

POPULATION HEALTH IN PRIMARY CARE SYMPOSIUM

Smokefree Nurses Aotearoa / New Zealand were privileged to attend the Population Health in Primary Care symposium in Wellington on 13th March 2014. Much of the Symposium was focused on the national Health Targets of more Cardiovascular and Diabetes Risk Assessments and better help for smokers to quit, both of which are of interest to Smokefree Nurses.

Presenters at the symposium included Dr Hayden McRobbie and Dr John McMenamin along with nurses Stephanie Muncaster, Helen Reriti, and Catherine Turner.

Nurses will be interested in the key messages from Dr McRobbie, which were that while behavioural and pharmacological support increase quit rate success, **it is the offer of support to patients who smoke that is important.** Brief advice does prompt quit attempts and advice from a Health Professional is still the key reason smokers report as prompting their quit attempts.

Dr McMenamin outlined three strategies that work in Primary Practice

- **Opportunistic Reminders** – using clinical notes to prompt the health professional to do ABC
- **Planning for patients attending today** – using appointment scanner to identify patients who smoke and who have an appointment today
- **Outreach** – reaching out of primary practice to patients who are not coming into the practice

At any point in time one third of smokers are trying to quit and two thirds of smokers make a quit attempt in a 12 month period. Therefore a txt or phone call at a random point in time will identify patients wanting support to quit. Practice Nurses are ideally placed and experienced at reaching out of the practice to offer support to and recall patients for screening or treatment. Smoking Cessation Outreach could be something that Practice Nurses take the lead on with significant benefit to patients who smoke.

For copies of these and other presentations from the Symposium click [here](#).

TOBACCO PLAIN PACKS

Tobacco plain packs help to protect young people from starting smoking. Kiwi children talk about what they think when they see cigarette packets [here](#).

The Smokefree Environments (Tobacco Plain Packaging) Amendment Bill passed its first reading in Parliament on 11th February. The Bill has now been referred to the Health Select Committee who have called for written submission from the public to be made by 28th March.



Read our Smokefree Nurses' [submission](#) and make your own online submission [here](#). **Every message from you will help.**

TOBACCO CONTROL SEMINAR SERIES 2014

Having just returned from the 2014 Society for Research on Nicotine and Tobacco [Symposia](#) in Seattle Dr [Hayden McRobbie](#)'s presentation at the HPA Tobacco Control Seminars held in February 2014 was hot off the press Hayden presented on the Future Trends and Research on Smoking Cessation namely; that the future will bring newer, faster acting NRT products, electronic cigarettes, the availability of cytosine and improved evidence based behavioural support.

The MoH is currently updating the New Zealand guidelines for helping people quit smoking which are due to be released in April 2014. The guidelines are based on a recent review of best practice interventions for smoking cessation practice, so nurses can be reassured that the adoption of the new guidelines into our practice will result in the provision of effective cessation interventions for our patients.

The ABC for smoking cessation e-learning tool is also being updated. Smokefree Nurses will keep you updated as these are released.

Updates from the recipients of the Pathway to Smokefree New Zealand 2025 Innovation Fund were also presented at the seminar series. Kim Williams's presentation on the progress of [Mental Health Services Smokefree Guidelines](#) is useful for anyone working on culture change.

Snapshots on the other recipient's initiative; it's my life youth project, Quitbus, Smokefree Pregnancies Incentives, 'What Smokers Want', Tala Pacifica Kick Butt, the Wairoa Nicotine Spray Project and WERO are available [here](#).

Smokefree Nurses will showcase these projects in our newsletters starting with Stoptober.



All health professionals need to think ahead to Stoptober. Stoptober will be a mass quit smoking event held throughout October. It will connect smokers who want to quit with support to help them. While a wide range of support options will be available, nurses remain the frontline health professionals for many people who smoke. Nurses provide evidence-based brief interventions (ABC) in an encouraging and supportive way.

The key Stoptober messages for people who smoke will be:

- **Now is the right time to quit** - clinical evidence shows that those who manage to stop smoking for a month are five times less likely to start again
- **Use help that works** - using behavioral support and stop smoking medicines gives five times the chance of successfully quitting.

Smokefree Nurses will keep you up-to-date with the tools, knowledge and resources you need to prepare for Stoptober. If you are keen to be involved see this [invitation](#).

SMOKEFREE NURSES IN THE NEWS

Evelyn Hikuroa and Loma-Linda Tasi, the leaders of the Smokefree Nurses Māori and Pacific Island strategies respectively, and have recently had blogs published on the Global Bridges Healthcare Alliance for the Treatment of Tobacco Dependence.

Evelyn's blog features an exciting innovation which she will study using funding from the [Tobacco Control Tūranga](#) to test. She will explore whether financial incentives will achieve smoking cessation among Māori nursing students and their whanau members ([here](#)). Linda's blog overviews the steady progress that Pacific nurses are making in New Zealand ([here](#)).

SMOKEFREE NURSES STAFF CHANGES

Shona McLeod and Jeanine Tamati-Paratene, project managers for Smokefree Nurses, are enthusiastic about their jobs supporting Smokefree Nurses kaupapa. They want a smokefree life for their children.

Shona has a DHB funding and planning background. Most recently she worked as a health promoter in a DHB Public Health Unit. Jeanine is a longstanding member of the tobacco control community and Māori language advocate and mentor.



The Smokefree Nurses team: Shona McLeod (left) holding Iris, Grace Wong (centre) and Jeanine Tamati-Paratene holding Wakatoiere.

We were sorry to say good bye to Lynn Stevenson, the project manager who ably saw us through our first four years. We wish her well in the UK.