Welcome to the first smoking cessation, tobacco control and nurses symposium, *Nurses Leading the Way to a Smokefree Aotearoa*.

The symposium reflects the variety and depth of smokefree research and practice by nurses. It is an opportunity to advance professional accountability and recognition for nurses’ contribution to declining smoking rates in New Zealand.

The symposium fulfils Smokefree Nurses’ commitment to follow-up ideas and suggestions from our inaugural meeting (28 June 2008, Te Papa). We honour the nurses who were present then and who are here today.

Today we look to the future of nursing, smoking cessation and tobacco control. Nurses are a powerful effective work force. Nursing innovation is second to none. We have ten years left to achieve a smokefree Aotearoa. We must identify priorities so we can locate support and resources to enable nurses to reach their potential to address non-communicable diseases and to make New Zealand smokefree by 2025.

Grace Wong  
Director  
Smokefree Nurses Aotearoa/New Zealand
# Programme

**Nurses leading the way to a Smokefree Aotearoa**

19th March 2015, 8.30am-5.00pm  
Quality Hotel, 20 Gladstone Road, Parnell

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<td>Sum Up And Close</td>
<td>Evelyn Hikuroa, Dr Grace Wong</td>
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SPEAKERS

Kate Dallas, RN
Nurse Coordinator | Smokefree, Waikato DHB
Kate is an experienced nurse and midwife with experience working as a rural practice nurse, a midwife and as a Public Health Nurse. Kate is currently employed as a Nurse Coordinator Smokefree at the Waikato District Health Board, providing clinical leadership in nicotine addiction, Policy and Procedure and Resource Development. Kate also facilitates workshops for hospital staff and undergraduate nursing and midwifery students at Wintec.

4.00pm To 2025: Next steps for nursing: Panel member

Dr Barbara Daly, PhD, MHSc, BSc, RN
Barbara is from the South Island and has clinical experience in surgery and public health (Bolivia). After completing a science degree (biochemistry and physiology) she moved into the education sector in the 1990s teaching biological science-based courses to under- and post-graduate nurses. Her research interests include the prevention and management of cardiovascular disease and diabetes and extending the role of primary health care nurses (PHC) in the managing chronic diseases. She completed a PhD in 2012 and has several publications from this research, that involved randomly surveying 26% of all PHC nurses (n=287) in the Auckland region and examining their role in the community management of diabetes, including smoking cessation. Information was also collected on a random sample of 265 diabetes patients consulted by the PHC nurses surveyed.

11.00 am Smoking Cessation for diabetes patients by primary care nurses – how well are we doing?

This presentation examines the provision of Smoking Cessation services in the management of diabetes and the role of primary health care nurses in providing Smoking Cessation services to patients with diabetes.

Georgina Darkens, RN
Georgina was born in Scotland, grew up in NZ and returned to UK to train as a Mental Health Nurse. She worked in England as a Charge Nurse in a Psychiatric Adolescent Unit before travelling to Canada and the Caribbean to work with older adults and young people respectively. On returning to NZ in 1996 she worked in Taharoto Mental Health Unit and eventually trained in adult education to take on the educator role in MH. Georgina quit smoking the day she walked into the role of Smokefree Co-ordinator in August 2009. Georgina is the Smokefree Co-ordinator in the mental Health Services Group at Waitemata District Health Board.

3.30 pm “Are the Smokefree challenges for users of MH services the same as those for the general public?”

Co-presented with Jane Galea-Singer the presentation looks at consumer perspectives, dispelling myths, and concepts in MH nursing that promote a meaningful conversation. We will also weave in some practical approaches.
Karen Fraser
Karen is a Physiotherapist working in the Medical Detox Unit and Community Home Detox Teams at Waitemata DHB. She has been a Smokefree Trainer for the Mental Health Services Group for 4 years, and helps run the Smoking Cessation Support group in the Detox Unit. As well as running a Sensory Modulation programme through CADS, and uses this approach in the Smokefree work with her clients.

2.40 pm Smoking Support Group in a Medical Detoxification Inpatient Unit
Co-presented with Elly Richards the presentation outlines the development of a Smoking Support group which was started a year ago to assist clients to manage their nicotine dependence while inpatients in this WDHB smoke free environment. This presentation will discuss the background, content, benefits and impact of this group, both on the individual and the service as a whole.

