



**LOOKING TO THE FUTURE** In 2009 a survey was conducted by SNANZ of all Schools of Nursing to find out how nursing students are being prepared to provide smoking cessation interventions. The survey found that at least 63 per cent of all nursing programmes (that is 12 out of 19) are providing some form of smoking cessation education in their undergraduate curriculum with some Schools providing minimal or no such education.

The Ministry of Health has made it clear that all health care workers, including nurses, should provide brief advice to quit smoking at least once a year to all patients who smoke. If nurses, as the largest group of health care professionals, are to fulfil this role then they need to be appropriately prepared at the undergraduate level. The survey recommended that each School consider how it is preparing future nurses to help patients and clients quit. Subsequent feedback has shown that at least two Schools are now preparing third year nursing students as Quit Card providers.

Recommendations, which have been presented to NETS (Nurse Education in NZ), include:

- That each School undertake a curriculum evaluation to ensure the ABC smoking cessation education approach is included and that this content is integrated and coordinated across the curriculum.
- That Schools of Nursing network with local DHB smoking cessation coordinators to access educational resources.
- That each School of Nursing include the Ministry of Health ABC training in their nursing programmes and have all students and staff become Quit Card holders.
- That the Nursing Council of New Zealand to include multi-choice questions in the state final examination for registered

nurses based upon the Smoking Cessation Competencies for New Zealand (2007b).

**WANT A FREEBIE?** Apologies to everyone for skipping the February issue of this newsletter. This is because we were in the throes of organising a national seminar series on smoking cessation. Jennifer Percival, a visiting nurse from the UK, and our own Hayden McRobbie and Mark Wallace-Bell addressed a total of 214 people in Wellington, Christchurch and Auckland.



*Diana Gunn, DON, Christchurch Hospital  
Mark Wallace-Bell and Jennifer Percival*

The feedback from these seminars was very positive and generated lots of input that will be incorporated into projects that SNANZ is currently/about to work on. One of the outcomes that came from people who could not attend any of the seminars was the need for such events outside of the main centres and this is something that we are working on now with a hopeful roadshow-type programme being developed for the end of the year.

For those who attended one of these seminars and want a permanent record or for those who couldn't get there, we have a free DVD of the Auckland seminar available which is kindly co-sponsored by the Cancer Society. Please email me with your address details if you would like a copy.

**MAORI STUDENT NURSES HUI, MAY 2010**  
SNANZ is supporting Hui Taura o Nga Neehi Maori in May, 2010. Angilla Perawiti and Evelyn Hikuroa (SNANZ's Maori nurse leaders) are working with Hineroa Hakiaha, the President of Te Kaunihera O Ngā Neehi Māori (the National Council of Maori Nurses). They have arranged support for delegates who want to quit and will promote smoking cessation interventions by Maori nurses.

**GOODFELLOW SYMPOSIUM** During March Gil Stokes and Grace Wong shared a stand with the Ministry of Health at the Goodfellow Symposium. They met some primary care nurses and many general practitioners. Many of the doctors were surprised that nurses can provide smokers with evidence based smoking cessation interventions including access to subsidised nicotine replacement therapy. They were asked to refer smokers to practice nurses and to make sure they have time to provide advice and support.

**MENTAL HEALTH STRATEGY** In December of last year mental health nurses expressed enthusiasm about supporting clients and colleagues with quitting smoking. The level of commitment was so high that Smokefree Nurses altered their work plan to incorporate a mental health strategy and associated activities. Tio Sewell, Te Ao Maramatanga (New Zealand College of Mental Health Nurses) is leading the development of this strategy. He called a well attended planning meeting on 29 March and secured resources to promote smokefree at the Maori Mental Health Nurses Hui in March.

**NEW NRT PRESENTATIONS?** Work being done at Otago University suggests that there may be new NRT presentations with the potential to help with quitting.

One comes in the form of a small sachet which smokers keep in their mouths allowing nicotine to be rapidly released. The first results showed that most smokers preferred this to nicotine gum.

A second study is being done which aims to provide a new mouth spray to be used every time a smoker has the desire to light up.

**HELP PLEASE** Student nurses from the University of Auckland are on placement with SNANZ. They are writing an article about how nurses can help smokers quit. The aim of this is to let the public know they can ask their nurses for help to quit and to encourage nurses who are reading the article to provide smoking cessation interventions.

The article will be pitched to local newspapers for publication on/around World Smokefree Day. The theme of World Smokefree Day (31 May) is '**Me mutu – kia kaha / Give quitting a go – you can do it!**' (<http://www.worldsmokefreeday.org.nz/>). We want to provide contact details of local nurses so that newspapers can make their stories relevant to their local readers. If you are willing to share a story from your nurse smoking cessation practice with a local newspaper, please e-mail us. We will match newspapers with nurses and check with you if we can include your contact details before we send the article.

### **REMINDERS**

1. This is the link to the Ministry of Health publication on the nurse's role in smoking cessation,  
[http://www.moh.govt.nz/moh.nsf/pagesmh/7447/\\$File/nurses-role-smoking-cessation.doc](http://www.moh.govt.nz/moh.nsf/pagesmh/7447/$File/nurses-role-smoking-cessation.doc)
2. Questions were asked in the seminars referred to above about exactly who can issue Quit Cards. The answer is any health care professional who has undertaken ABC training. (face-to-face or online, [www.smokingcessationabc.org.nz](http://www.smokingcessationabc.org.nz))

**ALL CHANGE** Did you notice our new branding? Our previous name and acronym were proving to be a bit of a mouthful so we have changed and simply refer to ourselves as Smokefree Nurses (or SNANZ).