

YARNING ABOUT QUITTING

Related training and resources

National and NSW statewide resources

The ATRAC Framework: A Strategic Framework for Aboriginal Tobacco Resistance and Control in NSW

The ATRAC Framework has been developed in collaboration by the NSW Ministry of Health and the Aboriginal Health and Medical Research Council of NSW. The ATRAC Framework aims to support the planning, integration and coordination of Aboriginal tobacco resistance and control efforts across NSW. The Framework identifies relevant evidence and key principles to encourage best practice approaches to address smoking in Aboriginal communities.

To access the framework:

www.health.nsw.gov.au/tobacco/Publications/atrac-framework.pdf

RACGP Supporting smoking cessation: A guide for health professionals

A practical, succinct and evidence-based resource that can be used by a wide range of health professionals providing smoking cessation support.

To access the guide:

www.racgp.org.au/your-practice/guidelines/smoking-cessation/

NSW Health – Smoking cessation tools for health professionals

A set of tools have been developed by NSW Health to provide practical, quick and easy reference for health professionals who are assisting clients to manage their nicotine-dependence.

The tools include flowcharts for brief intervention and nicotine replacement therapy (NRT) use in hospital, a quick guide to assessing nicotine dependence, a listing of medications that interact with smoking and more.

To access the tools:

www.health.nsw.gov.au/tobacco/Pages/tools-for-health-professionals.aspx

NSW Health policies and guidelines

NSW Health Smoke-free Health Care Policy (PD2015_003)

The NSW Health Smoke-free Health Care Policy means that all NSW Health buildings, grounds and vehicles are smoke-free.

The Policy states that all clients who attend specified health services (check the policy for details) will be asked about their smoking status and those who smoke will be supported to manage their nicotine dependence and quit, through:

- Provision of brief intervention including the option of NRT, where clinically appropriate,

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- Provision of at least three days' supply of any NRT product the client has been using in hospital, at the time of discharge and
- Referral to Quitline 13 7848 and/or a smoking cessation advisor for ongoing advice and support to quit.

To access the policy:

http://www0.health.nsw.gov.au/policies/pd/2015/PD2015_003.html

Managing nicotine dependence: a guide for NSW Health staff

This Guide has been developed by NSW Health to provide detailed, evidence-based information for NSW Health staff who are responsible for managing clients who are nicotine dependent.

The Guide outlines the 5As approach to brief intervention, NRT and other pharmacotherapies, managing nicotine dependent inpatients and more.

To access the guide:

www.health.nsw.gov.au/tobacco/Pages/managing-nicotine-dependence.aspx

NSW Health website

All NSW Health resources listed above can be downloaded and in some cases ordered from the NSW Health website.

Visit the landing page 'Tobacco Smoking and Control in NSW':

www.health.nsw.gov.au/tobacco/Pages/default.aspx

Training courses

HETI Online eLearning modules

The Health and Education Training Institute (HETI) has developed a range of eLearning modules that relate to smoking cessation and working with Aboriginal women and families. These include:

- Smoking cessation: a guide for staff
- Screening for smoking, alcohol and other substances
- Smoking cessation: brief intervention at chairside
- Introduction to Motivational Interviewing
- Building skills in Motivational Interviewing
- Respecting the difference
- Working with Aboriginal mothers and families
- Emotional health of mothers and children
- Health and wellbeing during pregnancy
- Supporting healthy babies and children

NB: These online courses are only available to NSW Health staff

Cancer Council SA Online Learning

Cancer Council SA has an online 'Learning Hub' for health professionals who provide smoking cessation support, including specific modules for Aboriginal health workers.

To access the Learning Hub:

<http://learning.cancersa.org.au/moodle/>

Face-to-face training

NSW Health has a statewide smoking cessation trainer who offers face-to-face training / in-service sessions for NSW Health staff.

Tracey Greenberg can be contacted at Tracey.Greenberg@svha.org.au to arrange a training/in-service session.

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Consumer resources

Consumer fact sheets

Fact sheets on various aspects of smoking cessation are available to download and order from the NSW Health website. This includes fact sheets on 'Supporting someone to quit smoking', 'Benefits of quitting smoking', 'Nicotine dependence and withdrawal', 'Smoking and pregnancy' and more.

To access the fact sheets:

www.health.nsw.gov.au/tobacco/Pages/benefits-of-quitting.aspx

Quitline

Quitline **13 7848 (13 QUIT)** provides a confidential telephone service. Quitline counsellors are trained to support people on their quit journey.

iCanQuit website

The iCanQuit website is designed to motivate and support people to quit smoking by providing them with information and tools they need to make a quit attempt. It is interactive in design and allows smokers to share their stories about previous, current or planned quit attempts.

To access the website:

www.iCanQuit.com.au

Published articles

Gould, G. S., Bittoun, R., & Clarke, M. J. (2014). A pragmatic guide for smoking cessation counselling and the initiation of Nicotine Replacement Therapy for pregnant Aboriginal and Torres Strait Islander smokers. *Journal of Smoking Cessation*, pp. 1-10. doi: 10.1017/jsc.2014.3

Gould, G. S. & Munn, J. (2012). *Give up the smokes Aboriginal quit café: a new concept in intensive quit support for Aboriginal and Torres Strait Islander people – training manual*. Mid North Coast (NSW) Division of General Practice and Galambila Aboriginal Health Service

Kimber, P. R., & Ellerbeck, E. F. (2014). It's time to change the default for tobacco treatment. *Addiction*, pp. 381-386. doi: 10.1111/add.12734

Passey, M. E., Bryant, J., Hall, A. E., Sanson-Fisher, R. W. (2013). How will we close the gap in smoking rates for pregnant Indigenous women? *Medical Journal of Australia*, 199 (1), pp. 39-4. doi: 10.5694/mja12.11848

Thomas, D. P., Davey, M. E., Briggs, V. L., Borland, R. (2015). Talking about the smokes: summary and key findings. *Medical Journal of Australia*, 202 (10), pp. S3-S4. doi:10.5694/mja15.00464