Jane Galea-Singer, QNMH, MBA
Jane has 25 years of experience in Mental Health both in the clinical and management fields. She completed Nurse training at Leybourne Grange, Kent, England. Her working days began in the long-stay institutions, where smoking was an entwined part of mental health culture. Jane witnessed this culture continue in the move to supported community care, through Service management positions. Jane obtained a Master’s Degree in Business Management at Brighton University. She spent some time working as a Director for a London based charity & working in management consultancy prior taking the leap to move to Auckland.

Jane has recently moved into a post with Auckland District Health board as a Smokefree Coordinator for Mental Health. This is a job of passion for Jane, who is a strong advocate for a smokefree Aotearoa and keen to stop the cycle of addiction to nicotine in mental health.

3.30 pm “Are the Smokefree challenges for users of MH services the same as those for the general public?”
Co-presented with Georgina Darkens the presentation looks at consumer perspectives, dispelling myths, and concepts in MH nursing that promote a meaningful conversation. We will also weave in some practical approaches.
David Harrison, RN, RGN, BSc (Hons) UK

David is a retired British Army Major, who completed 20 years of full time service in 2009. He has acquired Senior Nurse Management experience in both Primary and Secondary care. David is currently appointed as Nurse Leader at East Health Trust (PHO) in Auckland. His role involves providing professional development and education support to the 22 GP practices within East Health Trust (PHO). With a specialist background in Infection prevention and control in Microbiology, David supports audit and policy development as well as delivering education and training to Doctors and Nurses. David is also a Master trainer in Stanford Self-Management Education and a group based treatment facilitator for smoking cessation. David is passionate about patient empowerment and self-management education promoting this philosophy of care across the PHO.

2.20 pm    Group Based Therapy

David will share the experiences of an East Auckland Primary Health Organisation in delivering a very successful group based treatment programme since May 2012. His presentation will include what worked well including follow up groups and linking patients to other self-management education programmes including mindfulness based stress reduction and healthy eating, active lifestyle.

Evelyn Hikuroa, RN, MPH

Evelyn Hikuroa (Ngati Maniapoto) Senior Lecturer, Faculty Leader Maori in the Faculty of Nursing and Health Studies at Manukau Institute of Technology. She teaches Māori Health and nursing with a community focus to undergraduate nursing students. Evelyn is a member of Smokefree Nurses.

9.45 am    Supporting Maori student nurses to stop smoking

*Quit for Good* studied the efficacy of financial incentive as a method to achieve smoking cessation among Maori student nurses and their whanau members.

Marcus Lang, MNurs (Hons), BSc, RN

I have been working in acute care areas like acute dialysis and critical care from more than 15 years. I have trained and worked as a nurse in Austria. I held senior nursing roles in both the UK and New Zealand. I am proud father of three amazing girls (Laurena, Gloria, Sophia). I have a passion for smoking cessation and have been promoting this in the critical care. I hold a MNurs (First Class Honours) from the University of Auckland and a BSc in Professional Clinical Practice from the University of Brighton.

11.35 am    What are the factors that influence the delivery of smoking cessation advice in critical care environments?

Hospitalisation can provide an opportunity for smokers to quit. Smokers make up a high percentage of patients admitted to intensive care services. This presentation examines the valuable contribution healthcare professionals working in critical care environments can make by providing smoking cessation advice.
Miriam Lindsay, RN

Miriam is a registered nurse, with 17 years of nursing experience in both secondary and primary care. Miriam is close to completing a postgraduate diploma in Leadership and Management in Health Science at AUT. Miriam is a Nurse Champion at the Heart Foundation and prior to the Heart Foundation she was a Practice Nurse and Nurse Lead at a medical practice in Auckland. She is passionate about supporting nurses to be competent and confident in delivering high quality cardiovascular risk assessment and management. Nurses make a difference!

11.15 am Putting people at the heart of reducing cardiovascular disease

Stephanie Muir, RN, MN

Stephanie is an experienced registered nurse have worked as a primary health nurse at Corrections for nearly 10 years and also worked at Wanganui Hospital, primarily in orthopaedics for 20 years prior to that. I trained at what used to be called Southland Polytechnic but is now known as SIT. I did a post graduate diploma through Auckland and my Masters through EIT.

10.10 am Changes in health perceptions of male prisoners following a smoking cessation programme

This presentation describes the implementation of a nurse led smoking cessation programme within a men’s prison and the resulting changes in male prisoners health perspectives.

