



MAKING A DIFFERENCE Usually we feature a NZ nurse who has made a difference with their work in smoking cessation in this section. This time we are featuring an organisation.



An international health professionals alliance to advance treatment for tobacco dependence was created in June 2010 at the Mayo Clinic, Rochester, Minnesota, United States.

The alliance, [Global Bridges](#), is led by Dr. Richard D. Hurt, Director of the Mayo Clinic's Nicotine Dependence Center, and has two other founding partners in the U.S. — the American Cancer Society and the University of Arizona.

During 2011 the sphere of influence widened with three new WHO regions joining the alliance.

This year the Global Network of Tobacco Control Nurses (GNTCN) has linked with Global Bridges and has a separate area on their website. Further information on this will be sent to you within the week. We encourage you to register on this site in order that you can access resources and guides and share your experiences with nurses worldwide.

Grace Wong, Director of Smokefree Nurses Aotearoa/New Zealand has been co-opted onto the Steering Group of GNTCN and will spearhead the work of the group at next year's International Council of Nurses Congress in Melbourne.

THE ABC OUTCOMES STUDY measured the effectiveness of ABC brief intervention work by nurses and others across eight DHBs.

A total of 412 smokers were interviewed about their experience of ABC and their smoking behaviour seven days after leaving hospital. Those who were quit at this stage or intended to quit within the following three weeks were re-interviewed about their smoking behaviour four

weeks after discharge from hospital, which provided a sample of 172.

- Of the 412 persons interviewed, 66% reported making a quit attempt.
- Of those who reported making a quit attempt at any stage in the four weeks, 31% were successfully quit at one week, which was defined as not having smoked at all, not even a puff", in the week since discharge from hospital.
- At four weeks 33% of those who had made a quit attempt had successfully quit. This was defined as them saying they were quit and "not having smoked at all, not even a puff", in the previous two weeks.

The full report can be found [here](#).

THE TOBACCO FREE AOTEAROA CONFERENCE



The conference theme is "*Lifting Our Game*".

7-9 November at Te Papa, Wellington. You can register to attend [here](#)

The results of the recent follow-up to the 2009 Smoking Cessation Education in Schools of Nursing survey will be presented at this conference.

INVITATION TO SMOKEFREE NURSES CONSULTATION MEETING November 8th, 12.15 – 13.00, Oceania North room on Level 3, Te Papa during the above conference.

You are warmly invited to come and meet us at the third national Smokefree Nurses' Aotearoa/New Zealand consultation meeting. Help celebrate nurses' progress since our inaugural meeting in 2007, identify future needs for nurses, and suggest how we can meet them.

The agenda is:

- Overview of mainstream nurses progress
- Overview of Maori nurses progress
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- Overview of Smokefree Nurses progress and future plans
- Open discussion from the floor on future needs

The draft of the Smokefree Nurses three year Strategic Plan ([here](#)) will be used as a basis for discussion at the meeting. Please email any pre-meeting comments for inclusion in the discussion.

PREGNANT MAORI WOMEN are the subject of the most recent article published by Drs. Marewa Glover and Annette Kira in the Journal of Smoking Cessation. The study investigated the



This mother shares her image to celebrate smokefree pregnancy and healthy babies, tamariki, mokopuna and whanau

perception of smoking cessation services and products by these pregnant women and identify how these can be improved. The main conclusions were that motivation to quit could be enhanced by delivery of a clear, consistent and repeated message from multiple sources,

backed up with effective, supportive and encouraging services and education

resources about risks and smoking cessation options. Primary health care interventions delivering a range of services need to be flexible and need to target the whole expectant whanau, instead of focusing on pregnant women in isolation. Email Anjeela at a.kumar@auckland.ac.nz for a copy of the report.

SMOKING TEA LEAVES. The first independent review of a prison smoking ban has found inmates are continuing to make cigarettes from tea leaves soaked in the extract of nicotine patches. This was the somewhat sensationalist take that Radio NZ had on the report.

The first Corrections Department examination of the policy, conducted by independent experts, says the smoke-free policy has been successful and the country's 19 prisons are now smoke-free.

Ray Smith, Chief Executive, Corrections will be speaking to this topic at the Tobacco Free Conference and we will include his observations in our Conference Special newsletter.

PRIMARY CARE NURSES AND ABC Many primary care nurses are enthusiastically incorporating brief advice and support to quit smoking into their everyday practice. Grace Wong talked to practice nurses, prison nurses, accident and medical service nurses, nurses based in community outreach and Work & Income clinics, school and university nurses, district nurses, aged care nurses and Defence Force nurses at the recent PHC Nurses Conference in Hamilton.

One nurse said that ABC was an “empowering tool” for nurses and that being able to give people who smoke access to NRT “made the difference”. Another said that, much to her surprise, patients did not mind being asked and offered support even when this happened more than once.

One nurse wanted to share an exciting story about the effectiveness of interventions with you. A new patient with chronic health problems quit smoking when he was given advice and offered support. He was very happy he was asked about his smoking because the staff at practice he attended previously had not done so.

Nurses from several prisons talked enthusiastically about their pivotal role in facilitating the smooth transition to 100% smokefree prisons. Two took the opportunity to do research about this for their postgraduate study at the same time.

Many delegates said the nurses in their practices were “all trained” or getting trained. They reported using the STEPs and the Heart Foundation courses. It was clear that barriers to ABC practice were mainly external to the nurses themselves.

SUMMARY OF RESOURCES TO SUPPORT DELIVERY OF SMOKING CESSATION ABC IN PRIMARY CARE A summary of and links to resources are available [here](#). Examples include how to use NRT properly; a medication summary; helping people with mental illness to quit smoking; what to say about smoking cessation and weight gain; decision support tools; and training opportunities).