

Stop smoking health care the way that we need it

Sharing the perspectives of Māori patients and nurses

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Acknowledgements:; Jeanine Tamati-Paratene – Whakawhetu, University of Auckland



Smoking in pregnancy

Tobacco use - the only risk factor common to **all four major NCDs**



	Tobacco Use	Unhealthy Diets	Physical Inactivity	Harmful Use of Alcohol
Cardio-vascular	✓	✓	✓	✓
Diabetes	✓	✓	✓	✓
Cancer	✓	✓	✓	✓
Chronic Respiratory	✓			

Political
will

National smoking
cessation guidelines

National training

Government
health target

Health
professionals
prescribe NRT

Advocacy

Systems: recording
reporting auditing

Maori Affairs
Select
Committee



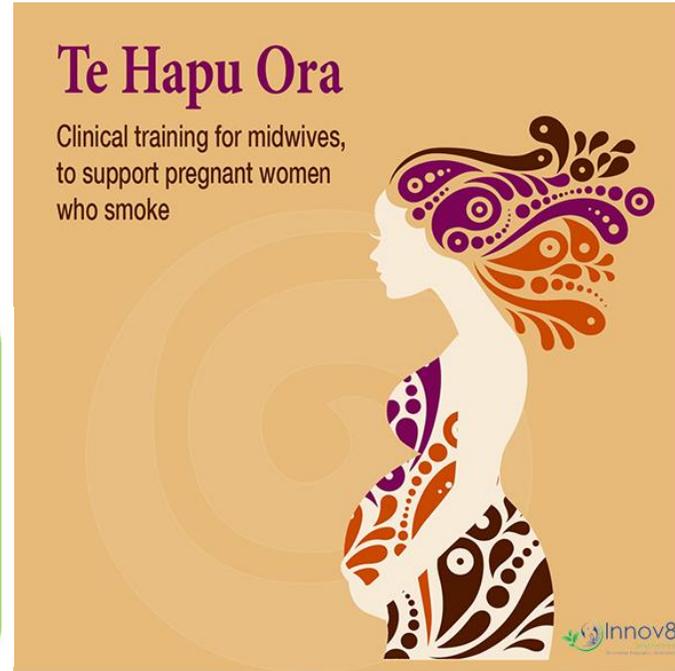
Resource development

Local – by health setting