Kerri Nuku, RN

Kerri (Ngāti Kahungunu, Ngai Tai) is the Kaiwhakahaere for NZNO, and she has represented NZNO at regional and national level and at international forums such as the International Council of Nurses (ICN), the South Pacific Nurses Forum (SPNF) and at the Congress of Aboriginal and Torres Strait Islander Nurses and Midwives (CATSINaM). Kerri was a member of the Ministry of Health delegation at the World Health Assembly in Geneva. Kerri is a member of Smokefree Nurses Aotearoa and was proud to host on behalf of Te Rūnanga NZNO with the Tobacco Control Nurses a luncheon at ICN congress in Melbourne to lobby for Smokefree changes for nurses. Kerri is a member of the Hawkes Bay District Health Board Māori Relationship Board and Komiti member of Maungaharuru Tangitu Trust. Kerri continues her professional development in Human Rights advocacy, governance, health management, and nursing leadership in the community.

9.30 am How an idea became a reality “our journey out reality”

Te Rūnanga o Aotearoa, NZNO has been advocating for support for Māori health professionals to quit smoking since submitting on the Māori Affairs Select Committees inquiry into Tobacco in 2010. Making this journey into a reality has not been easy; however advocacy and commitment to the Kaupapa has ensured that the initial intent of enabling our health professionals to empower communities, whānau, hapū, and iwi to quit by acknowledging that nurses and midwives are credible and trusted health professionals and are powerful advocates for tobacco free homes and communities; has not been compromised.
Angilla Perawiti, RN
Tena koutou, tena koutou, tena koutou katoa nga mihi ki a koutou mo to kaupapa o te ra nei, tena koutou, tena ra koutou. I work for the Runanga of Ngati Whatua, Te Ha Oranga my Iwi health provider based in Te Awaroa, Kaipara as a Whanau Ora Nurse and the Team Leader. My health portfolio includes a Public Health and Population focused background with some research, plus 10 years in Tobacco Control.

12.10 pm  What Smokers Really Want – catch up with the talent

Angilla and Jeanine Tamati Paratene will discuss the value of What Smokers Really Want with special reference to patient preferences and working with pregnant women who smoke.

Elly Richards, RN, RM
Elly Richards is a Clinical Nurse Educator for CADS Medical Detoxification Services at the Waitemata District Health Board.

3.30 pm  Smoking support group in a medical detoxification inpatient unit

Co-presented with Karen Fraser the presentation outlines the development of a Smoking Support group which was started a year ago to assist clients to manage their nicotine dependence while inpatients in this WDHB smoke free environment. This presentation will discuss the background, content, benefits and impact of this group, both on the individual and the service as a whole.

Jodie Robertson, BSoSc (Hons), BLS, GradDipSocSc, MSocSc, PGDipPsych(Com)
Jodie Robertson (Tainui, Ngati Maniapoto, Ngati Apakura, Ngati Rora), is a community psychologist and social researcher. She works with Momentum on research projects of mutual interest. Ruth and Jodie recently completed an evaluation for the Waikato District Health Board. She has her own research business, Te Raukura Rangahau, and has worked with the Alcohol Advisory Council of New Zealand, the Waikato District Health Board and as a researcher for Te Runanga o Kirikiriroa Jodie has wide experience working in a range of settings within the health and education sectors including: health promotion, mental health, youth health, alcohol-related harm, dual diagnosis, Maori models and measurement of health, evaluation research and secondary school education (both mainstream and Maori education within mainstream settings).

12.10 pm  What Smokers Really Want – catch up with the talent

Jodie is the external evaluator for ‘What Smokers Really Want’ and will invite feedback on the campaign.
**Angela Spalding, RN**

Angela is a Registered Mental Health Nurse working as a Clinical Specialist for at Richmond a large Non-Government organisation providing community and residential Mental Health services. Angela has a back ground in education, training and counselling and an interest in supporting people to be Smokefree.

3.45 pm  “What day are you now?”

Case studies of people’s relationships with smoking and their experiences of choosing to become non-smokers.

**Karen Stevens, RN**

Clinical Nurse Specialist, Respiratory.

I was involved in recruiting the first Smoking Cessation Specialist for ADHB in 2001 when I was the educator for Respiratory Services. I took over the Cessation position in 2004. I worked alongside Jan Marshall, Service Manager, from 2005 – 2012 when I took over as Acting Manager ADHB Smokefree after Jan left. During my time I’ve had the pleasure of working alongside awesome cessation facilitators in our Pregnancy Cessation team, and my colleague Alberto Bonini on the secondary care side. Working alongside Merina Tagaloa we were able to stimulate and grow the Smoking Action Networking Group for WDHB and ADHB.

