

What are we doing about it?

- **Meeting the smokefree health target is a team effort.**

It is the responsibility of all clinicians, the Senior Leadership Team, the coders and the Smokefree Coordinator. Every patient admitted must be screened and the information entered on the Admission to Discharge Planner. It is not a box ticking exercise, it is about saving lives.

- **All admitted patients are screened through an initiative known as ABCD.**

The ABC programme is a memory aid for health workers to understand the key steps to helping people who smoke. The steps are:

Ask about smoking status

Give Brief advice to stop smoking to all smokers

Offer evidence-based **cessation support**.

Document information on admission card.

The rationale for this approach is to encourage **more people to make more quit attempts**, supported with evidence-based treatments, **more often**. Most patients now expect to be asked about their smoking and are often relieved to know there is help out there for them. They know it's an addiction and sometimes your brief intervention can prompt them to quit for good.

- **Health workers have a key role in helping smokers to quit**

Both by prompting people to try quitting, and giving that attempt every chance to be successful by making cessation treatment available. There is strong evidence that brief advice is effective at prompting quit attempts and long term quit success.

The quit rate is improved further by the provision of effective cessation therapies – pharmaceuticals, in particular nicotine replacement therapy (NRT), and telephone or face-to-face support. Many of our staff have completed online training to become Quit Card providers and can issue a script for NRT. We need to increase the number of Quit Card providers onsite to make NRT more easily accessible for nurses to deliver to patients.

- **Smokefree support**

Wairarapa DHB encourages staff who smoke to quit through smokefree support, nicotine replacement therapy (patches, lozenges and gum) and Champix. There are four medicines approved and funded for smoking cessation (nicotine replacement therapy [NRT], bupropion [Zyban], nortriptyline, and varenicline [Champix]). NRT is the most commonly used medicine in the secondary care setting as it has an immediate effect in alleviating urges to smoke and other symptoms of tobacco withdrawal. NRT is also safe to use in all people who smoke, has no drug interactions, and can be given via a standing order.

Standing Orders for Nicotine Replacement Therapy (NRT) are ready to be signed off by the doctors. All going well this should be completed by Christmas and ready for the New Year.

- **Smokefree campus**

The Wairarapa Hospital campus is smokefree. We all need to keep a watchful eye on the Hospital's front entrance where patients and visitors often sit and smoke, sometimes sitting directly beneath the No Smoking signs. It is not a good look and we have a responsibility to ask smokers to desist.

- **Smokefree Champions**

We now have Smokefree Nurse Champions in the Hospital who help staff support patients with advice and Nicotine Replacement Therapy.

Wanted

A doctor who will champion the smokefree cause. Someone willing to regularly encourage colleagues to ask patients about their smokefree status, give brief advice and document it.

One doctor was overheard asking a pregnant mum how many cigarettes she smokes a day. "Only five," she said. The doctor replied, "That means your baby will smoke maybe 1794 cigarettes in nine months by the time he is born. Think about it." She did and that was enough to encourage her to quit.

Myths and truths

Smoking relieves stress	Smokers report having higher stress levels than those who don't
Smoking is a choice	Smoking is an addiction and once it develops, individual choice is no longer an option.
Nicotine is dangerous.	Nicotine is responsible for the addiction only. It is the other 4000+ toxic chemicals in tobacco smoke which cause damage. More than 60 of these chemicals have been identified as carcinogenic.
I smoke myself, so I can't talk	It's not about me. All health care workers have a responsibility to help people who want to stop smoking.
Most people who smoke don't want to quit.	80% of those who smoke say they would not smoke if they had their life again. 35% make at least one quit attempt each year.
Stopping smoking is all about willpower	Using pharmacotherapy doubles the chances of long term abstinence. Increasing behavioural support increases success rates further.



The smoking barrel

Smoking is the single largest cause of preventable death worldwide. It kills an estimated 5000 people in New Zealand every year and affects the quality of life for thousands more. The cost to the health system that can be directly attributed to smoking has been estimated to be at least \$1.9 billion a year.

There are about 650,000 smokers in New Zealand - and of those, 80 percent wish they had never started and about 65 percent have tried to quit in the past five years. We know that nationally, around 21% of people smoke, though in the Wairarapa, the rates for Maori, particularly women and men aged 20-40 are over 50%.

Smoking increases the risk of developing heart disease, lower respiratory infections, tuberculosis and lung diseases, including cancer. Breathing in other people's tobacco smoke (second-hand smoke) is linked to a range of health problems, including chest illnesses in children, asthma, sudden unexplained death in infancy, glue ear, upper respiratory tract irritation, lung cancer and ischaemic heart disease.

For all these reasons "Better help for smokers to quit" is a Government health target. Wairarapa DHB is committed to meeting this target. Although there are no direct funding implications, if we fail to reach this target our reputation with the Ministry is certainly affected.

What is the target?

90 percent of hospitalised smokers will be provided with advice and help to quit by July 2011; and 95 percent by July 2012.

In primary care 90% of enrolled patients who smoke and are seen in general practice will be provided with advice and help to quit by July 2012.

There are currently approximately 47,000 registered Nurses, 13,000 doctors and 6,000 Allied Health professionals practising in New Zealand. The Ministry of Health's goal is to see every one of these health professionals trained to provide effective smokefree ABCDs to all patients.