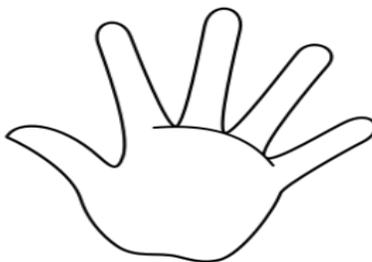
Constantly evolving

Workforce and population specific

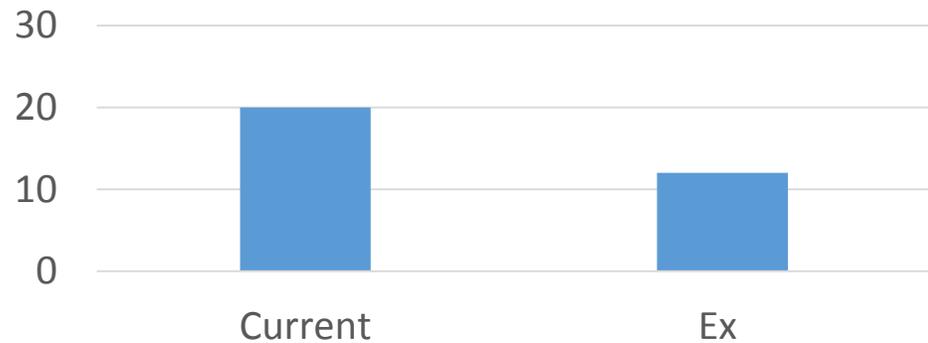


Opportunities for innovation

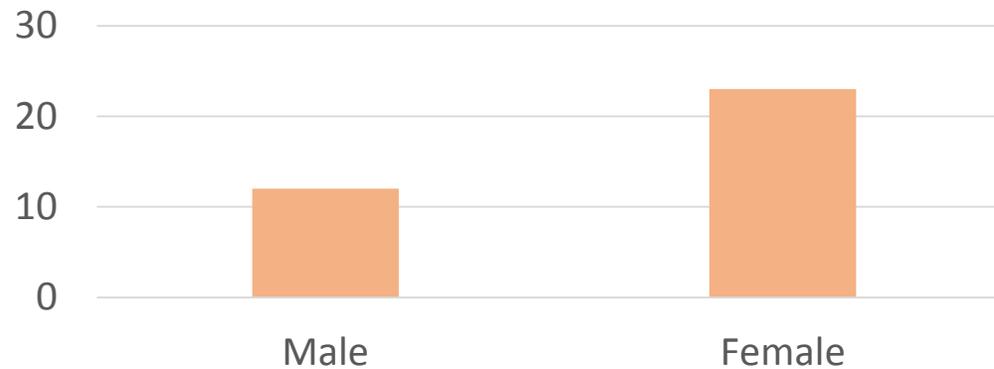
Five focus groups



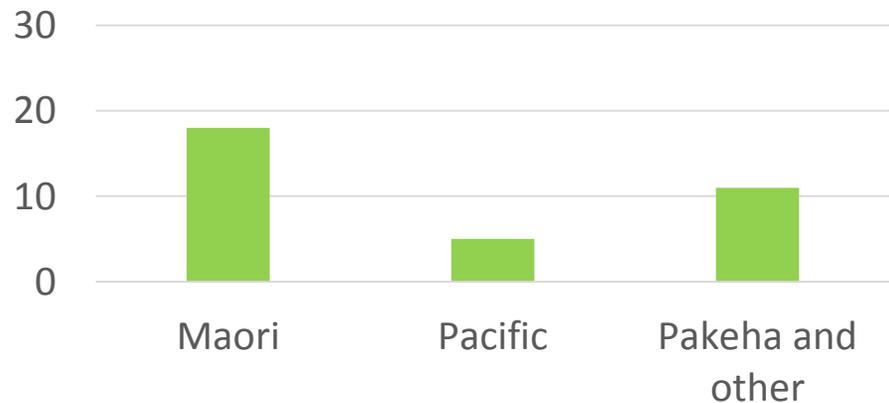
Smoking status



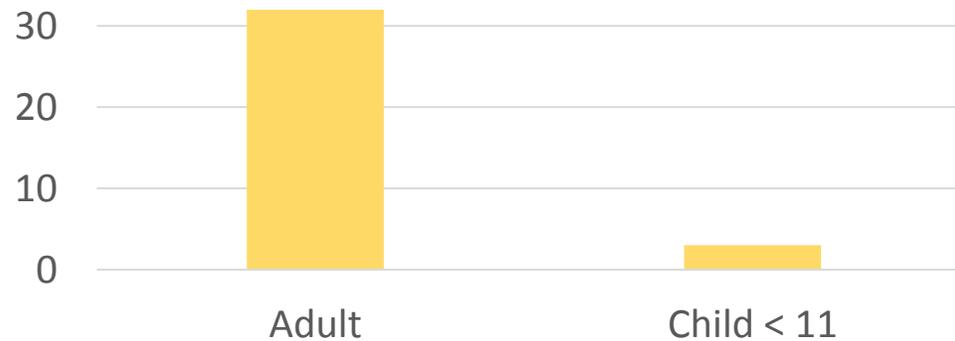
Gender



Ethnicity



Age





Jamie Cowell – A letter saying goodbye to my best friend

What do patients want for smoking cessation?

www.whatsmokersreallywant.co.nz

Viki



Lili



Mya



What smokers *really* want



SMOKEFREE
NURSES

Talking about medication



The components of a typical e-cigarette are illustrated below:



Work with Aukati Kai Paipa

Support
&
medication





Robyn Griffith

Registered Nurse - Te Hā Oranga

How effective is group-based treatment?