4.00 pm  To 2025: Next steps for nursing: Panel chair

**Jeanine Tamati-Paratene, (BMD)**

Jeanine (Kai Tahu, Te Atiawar) recently joined Whakawhetu where she works as a Kai Arahi providing evidence based advice on SUDI prevention for Maori. Prior to this Jeanine worked for Action on Smoking & Health (ASH) in community action, advocacy and health promotion for 7.5 years. She is contracted to Smokefree Nurses for the Project Management of the ‘What Smokers Really Want’ campaign.

12.10 pm  What Smokers Really Want – catch up with the talent

Jeanine and Angilla Perawiti will discuss the value of ‘What Smokers Really Want’ with special reference to patient preferences and working with pregnant women who smoke.
Loma Linda Tasi, RN
Loma-Linda Tasi is Samoan and has worked in the health sector for over 20 years. Her work experience includes Services for the Elderly and Mental health as a registered nurse; followed by a decade working with The Quit Group in New Zealand to develop the Pacific services provided by the National Quitline. During this time, Loma-Linda has been involved with development initiatives for better tobacco control support and services for Pacific people in New Zealand. Loma-Linda is the Pacific Strategy Leader for Smokefree Nurses of Aotearoa/New Zealand, and is currently a full-time senior lecturer for Bachelor of Nursing Pacific (BNP) programme at Whitireia, New Zealand. Loma-Linda is a coordinator for the BNP year 2 team and lectures in the Pacific Health and Nursing Practice clinical papers for Community and Family nursing and Mental Health nursing.

10.00 am  Pacific nurses update

Linda will update progress on the Smokefree Nurses Pacific Strategy

Jean Te Huia, RN, RM
Tena Koe; I am an experienced Maori Midwife of 20yrs. Offering Antenatal, Birth and Postnatal care supported in a group practice of well-established Maori Midwives; "Nga Maia Ki Kahungunu". As part of our care we are offering noho Marae antenatal education classes, E Pu, Raranga and Mirimiri. I am also a trained and qualified BFI Lactation Consultant, cervical smear taker, sexual and reproductive health clinician, contraceptive and after birth womanly care. Caring for all ethnicities, in the Hastings and Napier areas.

11.50 am  Working with pregnant women who smoke

This presentation describes experiences of engaging with pregnant women who smoke.

Penny Thompson, RN
Smokefree Programme Manager as Hawkes Bay District Health Board Tena Koe: I have thoroughly enjoyed working in the Smokefree/tupeka kore sector for the last 6 years. Recent successes is the collaboration with our local PHO and the combined effort to achieve the Primary Care Target for two quarters. In addition we a delighted to be in the hand over stage of the Secondary Care Target. The Smokefree Team support clinical staff/health professionals by ensuring Smokefree training/education is up to date, provide opportunities to increase their knowledge, access to resources and management commitment to robust smokefree policies.

Morning Session Chair
Stephen Vega

Smokefree DHB Coordinator at Hutt Valley DHB

Recent work involves working across the three district health board hospitals in Wellington, providing them with support and advice to gain better results for the Health Target on smoking cessation. This involves looking for improvements in the systems and training the clinical staff. Stephen provides smoking cessation training to a wide range of health professionals from GPs to health promoters. Stephen also supports the Regional Public Health office in their work on tobacco control.

Previously Stephen worked for the Quit-Group and established the community based Quit Cards programme as well as providing training in-house to the Quitline telephone staff. In this role Stephen also supported the Heart Foundation to deliver training to health professionals in the community Stephen is also an active researcher and has published papers and letters on tobacco control and smoking cessation.

Afternoon Session Chair

Dr Mark Wallace-Bell, RN

I started my career in health care as a registered general nurse in the UK working in accident and emergency departments and operating theatres. After six years of Nursing I changed my focus and studied for a BSc (Hons) in psychology at Middlesex University in the UK and then became a Lecturer in psychology at the same University. After a number of years as a lecturer I started my PhD studies investigating attentional bias and anxiety on cognition in nicotine addicts. After completing my PhD in 2001 I worked as a senior lecturer in health psychology at Middlesex University and then a Lecturer in Nicotine Addiction at St Georges Hospital Medical School before moving to New Zealand in 2004 to work as a Senior Lecturer in Addictions with the National Addiction Centre, Psychological Sciences, Otago Medical School, Christchurch. In 2009 I moved to the School of Health Sciences at Canterbury University where I am a co-ordinator for two post-graduate papers; HLTH430 and HLTH431 focused on Motivational Interviewing (MI).

