

MAKING A DIFFERENCE



Claire Doole, nursing lecturer at AUT University, explains the difference between teaching student and RNs their ABCs. “Students are new to nursing and they are learning the basics” she says. “They have a huge amount of learning to fit into six 12 week teaching semesters and many

are focused on passing their assessments.” With this in mind Claire and her colleagues deliver relevant, meaningful, student-centred smoking cessation education in as short a time as possible.

Students are introduced to the concept of nurses delivering ABC, the Better Help for Smokers to Quit health target and the goal of a smokefree Aotearoa by 2025 in Year One. Later they learn about NRT in pharmacology and the health effects of smoking and quitting in respiratory nursing.

In Year Three, Claire keeps everything real and up-to-date in the Primary Health Care paper. Karen Stevens, respiratory and smoking cessation nurse specialist from ADHB, who mentors Claire with the theory and practice of delivering an intervention. Students role-play delivering brief interventions and writing Quit Cards. They can discuss smoking and quitting for themselves and their colleagues.

The students must include their certificates for online MoH ABC training in their Primary Health Care workbooks. They report on the smoking cessation intervention policy of their clinical placements and reflect on a story from practice.

Claire explains that it is important for students to see trained nurses modeling brief interventions in their workplace experiences. “And it’s even better when students get a chance to give a patient an ABC intervention themselves” she says. Smokefree Nurses calls on all RNs and ENs to train, deliver and support students so that brief interventions can be embedded in nursing care.

PRIMARY HEALTH CARE NURSES had a great opportunity to talk to the Ministry of Health and Smokefree Nurses at the recent Primary Health Care Nurses Conference held in Hamilton. Monique Leerschool, Senior Advisor, Tobacco Control talked to delegates about the primary care target of Better Help for Smokers to Quit. Grace Wong, Director of Smokefree Nurses discussed how nurses can help achieve the vision of Smokefree 2025. STEPS was also promoted to encourage nurses to become ABC trainers or champions. Sue Steed, Waitemata PHO, Grace and Monique were kept busy talking to delegates during all the breaks. Grace was heartened by the number of nurses who said that they loved delivering ABC and that they all do it – not quite borne out by the target figures yet!



Sue Steed, Smokefree Coordinator Waitemata PHO and Grace Wong before the onslaught

SCHOOLS OF NURSING SURVEY Smokefree Nurses surveyed Schools of Nursing about undergraduate smoking cessation education in 2009. The results were very mixed. Many initiatives have taken place both in workplaces and Schools since then. Smoking cessation remains a high priority in primary and secondary care practice environments.

We are currently re-surveying to measure smoking cessation education changes in the student nurses’ curricula since our 2009 baseline study. We have included both the Enrolled and Registered Nursing programmes this time. As before Heads of School are invited to participate in the survey and to

circulate it among their staff for completion. You are welcome to contact us for a copy of the 2007 survey results. More information about the 2012 survey can be obtained from Claire Doole at claire.doole@aut.ac.nz.

THE NATIONAL TOBACCO CONTROL CONFERENCE will be held at Te Papa in Wellington 8/9 November and all nurses are encouraged to attend. Information can be found [here](#). If you want to submit an abstract then you will have to be quick as the closing date is 31 August. Smokefree Nurses abstract will be on the results of the Schools of Nursing Survey cited above. In addition, we shall be having, as in the past two conferences, a meeting for nurses. Last time 35 people attended and we would like to see more this year. We hope you will come.



Can you spot yourself from 2010?

PLAIN PACKAGING The tobacco industry is beginning to bare its teeth as New Zealand works towards being smokefree by 2025. Submissions on the government proposal to remove tobacco advertising from cigarettes packs are invited now. Plain packaging of cigarettes helps prevent children from starting smoking. A 60 second video of real Kiwi kids tells you what they think of cigarette packaging [here](#). Please let the politicians and policy makers know what you think. Go to www.plainpacks.org.nz for the evidence and to see how simple it is to have your say.

THE STEPS ROADSHOW We're excited to announce that the National STEPS Smokefree ABC Roadshow for Primary Care will take place over September/October. One hour sessions will be held in fourteen regions from Thames through to Invercargill - updating and re-enthusing passion in primary care around the importance of and latest evidence in Smokefree ABC. Further information about this can be found [here](#).

THE ANNUAL MAORI STUDENT NURSES HUI was hosted in Taranaki this year by the Western Institute of Technology and Smokefree Nurses was represented by Evelyn Hikuroa, Manukau Institute of technology. In keeping with our Maori Nurses' strategy, the inclusion of a session on tobacco control and the implementation of the ABC tool in nursing practice is a standard item in the 3 day programme. More than 100 students attend this hui each year. It was very encouraging to hear what students recalled from last year's session and of their efforts to support whanau and clients with smoking cessation after that hui. Most heartening were the stories some students shared about their own success in quitting. Their announcements that they had "given up now" were met with huge applause and pride from everyone present. The students are hungry for this kind of input and at next year's hui it is hoped that students themselves facilitate the sessions. An added bonus at the hui was the presence of Taima Campbell who had earlier set the scene making reference to the tobacco industry and the impact on Maori that tobacco continued to have. The latest MOH factsheets were distributed at the hui and the ABC on line tool was highlighted to students who were unaware. Some students present indicated they are registered quit card providers.

PROF. JOE DIFRANZA, MD, Professor of Family Medicine and Community Health at the University of Massachusetts Medical School has recently been in NZ to deliver a series of lectures mainly relating to tobacco use amongst adolescents. The slides from his interesting and stimulated talks can be seen [here](#) (scroll down).

AND FINALLY

Smokefree Nurses will be taking a break until the end of September and will return refreshed to continue the work for a Smokefree 2025