Are we achieving the target?

Over the last year in each quarter we achieved 84%, 71%, 95% and 99% against the national target of 90%. During the last two quarters we improved our result by sending letters containing smokefree messages to all patients who were discharged and this, along with our screening practice in the Hospital, helped us exceed the health target. However we are no longer able to use this method to promote smokefree messages.

Ask about the Elephant

This is an online learning tool designed to help health workers give up smoking. It takes less than an hour to complete and you can choose to do it in your own time.

The programme gives you practical information about the key steps in helping others who smoke and nicotine replacement therapy. On completion you can register as a Quit Card provider and you gain a certificate for professional development.

The ABCD approach to smoking cessation

It's a simple memory guide that incorporates the key steps for screening:

A: Ask people if they smoke

C: Cessation treatment

B: Brief advice

D: Document (**very** important if we want to achieve this target.)



Check out the website:
www.smokingcessationabc.org.nz
 Ring Linda Spence for more details: Extn 5727

Smokefree champions

Smokefree Champions promote and role model the ABCD approach with staff so that it becomes routine everyday practice.

Wairarapa DHB now has thirteen smokefree nurse champions who are keen to work with all disciplines to help them increase the screening rate of patients coming into hospital.

Preadmission



Jan Ward, Preadmission nurse, was one of the first to take up the screening challenge, and is passionate about the benefits to patients. "Tobacco consumption causes such a great burden of ill health in New Zealand and contributes to a large number of diseases," she says.

"I believe it is extremely important that health professionals do all we can to reduce the incidence of smoking by assisting people to quit. By far the majority of patients I have seen at preadmission clinic who smoke are keen to quit, and very pleased and grateful to be offered assistance to do so. This supports the view that most smokers actually want to quit and realise the damage it is doing to their health."

Maternity



"As a midwife, my motivation comes from the fact that I am improving the mother's health with the added bonus of ensuring a safe and clean environment for her unborn baby," says midwife Anne Temple. "Becoming smokefree is one of the most important gifts a mother can give her child."

Anne is in the process of setting up a midwives' station so staff can more easily prescribe and follow through their support and treatment of women who smoke. It will contain NRT products, referral forms and guidelines for prescribing.

Acute Services



"Screening is a health initiative that gives us the power to make positive change, to make a difference," says Warren Jackson. "We sow the seeds - you can't grow things unless you sow seeds. Smoking jeopardises people's health. It is a health issue we must all address."

Warren has done the more advanced STEPS training which gives him the confidence and resource materials to encourage colleagues and support them to help others become smokefree.

Mental Health



Hugh Gaywood-Eyre is a strong advocate for smoking cessation and has persistently motivated other staff members to deliver the ABCD approach, reminded staff to complete the training, and delivered regular communication and reminders during team meetings. Staff in Adult Mental Health are actively engaged and have been using the ABC approach with clients since May 2009.

"The conversation always starts around reducing smoking, to gradually moving them towards cessation," says Hugh. "No one is ever pressured but we are always working at it slowly and surely to encourage clients to give up their expensive habit. We have had really good results from our short term clients and encourage them to take a lozenge every time they feel a craving. Gradually they take fewer and fewer."

"In a way it's easier for us because we're seeing the clients on a regular basis, so we can continue the smokefree discussions with them each time we see them."

Saving money, saving your health

At around \$14 per packet and \$25 for a pouch of tobacco there is a great incentive for people to quit.

"Expect to see and hear a lot more about smokefree screening at Wairarapa Hospital," says CEO Tracey Adamson. "It's well known, though sometimes reluctantly acknowledged, that smoking prevention and cessation is probably the single most important intervention to be made to improve the health of our population. I strongly encourage all staff to complete the 'Ask about the elephant' on-line training, screen their patients at every opportunity and document their work. We have excellent systems in place now to capture and analyse the data, and your input is vital."

The Ministry of Health is clear in their advice that the intervention of medical staff is critical. "Patients take what doctors say very seriously," says Smokefree Coordinator Linda Spence. "MoH experts say that if a doctor does not discuss smoking with a patient, the patient leaves feeling that it's still OK to smoke. We are exploring ways to make it easy as possible for medical staff to include screening in their patient interviews, and welcome your views."

ASK ABOUT THE ELEPHANT

Smoking is too big to ignore.

AND NICOTINE REPLACEMENT THERAPY

TALK TO US

ASK A SMOKEFREE CHAMPION

Warren Jackson - AAU	Holly Ramsey - HDU
Amy Hawthorne - MSW	Jan Ward - Outpatients
Doreen McKeever - Outpatients	Janette Sigvertson - Periop
Hugh Gaywood-Eyre - AMHS	Kate Ralfe - CAMHS
Anne Temple - Maternity	Kathryn Hall - Paeds
Tina TeTau, Kaitataki Whanau Ora Facilitator	027 225 2237 or ext 4052
Linda Spence, WDH Smokefree Coordinator	027 629 4302 or ext 5727

REMEMBER YOUR

- A:** Ask
- B:** Brief Intervention
- C:** Cessation
- D:** Document

Wairarapa DHB
Wairarapa District Health Board
Te Poari Hauora a-rohe o Wairarapa