My current interest is in the training of health care workers in MI techniques and smoking cessation. I am a part time trainer with the Heart Foundation which involves working with nurses and other professionals

8.45 am Stopping smoking – the latest evidence

1.20 pm Motivational interviewing in action: A short workshop

Dr Grace Wong, RCPN, MPH, BA

Smokefree Nurse Aotearoa, Director

Grace’s work is devoted to tobacco control, nurses and equity. She is Director of Smokefree Nurses Aotearoa/NZ, a senior lecturer in Nursing and Associate Director of the Centre for Migrant and Refugee Research at AUT University. Grace was a public health nurse and researcher/policy analyst at Action on Smoking and Health New Zealand.
For **short** or **long** answers or a **discussion** at lunch or in the breaks:

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<td>Stephen Vega</td>
<td>‘Better Help for Smokers to Quit’ Health Target</td>
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<td>Leanne Manson</td>
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<td>Jean Te Hula</td>
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Please see the presenters in the programme for expertise on other topics such as pregnancy, prisons, critical care

The following nurses have expertise in other areas but were unable to present today:

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<th>Name</th>
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<td>Jill Lamb</td>
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<tr>
<td>Vivien Jones RN</td>
<td>Teenage smokers (see poster on wall)</td>
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ABSTRACT

Cigarette smoking and the frequency of colposcopy visits, treatments and re-referral

Jill Lamb

Current research has confirmed that cigarette smoking is a risk factor for cervical cancer. Although more recently, there has been a slight decline in smoking rates, the relationship between tobacco use and cervical cancer remains clear. The development of research-based knowledge with which to inform the profession will assist practitioners to promote smoke-free practices for women and their families. The aim of this study was to identify whether female smokers referred to the colposcopy department at a city hospital required more follow-up visits, treatments and re-referrals than did non-smokers. This retrospective descriptive study observed new patients (n= 494) who attended a city hospital colposcopy department in 2001 over the following six years. When compared to non-smokers women who smoked were found to be three times more likely to need a third follow-up visit, and twice more likely to need further treatments to remove abnormalities. This study also identified that 71% of Maori women attending the clinic were smokers compared to 44% of non-Maori women. It was also found that Maori women were less likely to attend the colposcopy clinic than were non-Maori. This study highlights to health professionals and to the women who undergo colposcopy, that treatment is more likely to be successful for patients who cease smoking. The results have also supported the importance and relevance of smoke-free education to women. This allows the link to cervical abnormalities and smoking to be explained and smoking cessation assistance offered. This information also highlights the need for Maori women, who are more likely to smoke and have higher rates of non-attendance for appointments, to have services provided that will encourage attendance and smoke-free behaviour.

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### NGĀ KAUPAPA ARATAKI
(guiding principles)

**KAITIAKITANGA**
*Ka hinga atu tētē kura, ka haramai he tētē kura* (cessation and workforce development)
- To advocate and promote tikanga Māori based practices in relation to Auahi Kore me Tupeka Kore and cessation for all whānau, nurses and midwives who smoke.
- Every Māori working or studying in the area of nursing or midwifery will be cessation trained.

**MANAAKITANGA**
*Mā te huruhuru, ka rere te manu* (supporting whānau, nurses and midwives who smoke to be Auahi me Tupeka Kore)
- To advocate for kaupapa Auahi me Tupeka Kore to every group and association of Māori nurses, midwives, student nurses/ midwives.

**KOTAHITANGA**
*Ki a koe tētē kīwai, ki a au tētē kīwai* (working together to support kaupapa Auahi me Tupeka Kore research)
- To create and provide relevant information and research.
- Arotahi, whakaaro tahi, mahi tahi – To work collectively with relevant rōpū and organisations towards achieving the SNANZ vision.
- Provide up-to-date information and advocacy on Māori tobacco control.
- Support current national Māori tobacco control efforts.

**WHANAUNGATANGA**
*He aha te mea nui o te ao? He tangata, he tangata, he tangata* (establishing and maintaining relationships)
- To advocate and promote tikanga Māori based practices in relation to Auahi Kore me Tupeka Kore and cessation for all whānau, nurses and midwives who smoke.

### NGĀ RAUTAKI
(strategic goals)

**HE RAUTAKI MŌ TE RŌPŪ TAPUHI AUahi KORE O AOTEAROA**
Smokefree Nurses Aotearoa/New Zealand Māori Strategy

**TIROHANGA MŌ TE HUARAHI WHAKAMUA MŌ SNANZ** *(vision for the future of SNANZ)*
For all Māori working or studying in the area of nursing or midwifery to realise tino rangatiratanga by modeling good health and supporting colleagues and communities in Aotearoa to be Tupeka Kore.