Cochrane Review (Stead LF, Lancaster T. 2005)

- More effective than no support.
- More effective than self-help materials without face-to-face instruction & group support.
- Chances of quitting approximately double.



New Zealand

Combined CO validated data from five providers (n=53)

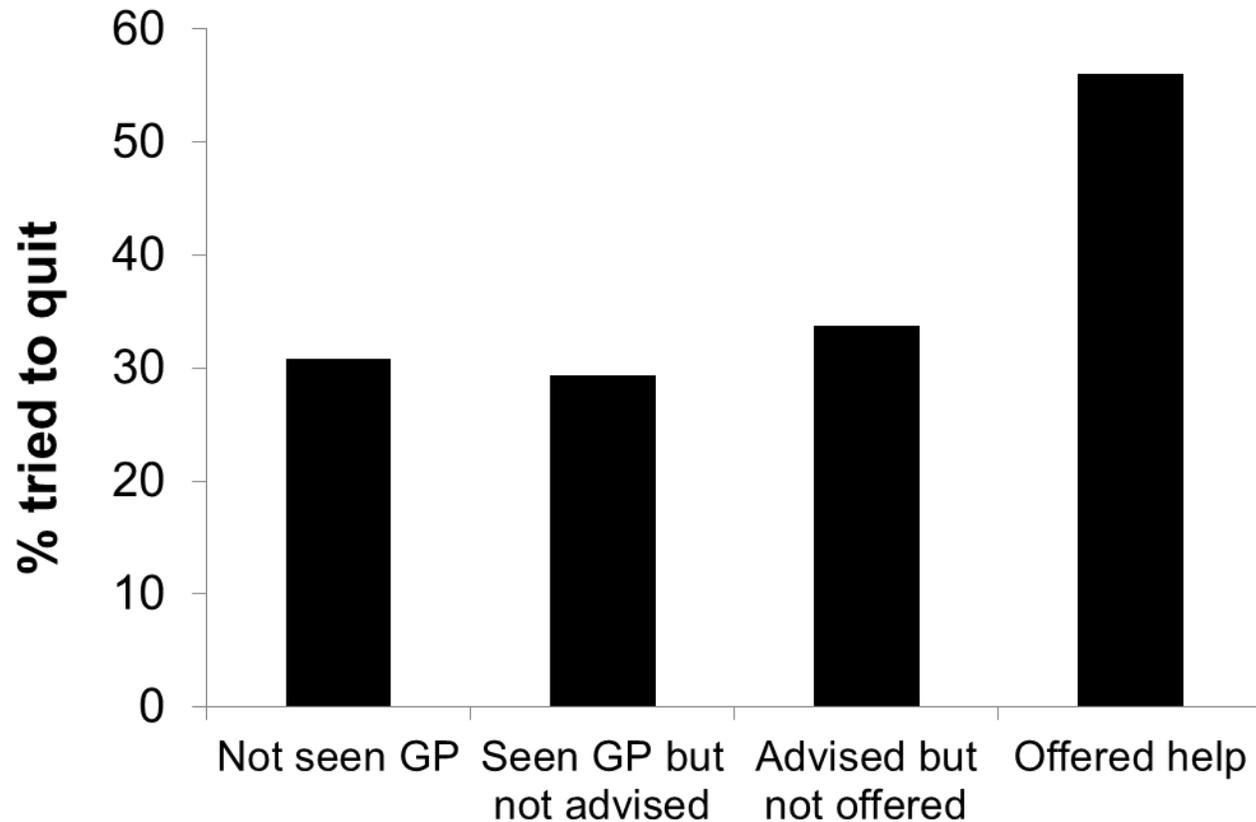
Set quit date	4 week abstinence	3 month abstinence
45	62%	44%

Session 7

- Celebration success of those who have QUIT!!!
- Not a single puff
- On going support
- Buddy system support
- PROMISES!!!

