



New Zealand Nurses Organisation

Submission to the consortium (led by Clinical Trials Research Unit and University of Auckland)

on the

Revised New Zealand Tobacco Smoking Cessation Guidelines

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EXECUTIVE SUMMARY

1. The New Zealand Nurses Organisation considers that the revised guideline is an excellent document, comprehensive and provides simple messages and material for circulation and use. NZNO is particularly impressed with the ABC of smoking cessation model. However, we consider that there are gaps in relation to the impact of smoking on child health and promoting the benefits of smoke free environments for the health and wellbeing of others; and in offering smoking cessation programmes for young people, particularly young Māori girls.

RECOMMENDATIONS

2. It is recommended that you:
 - **note** that the New Zealand Nurses organisation supports the revised guidelines because it provides a comprehensive document that links to available and up to date evidence and practice,
 - **note** that NZNO nurses consider that the “brief advice” part of the ABC of helping people to stop smoking should, where appropriate, also refer to the health and wellbeing of children and family members,
 - **note** that the NZNO District Nurse Section considers that the ABC guide would easily be able to be included in their current assessment and first visit format,
 - **note** that NZNO supports the need to identify and understand priority populations that have particularly high smoking prevalence rates, particularly Maori. In our view a range of treatment options is necessary, including services and support given by Maori providers. NZNO also supports the development of tailored key messages targeting Maori and their whanau, and
 - **note** that NZNO is particularly concerned about the take up rates of smoking amongst young people, particularly Maori girls. We would like to see recommendations about establishing, monitoring and evaluating pilot

programmes that deliver smoking cessation within schools and communities to young people, particularly to young Maori girls.

ABOUT THE NEW ZEALAND NURSES ORGANISATION

3. The New Zealand Nurses Organisation (NZNO) is a Te Tiriti o Waitangi based organisation which represents 39,000 health workers. NZNO is the professional body of nurses and the leading nursing union in Aotearoa New Zealand. Our members include nurses, midwives, students, health care workers and other health professionals.
4. The NZNO vision is “Freed to care, Proud to nurse”. Our members enhance the health and wellbeing of all people of Aotearoa New Zealand through ethically based partnerships. Our members are united in the achievement of their professional and industrial aspirations.

NZNO COMMENTS

5. The New Zealand Nurses Organisation (NZNO) supports the guideline and the process for its development.
6. In particular, NZNO is impressed with the comprehensive review of evidence, practice and evidence-based assessment of the effectiveness of particular smoking cessation approaches. This will enable policy makers and practitioners to consider recommending a range of approaches to their patients and discuss the effectiveness of each according to differing circumstances. The ABC model is also summarised enough to be used in promotional material, pamphlets and posters.
7. Overall, NZNO nurses have made favourable comments about the ABC model. In particular, the District Nurse Section of NZNO considers that the proposed ABC of smoking cessation gives good cues to address the subject in the short intervention style. Given that smoking cessation programmes have a huge impact on the health of all New Zealanders, District Nurses consider that that questions posed in the ABC guide can easily be included in their current holistic assessment and first visit process. These nurses also

agree that the ABC model would be able to be used widely within the health sector and that it gives health care practitioners an accessible tool to not only ask the questions but provide a range of advice, information and treatment options, with evidence about their effectiveness for particular people in particular circumstances.

8. NZNO see the benefit of the ABC model to individuals and their family. NZNO nurses consider that the “brief advice” part of the ABC of helping people to stop smoking could also, where appropriate, refer to the health and wellbeing of children and family members. The current smokefree environments campaign is an example, where smokers can be encouraged to at least have smoke free environments for their children and family while they consider their cessation programme options.
9. NZNO is particularly concerned about Maori smoking rates and young Maori girls. We support the need to identify and understand priority populations that have particularly high smoking rates. In our view there is a need to offer a range of treatment options and ask questions about previous quitting attempts to seek feedback about effectiveness and to offer a different treatment option. We also support the provision of smoking cessation and support programmes delivered by Maori providers. This could be reinforced by developing tailored messages targeting Maori and their whanau and identifying effective campaigns from the past such as for example whether a return to the “It’s about whanau” campaign would be useful.
10. NZNO is particularly concerned about the take up rates of smoking amongst young people, particularly Maori girls. We would like to see more work on establishing pilot programmes in schools and communities targeting young people, and young Maori in particular. These pilots could also be evaluated to identify what treatment options are provided and their effectiveness.

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