**NGĀ WHĀINGA** *(actions)*

**KUA TAWHITI RAWA TŌ HAERE KIA KORE E HAERE NUI TONU,**
*KUA NUI RAWA Ō MAHI KIA KORE E MAHI NUI TONU* We have come too far not to go further, we have done too much not to do more

_Sir James Henare_

Sir James Henare

**NGĀ WHANAUNGATANGA MATUA** *(relationships)*

- Advocacy, promotion and training in the area of cessation will be inclusive of ABC, Quitcard and/or kaupapa Māori/ tikanga specific cessation services.
- Access and disseminate research and evaluation information.
- Ensure current and relevant information is available on the SNANZ website.
- Create smokefree electronic social networking opportunities for Māori working or studying in the area of nursing and midwifery.

### How to Contact Us
Smokefree Nurses Aotearoa/New Zealand 09 921 9999 ext 7620 smokefreenurses@aut.ac.nz www.smokefreenurses.org.nz
### Smokefree Nurses Aotearoa/New Zealand Pacific Nurses Strategy

#### Vision for Pacific Health
Pacific peoples living healthy and smokefree

#### Vision for Pacific Nurses
All Pacific nurses to enable equitable health outcomes for colleagues and Pacific peoples by reducing smoking in the Pacific population

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<tr>
<th>GOALS</th>
<th>FOCUS AREAS</th>
<th>RELATIONSHIPS</th>
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| Raise awareness                            | - Nurses’ role and responsibility to support national tobacco control goals for Pacific peoples  
- Nurses’ role and responsibilities to support smoking cessation in workplaces and communities  
- Normalise non-smoking heritage of Pacific peoples  
- Smoking initiation rates, smoking rates and impact of smoking on Pacific peoples  
- Effectiveness of nurse smoking cessation interventions and treatment | Tala Pasifika  
                                        | Pacific Nurses Section, NZNO; Tala Pasifika  |
| Smoking cessation                          | - Encourage and support Pacific nurses who smoke to quit  
- ABC smoking cessation intervention training and delivery  
- Research smoking cessation best practice for Pacific nurses | Tala Pasifika |
| Support Pacific nurses overseas            | - Share information  
- Network, build and strengthen relationships  
- Support nurses with community action | South Pacific Nurses’ Forum (SPNF)  
                                        | SPNF; Framework Convention Tobacco Control (FCTC) Pacific |
| Support smoking cessation in Pacific nurse undergraduate programmes | - Reduce smoking uptake among Pacific nursing students  
- Ensure that smoking cessation education is included in Pacific nursing programmes | Schools of Nursing in New Zealand and overseas |
Mental Health Strategy

RATIONALE
Premature deaths attributable to tobacco smoking are the largest single source of preventable deaths in Aotearoa/New Zealand.

Tobacco use has traditionally been part of the culture of mental health services.

Mental health service users smoke tobacco at a much higher rate than the general population.

Significantly more mental health nurses smoke tobacco than their non-mental health colleagues.

Smoking cessation interventions are successful for mental health service users and help them experience significant health benefits.

Three Leading Challenges

MENTAL HEALTH NURSING LEADERSHIP
Nurses working in mental health and addiction services are role models and incorporate smoking cessation into their daily practice.

EDUCATION
Nurses in mental health and addiction have knowledge about the harm caused by tobacco smoking, the benefits of cessation and the tools used for cessation, and are confident to pass this onto consumers and their whānau.

CESSATION
Smoking cessation must be part of the care plan of every consumer who smokes tobacco and continues when consumers transition to and from other services.

Activities

MH ACTION PLAN OBJECTIVES
Increase awareness about smoking cessation among mental health nurses.

Ensure alignment with Mental Health nursing ethos and professional standards.

Decrease smoking among mental health nurses.

Encourage research into smoking cessation.

Increase numbers of mental health nurses undertaking the on-line ABC course or a face-to-face course.

Break down barriers, dispel the myth that smoking is helpful to consumers and create smoke-free culture.

Make more specialist, advanced clinical information available.

Non-mental health smoking cessation staff more informed of the mental health setting.

Smoking cessation is an organisation-wide intervention.

Partnerships formed with mental health workforce, consumers and family/whānau to support smoking cessation.