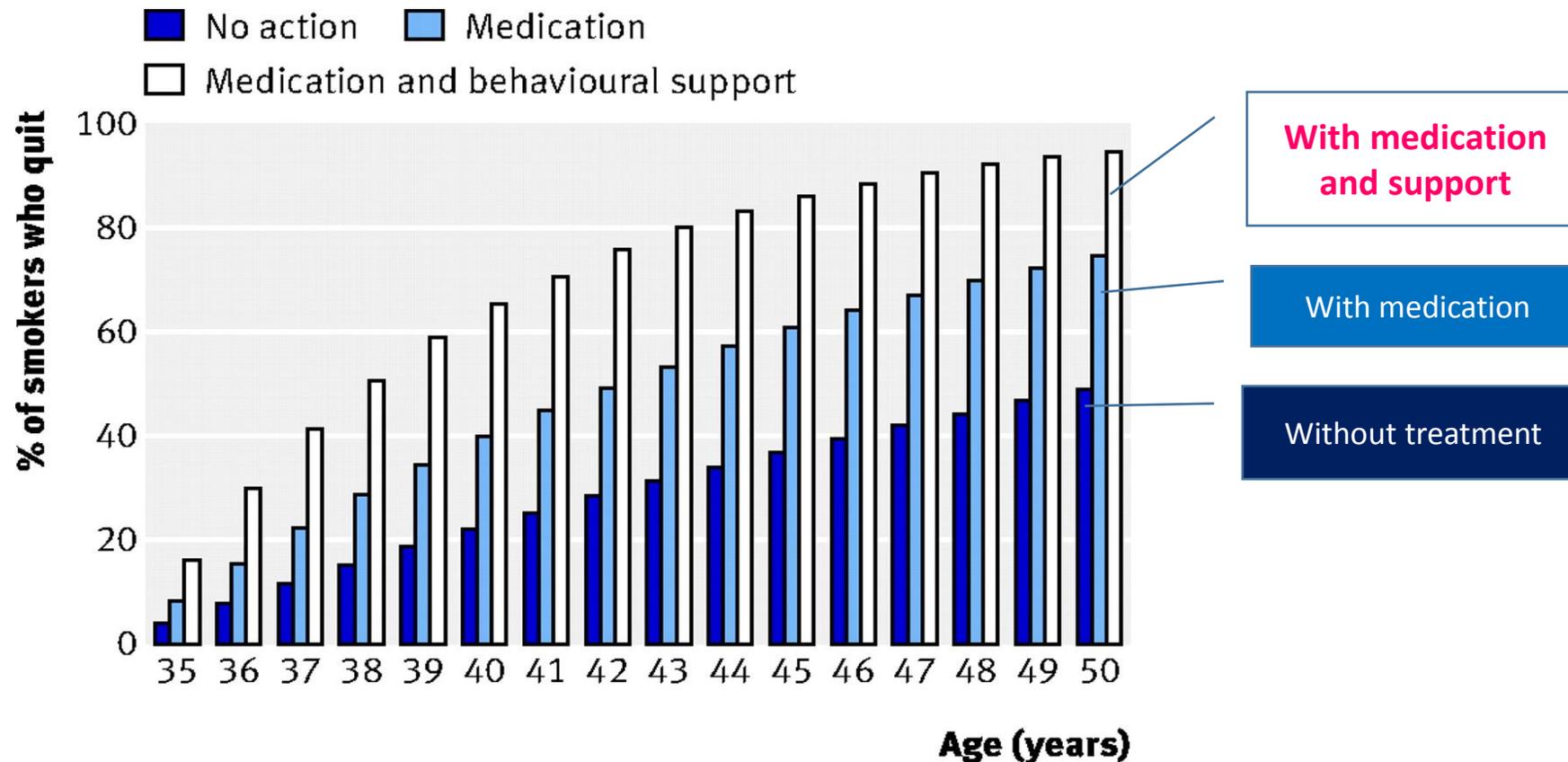
It's the offer of support that's important!

