## Smokefree Nurses Aotearoa/New Zealand Primary Health Care Nurses Strategy

### Vision for Primary Health Care

*Every primary health care nurse has a personal goal to work towards a Smokefree Aotearoa 2025*

Every primary health care nurse to be a quit-card provider

Every primary health care nurse and their whanau/family striving to be smoke-free

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### GOALS

- **Improve information and education**
- **Improve nurse leadership**
- **Increase health equity**

### OBJECTIVES

- **Improve information and education**
  - To provide accessible relevant stop smoking information
  - Build competence and confidence through education to use enhanced communication skills

- **Improve nurse leadership**
  - Support nurse leadership of stop smoking interventions in primary health care settings

- **Increase health equity**
  - Shift the focus from personal health to population health in primary health setting
  - Support the implementation of Smokefree Nurses Maori, Pacific and Mental Health Strategies in primary health care settings

### FOCUS AREA/ACTIONS

- **Improve information and education**
  - Develop the Smokefree Nurses Aotearoa website into a ‘one stop shop’ resource for stop smoking information, interventions, tools and support for nurses and other health professionals
  - Campaign to make the website [www.smokefreenurses.org.nz](http://www.smokefreenurses.org.nz) primary health care nurses’ first point of contact for stop smoking practice
  - Increase the number of primary health care nurses who are members of Smokefree Nurses Aotearoa

- **Improve nurse leadership**
  - Advocacy with smokefree coordinators and PHO health promoters to promote motivational interviewing training, *What Smokers Really Want* education resources and ABC online training for primary health care nurses
  - Advocate for NetP training to include the practice of ABC and the offer of treatment for five patients

- **Increase health equity**
  - Advocate for a population health approach within PHO’s, General Practices and other primary health care settings to target priority groups to support quitting
  - Advocate for inclusion of information on effective interventions for priority populations (Maori, Pasifika, Mental health clients, pregnant women and youth) in stop smoking training
  - Promote the notion that every primary health care nurse should deliver evidence based stop smoking interventions at every encounter with priority population members who smoke or are smoke-exposed

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### GOALS

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<th>Normalise a smokefree culture in Schools of Nursing</th>
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<td>Support nurses to become smokefree</td>
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<td>Support public health and national policy</td>
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### OBJECTIVES

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<thead>
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<th>Support stop smoking education in Schools of Nursing</th>
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<td>Reduce smoking among primary health care nurses</td>
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<td>Support public health national tobacco control measures</td>
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### FOCUS AREA/ACTIONS

| Advocate for and support education about the 2014 Stop Smoking Guidelines in all Schools of Nursing, follow-up with Schools of Nursing on their implementation of the 2014 Guidelines into their undergraduate curriculum. |
| Advocate that all Schools of Nursing Lecturers complete brief stop smoking intervention training |
| Promote the ABC Learn on Line on-line training tool (http://learnonline.health.nz) in Schools of Nursing |
| Raise awareness of nurse smoking rates and promote the development of appropriate support and treatment for nurses and nursing students who smoke. |
| Participate in, and actively support, national campaigns for legislation / policy change; make submissions on legislative and policy changes; meet with Members of Parliament, Ministry of Health staff and advisors as appropriate |
| Actively support and promote national health promotion campaigns in general practice and other primary health care nursing settings |

The development of a Primary Health Care Nurses Strategy for Smokefree Nurses Aotearoa/New Zealand recognises the important role of nurses working in primary health care in reducing the burden of smoking on individuals, whanau and communities. Primary health care nurses are in an ideal place to intervene with populations who bear a disproportionate burden from smoking related disease, and hence we are in a powerful position to increase health equity.

As nurses working in primary health care we form ongoing relationships with our patients, whanau and communities and act not only as ‘nurse/treatment provider’ but as role models and advocates within our communities.

On behalf of Smokefree Nurse we would like to thank those nurse who have given their time to develop and provide feedback on this strategy.

Mary Carthew  
Primary Health Care Strategy Lead  
Smokefree Nurses Aotearoa/New Zealand