Professional Development Prize Draw. Every nurse who successfully completes the Professional Development quiz goes in the draw to win a \$200 voucher of their choice.



Supporting better health outcomes for Maori and Pacific in Primary Care

Smokefree Nurses sponsored 5 nurses to attend the Heart Foundation Symposium focused on health outcomes for Maori and Pacific in Primary Care held in Rotorua in 24 May 2016.



Scholarship winners Annie Helmsley & Annie Schenkel

Feedback from the Scholarship recipients shows that nurses valued the opportunity to attend the workshop and found it very useful.

"I realised we are not alone ... we are collectively missing the mark with our targets and "box ticking ... We will be making some changes. One person at a time and one day at a time."

I found the symposium very interesting and the information invaluable to my every day practice".

Nurses found the opportunity to hear from consumers useful. One participant described the consumers who spoke as *the stars of the show*. While others commented that

"Yvonne's real life experience was very relatable and outlined the need for individualised plans for every health consumer. This was a fantastic opening topic to the symposium as it set the scene for discussions with the health consumers most in mind."

"What I took away from this symposium overall was thinking about these topics from a health consumers point of view; To make time to listen, support, make individual strategies and commit to the process."

World Smokefree Day 2016

Whanau continues to be a strong motivator for people to quit smoking. Hence the theme for was 'it's about whanau'.

World Smokefree Day was marked by the announcement of plain packaging for cigarettes after a [short consultation period](#) on the proposed requirements.



The Day followed the Budget increase on tobacco excise tax bringing the price of a 20 pack to about \$30.00 by 2020. The Hon Tariana Turia strongly supported the move which aims to reduce both smoking and initiation. There has been a robust debate about the price rises with grave concerns that it impacts on low income and

Maori smokers with no concurrent reduction in prevalence (as measured in the NZ Health Survey but not the Census).



Hon Tariana Turia & Dr. Grace Wong, Director Smokefree Nurses.

National Training Service

The Service is consulting about standards for smoking cessation training [here](#) by June 20. You are invited to participate. You will find "nurses" mentioned in "Brief Interventions" and "Using Medicines Refresher".

The Service is funded to provide national training in stop smoking treatment and workforce development to ensure quality, consistency and evidence-based best practice.

Second hand smoking and Pets

If people needed another reason to stop smoking informing them that second hand smoke effects their loved pets maybe the trigger for some. In recent years, studies have concluded that tobacco and secondhand smoke are dangerous for pets.

An ongoing study by the [University of Glasgow](#) shows a direct link between the effects on pets living in a smoking environment with a higher risk of health problems including some animal cancers, cell damage and weight gain.

The Truth Initiative in the US is working to end smoking for good. They are working to raise awareness of the effect of secondhand smoke on pets their quirky videos [finishit](#) and [catmageddon](#) have gone viral.

‘Cats and dogs are twice as likely to get cancer if their owners smoke’. Cigarettes cause our pets and other animals to suffer, too. Stopping smoking is the best option for your pet’s future health and wellbeing. Take the Pets and Tobacco quiz [here](#)



Electronic cigarettes Documentaries

Two very different, but equally compelling, documentaries about e-cigs debuted in May.

The first, [A Billion Lives](#), traces e-cig origins and current policy debates in health and policy. It particularly focuses on the powerful commercial interests which affect their translation into everyday use in the USA.

The second, *E Cigarettes: Miracle or Menace?* (BBC Horizon) includes fascinating footage of cells exposed to e-cig vapour vs tobacco smoke, and a small scale “experiment” following groups of smokers quitting using e-cigs, NRT and cold turkey. Watch it [here](#).

Electronic cigarettes Royal College of Physicians

The Royal College of Physicians has published [Nicotine without smoke: tobacco harm reduction](#) concluding that:

- E-cigarettes are not a gateway to smoking
- E-cigarettes do not result in normalisation of smoking
- E-cigarettes can act as a gateway **from smoking**
- Long-term harm from e-cigarettes is likely to be very small, and substantially smaller than that arising from tobacco smoking
- Long-term health risks associated with e-cigarettes **are unlikely to exceed 5% of those associated with smoked tobacco products, and may well be substantially lower than this figure.**

In contrast, the FDA have [regulated ENDS](#) (electronic nicotine delivery devices) rigidly. These regulations will have major repercussions on American smokers’ access to e-cig products and product innovation.

[In New Zealand](#), e-cigarettes are available and e-cig liquid with nicotine can be imported for personal use.

[Here](#) is a recent UK briefing for health professionals about e-cigarettes and patients. [Here](#) is an interesting clinical case debate, about a 29 year old man, on e-cigs for cessation from the *New England J. of Med.*

International Nurses Day

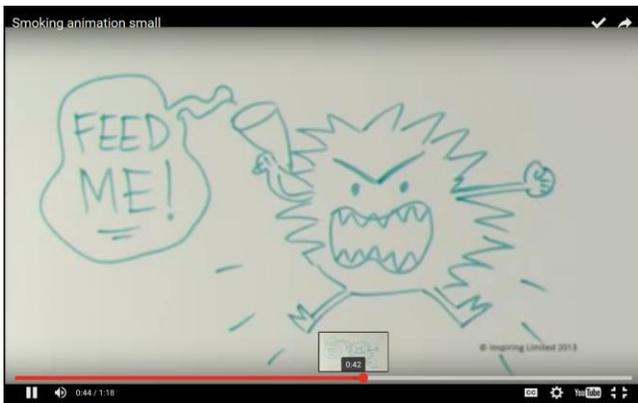
Karen Stevens (RN; Manager ADHB Smokefree Services ADHB) offered smokers support to quit and represented all 1,000 of us Smokefree Nurses at the NZNO tent on International Nurses Day.



Karen Stevens, Florence Nightingale & Filipino nurses at the NZNO International Nurses Day tent, Auckland Domain.

The Green Monster

Teaching students or patients to understand nicotine addiction is easier with [‘The Green Monster Analogy’](#).



The chalk drawing animation developed by Inspiring Limited 2013 is a clever way to show students how continuing to have a smoke even one puff feeds the ‘monster’ making it more difficult for patients to stop smoking.



The animation can also be used with smokers trying to stop smoking. It can be viewed on [youtube](#)

Cow Pat Quit and Win

Smokefree Nurses have completed our *Cow Pat Quit and Win* research and submitted it for publication. We wanted to see if adding a humorous prize draw to routine nurse ABC interventions would change patient quit rates and be acceptable.

The humorous element was based on Cow Pat Bingo, a fairground game where a cow is placed in a field which has been marked with numbered squares. People buy numbered tickets. The winner is the person with the ticket number which matches the number on the square the cow drops her first pat on.

The research results (which include reduced dependency among those who continued to smoke) were [presented](#) at the Tobacco Control Research Turanga symposium.

The symposium, held in Auckland on 25 May, brought together researchers from around New Zealand across a wide range of disciplines and institutions to showcase their research supported by the Tūranga.

Interviews with some of the presenters and pdf versions of some of the presentations on the day can be found [here](#)