The offer of support changes behaviour



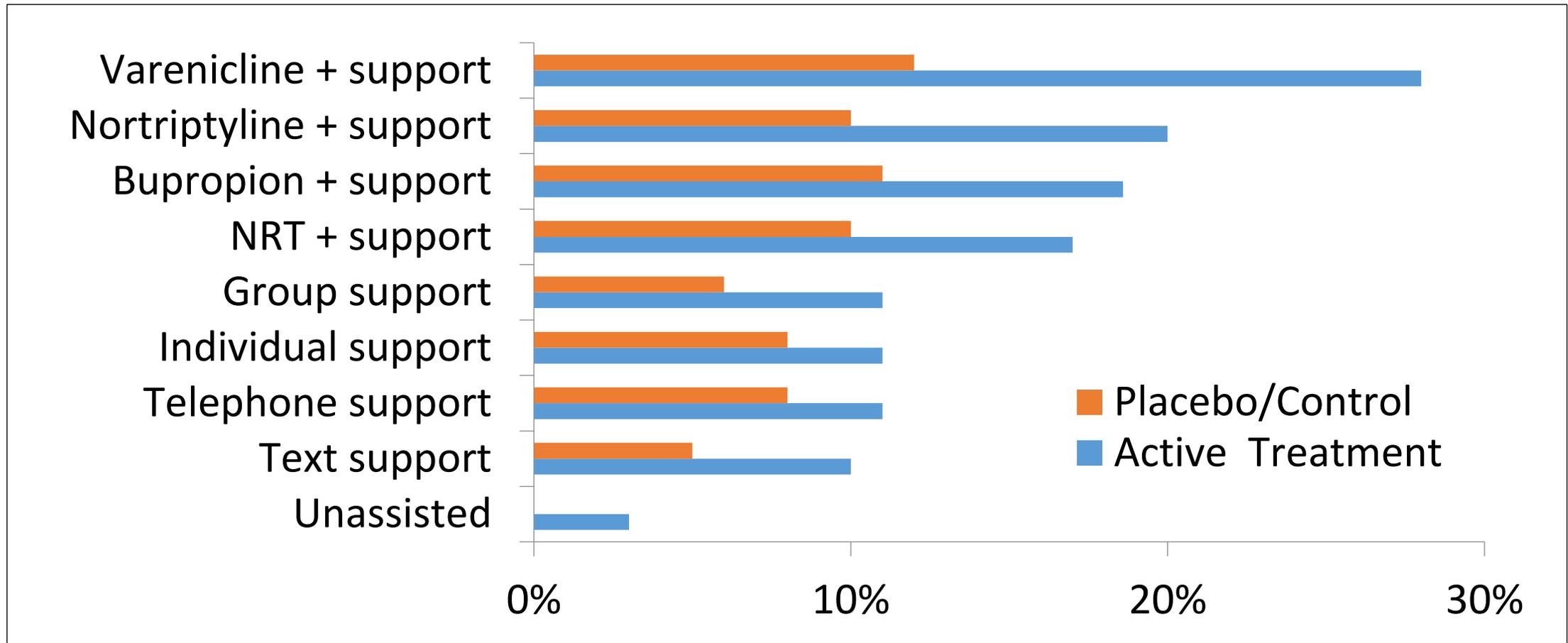
The most effective support

Cumulative chances of quitting over time when making one quit attempt per year with and without cessation treatment



The most effective combination of medication and support

Long term abstinence rates (> 6 months) by treatment



Notes: Unassisted quit rate estimated to be 3% at 12 months; Abstinence rates estimated using data from the Cochrane Library of Systematic Reviews

Remember what is important to patients

www.whatsmokersreallywant.co.nz



What's happened?

- Bjorn



- Mya



- Vicki



- Lili





AOTEAROA
NEW ZEALAND
2025

Enhance your portfolio

Free continuing professional development

- a. New ABC training learnonline.health.nz (MoH 2014)



- One hour
- Engage
- Do quiz

- b. What Smokers *Really* Want CPD (Smokefree Nurses, 2015)



- One hour
- Watch videos
- Do quiz