

SMOKEFREE MENTAL HEALTH UNIT Alice Caldwell, acting charge nurse, and her colleagues at Te Whetu Tawera.(TWT) - Auckland DHB's acute Mental Health unit - celebrated their one year anniversary of TWT becoming an entirely smokefree environment. Staff and Service users enjoyed a celebratory barbeque in blazing sunshine.



Zoe Hickerson and Alice Caldwell

Alice says, "Although the smokefree journey has been challenging, we have made some great achievements. It has been a significant finding that there needs to be a collaborative approach. Additionally, it has been identified that other coping strategies and support for times of stress need to be available. This has brought about a great opportunity for the use of AVIS-R and Sensory Modulation – prompting more therapeutic interactions between staff and Service Users and personal resourcefulness of Service Users.

There remains some work to be done, with clearer and stronger contingencies needed for managing stress, strategies to assist staff to deal with differing views, increased teamwork across all disciplines and also for the smokefree message to be introduced with more emphasis (by mental health community teams) so Service Users are not faced with such a surprise on admission to TWT. With identification of future work, we will continue to move forward and endeavour to maintain our vision of Healthy Communities and Quality Healthcare.

EVENTS Smokefree Nurses ended the year with attendance at a succession of conferences which completes our events calendar for 2010.

At the **South Pacific Nurses Forum**, there were over 300 Pacific Island & Maori Nurses who looked splendidly elegant and colourful in their national dresses on the first day. SNANZ had an exhibition stand which was very well patronised and Loma-Linda Tasi-Mulitalo (SNANZ Pacific Island Strategy Leader) and Grace Wong (SNANZ Director) addressed the meeting.



Loma-Linda Tasi-Mulitalo and colleagues

Networking was the name of the game at the **Health, the Wealth of the Nation Symposium** and the **Nurse Practitioners Conference** with good contacts being made for further work.



Jane O'Malley (Chief Nurse), Grace Wong (SNANZ Director) and Sue Freeman (Harbour Health PHO)

You will all have received the Conference Special that was sent out last month following the **Tobacco-free Aotearoa Conference**. We took the opportunity to hold a Smokefree Nurses meeting and had a very solid attendance. Grace Wong presented the strides that SNANZ has taken since the last meeting two years ago and good input was received about what further issues needed to be addressed.



Too many to mention by name but I am sure you will recognize many of the faces.

In the Conference Special newsletter referred to above we cited the work being done by Marewa Glover et al. on WhyKwit. The full report on this study can be obtained by emailing m.glover@auckland.ac.nz

A RETURN VISIT One of the announcements made at the above Smokefree Nurses meeting was to inform people that SNANZ has secured funding for Jennifer Percival RN, HV, MW, Dip counseling, Dip teaching to make a return visit to NZ in February 2011.

This time her focus will be on speaking to midwives and nurses in primary care but all nurses and allied health professionals are welcome to her sessions. She will offer workshops which will cover subjects such as ABC smoking cessation, motivational interviewing, Quit Cards and family members.

There will also be seminars which will cover pregnancy, ABC smoking cessation, second hand smoke and motivational interviewing.

This roadshow will take Jennifer to Northland, Auckland, Hamilton, Rotorua, Bay of Plenty, Gisborne, Wellington, Christchurch and Dunedin. We are also looking at making the seminars more widely available via some form of multi-media.



If you would like to register for one of these events please go to our website page www.smokefreenurses.org.nz/Whats+Going+On/Events.html (or send an email to smokefreenurses@aut.ac.nz)

AND FINALLY, we wish you A Merry Christmas



From Grace Wong at her summer retreat