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### SNANZ IN WINDY WELLINGTON

Smokefree Nurses was asked by NZNO to exhibit at the recent NZNO AGM and Conference in Wellington. Mary O'Brien (Smokefree Coordinator, Otago DHB) very kindly manned the stand for us together with Loma-Linda Tasi-Mulitalo (Smokefree Nurses, Strategy Development for Pacific Nurses).

Mary tells us the good news is that all of the nurses spoken to were familiar with and used the ABC approach for smoking cessation and they thought that it was relevant to their area of practice. One nurse reported that using ABC had "*enhanced her clinical thinking*".

The draft strategy for Maori Nurses and Midwives and the Mental Health strategy, available from the stand, were greeted with interest and copies taken away as was the document "Nicotine Replacement Therapy, A summary of safe use and practice" by Hayden McRobbie.



Loma-Linda Tasi-Mulitalo

Linda met with representatives of the Pacific Nurses Section at the conference, and looks forward to engaging with their representative ethnic specific nurses organisations to finalise the development of the SNANZ Pacific Strategy.

We are now gearing up for Smokefree Nurse's attendance at several more conferences before the end of this year – the Smokefree Aotearoa Conference 4-5 November, the 15<sup>th</sup> South Pacific Nurses Forum 8-11 November, and Health: The Wealth of the Nation 24-25 November.

**NRT ADVICE PAPER** The ability to provide Quit Cards routinely was a major change in practice for nurses. It was the first time that all appropriately trained nurses have been able to provide access to a fully subsidised pharmacotherapy. 40 minute training is at [www.smokingcessation.org.nz](http://www.smokingcessation.org.nz)

Individual nurses and representatives of national nursing associations have expressed concern about nurses' legal scope of practice and Quit Card provision since 2009.

As well as anxiety about "prescribing", some nurses sought reassurance from their regulatory body that they could provide NRT vouchers to clients' family members when they smoke.

Smokefree Nurses is delighted that both the Nursing Council and NZNO have endorsed Quit Card provision by nurses in their "Advice re Nurses Becoming Quit Card Providers" ([www.moh.govt.nz/nursing](http://www.moh.govt.nz/nursing)). This document addresses the concerns of the nurses by removing perceived barriers to issuing Quit Cards, provided that nurses are trained to do so.

"Advice re Nurses Becoming Quit Card Providers" is congruent with the Ministry of Health's document "Nurses Role in Smoking Cessation: Provision of NRT to Patients and their Whanau" ([www.taimned.co.nz/](http://www.taimned.co.nz/))

myfiles/nursesrole.pdf). This is endorsed by the Chief Nurse. Nurses can be reassured that Quit Card provision is supported nationally.

**HEALTH EQUITY** A large part of Smokefree Nurses' remit is to Improve Health Equity and, with that in mind, work has been progressing on the development of strategies for Maori, Pacific Island and Mental Health nurses to assist them in addressing high smoking rates amongst these population groups.

Tio Sewell, Smokefree Nurses Strategy Development for Mental Health Services, was instrumental in developing this report which was recently launched, with a blessing by a kaumatua, at the Mental Health and Addiction Nurse Educator's Forum.

Copies of the full report are available on request and an abridged version can be viewed at [www.smokefreenurses.org.nz/Information++Learning/HealthEqualityStrategies.html](http://www.smokefreenurses.org.nz/Information++Learning/HealthEqualityStrategies.html)



*Tio Sewell, SNANZ Strategy Development for Mental Health; Hineroa Hakiaha, Kaiwhakahaere, Te Kaunihera O Nga Neehi Māori O Aotearoa; Tuta Niho Niho Haereroa (Uncle Beau)*

The Maori Nurses' Strategy will be even hotter off the press as it was completed a few days ago and can shortly be viewed at the above address.

It is hoped that these strategies will inspire nurses and be implemented to give populations with a high smoking prevalence another way to achieve health and wellness.

**NURSE EDUCATION STEP 2** You may remember that, in the June issue of this newsletter, we reported on the conclusions from the survey of all undergraduate Schools of Nursing about smoking cessation education in their curricula.



This has now been taken a step further to ensure that undergraduate nurses are well prepared for the workforce. Smoking Cessation Education Packs which reinforce the ABC training have been distributed to all those Smokefree Coordinators with a local School of

Nursing. These packs will be endorsed by the Director of Nursing and taken to the Schools by the Coordinators to ensure that they have the correct training materials for their programmes next academic year. Our thanks go to all the Smokefree Coordinators who have taken on this task. Grace Wong, SNANZ's Director, will be following up on progress made at the Smokefree Coordinator's meeting in November.

**THE WEBSITE** is currently being updated and you will find new information already on there and being added over the next week. Most of the documents referred to in this newsletter can be found there. And don't forget that this website is for you so please continue to contribute ideas, stories and any other feedback.

**AND FINALLY.....** Smokefree Nurses will be holding an open meeting at the upcoming Smokefree Aotearoa Conference on 4 November. All nurses are warmly invited to attend in Conference Room 1 (mezzanine level) at 12.15 in Waipuna Lodge, Auckland. Please let us know if you would like to come, or just turn up.