

SMOKEFREE NURSES ON THE GLOBAL STAGE

New Zealand nurses led a meeting promoting nurse smoking cessation and tobacco control action to the Heads of National Nursing Associations at the International Council of Nurses Congress in Melbourne in May. The key message was that tobacco use is the only risk factor common to all four major non-communicable diseases (NCDs). Reducing tobacco use is the most effective entry point for reducing NCDs at country and global levels.

In partnership with Te Runanga, Tobacco Control Nurses International (TCNI), whose coordinator is Grace Wong of Smokefree Nurses, hosted the meeting. Delegates from the 24 countries present resolved to advocate for systems to train and support nurses with delivering brief intervention in their respective countries. They resolved to press for a Tobacco Free theme for a future International Nurses Day.

Our nursing leadership was based securely on the knowledge that nurses in New Zealand deliver brief intervention to smokers, including providing access to nicotine replacement therapy, nationwide. In addition, every nurse in New Zealand has access to free training and all undergraduate nurses learn their “ABCs”.



Lynn Stevenson helps delegates join Tobacco Control Nurses International at the ICN Congress, Melbourne

The theme “Nurses for a Tobacco-free World” was very popular at the Congress. Over 600 delegates visited the TCNI stand promoting this. The

stand was staffed by nurses from New Zealand, Sweden, Australia and Thailand.

NURSES WITH INQUIRING MINDS are turning them to research to enhance nurse smoking cessation practice. Barbara Daly became interested in developing smoking cessation capacity among practice nurses after studying primary health care nurses and the management of patients with diabetes in the wider Auckland region. Her study is the largest in-depth survey to date on this topic. She had an 85% survey response rate.



Dr Barbara Daly, lecturer, School of Nursing, University of Auckland

Barbara’s survey showed that nurses are less aware of risk factors, like smoking and related complications (especially stroke), than excess body weight as a major risk factor for type 2 diabetes and elevated blood glucose levels for diabetes-related complications.

According to Barbara’s research results primary health care nurses carry out a large proportion of all diabetes consultations in primary care. Her desire to follow up her results highlights the grave importance of addressing smoking cessation as one of the major risk factors for diabetes. It acknowledges the major contribution that nurses make towards providing community-based diabetes care and the potential of nurses to improve their patients’ health through delivering smoking cessation interventions.

SEA CHANGE ALERT! There was a buzz around the Smokefree Nurses’ stand at the Mental Health and Addictions Conference in Auckland in June. Nurses told stories about their work settings and patients going Smokefree. It was exciting hearing their personal journeys to smokefree lives as well. Several nurses had been quit for six months or more. The common threads in their conversations

were relief at not being controlled by the compulsion to smoke and at not having to meet the cost of smoking anymore.

"I want that poster right there – on my wall. So people can read it!" A number of people wanted copies of the Smokefree Nurses posters such as the one below to use in their work-places. We can send you electronic versions to print as handouts or as wall posters.

Food for Thought Poster



- Smoking is not an effective treatment for Mental Health disorders
- Smoking makes Mental Health problems worse not better
- People with Mental Health problems who smoke CAN quit smoking
- Stopping smoking improves mortality and morbidity outcomes in people with Mental Health problems
- Using NRT to cut down and then stop is an effective and evidence-based method to stop smoking
- Nicotine replacement therapy is safe to use in people with Mental Health problems
- The Mental Health nursing workforce has the highest rates of tobacco use in the nursing profession- This needs to be reduced. Let's 'Walk the Talk'

Plan for ACTION

2025 ACTION PLAN UPDATE We have less than 13 years to achieve the goal of Smokefree New Zealand. People need to quit in order to achieve less than 5% prevalence. The newly released Smokefree National Action Plan towards 2025 puts the nurses' role to the fore. Nurses have a critical part to play in the 'Increasing Successful Cessation' action stream.

You can find the plan on the [College of Nurses site](http://www.collegeofnurses.org.nz)

STUDENTS DRIVE AUAAHI KORE/TUPEKA KORE KAUPAPA AT HUI Maori student Nurses from 12 Schools of Nursing attended the annual Te Kaunihera Nga Neehi Maori student nurses hui in May. They discussed their smoking cessation curricula content and experiences of talking about smoking cessation with patients. They supported 3rd year students who are Quit Card providers to give these to students who smoke. Students who had quit themselves were proud of this. The focus on auahi kore prompted one student to quit. Smokefree Nurses congratulates her on remaining smokefree.



Evelyn Hikuroa, (Smokefree Nurses Maori strategy leader; senior lecturer, MIT), Veronica Kingi & Gabby Vaka-Matchitt (rear (students), Miraka Norgate, Smokefree Coordinator Nelson Marlborough DHB (with red scarf), Rebecca Le Noel (student)

AND FINALLY Smokefree Nurses had an opportunity to speak to nurses at the GP CME Conference in Rotorua. The takeaway message was that most nurses are trained and do a lot of work with patients re ABCs and have nurse led cessation specialists in practices.



Sue Freeman, Smokefree Hospital Coordinator BOPDHB; Yvonne Rogers, Smokefree Coordinator, Lakes DHB