

## What can managers do to support SmokeCheck trained workers?

### The first step in supporting your staff:

- ② **Arrange to meet to discuss their training day.**

Discuss any challenges they face in putting what they have learned into practice. Talk about and plan how these may be addressed.

### Further Steps:

- ② **1. Encourage the staff members to read their SmokeCheck resources.**

By doing this they will become familiar with the brochures and other resources provided. This will help them to think about ways they can be used regularly.

The SmokeCheck resources are culturally specific for Aboriginal people. They include a set of 5 SmokeCheck brochures for clients, a health worker desktop tool card, a DVD demonstrating brief motivational interviewing, a poster and a fridge magnet. The SmokeCheck resources are available to everyone who completes the one day SmokeCheck training workshop and are FREE of charge. Please see the SmokeCheck resources web page for more information

<http://www.smokecheck.com.au/about/resources/index.php>

- ② **2. Provide an opportunity at your next team meeting for discussion.**

This would be a good opportunity for SmokeCheck trained staff to discuss their training day and show the brochures and other resources provided in their training resource folder to other staff members.

- ② **3. Schedule an information session for all staff.**

This will provide an opportunity to view the DVD 'Bernard's Choice', which describes motivational interviewing techniques for brief intervention. The DVD 'Health Smart' provides information about using nicotine replacement therapy products. These DVDs have also been provided in the training workshop resource folder. Discuss issues and questions raised together. Contact SmokeCheck for assistance in answering any questions.

Additional copies of the Health Smart DVD & Bernard's Choice can be ordered from NSW Health Resource. They can be contacted on (02) 9879 0443 or via email [tobinfo@doh.health.nsw.gov.au](mailto:tobinfo@doh.health.nsw.gov.au).

- ② **4. Practice delivering the brief intervention.**

Encourage and allocate time for your SmokeCheck trained staff to practice delivering the SmokeCheck brief intervention with other staff members. Providing 2-3 5minutes sessions would be useful for building the confidence of the SmokeCheck trained health worker. The resources in training folder including the desktop tool card and brochures should be used to guide the practice sessions.

Ⓜ **5. Examine your service's environment.**

Are there Quit posters displayed? Is the Quitline number (13 QUIT or 13 7848) visible in the waiting room?

Do staff have access to Quitline fax referral forms?

Are no smoking signs visible to clients and visitors of your service?

There are posters available suitable for display in waiting areas and consultation rooms, such as the [National Tobacco Youth Campaign - Indigenous youth poster \(PDF\)](#).

These and many more items can be ordered from the NSW Health Resource Distribution Centre. The order form can be found at [this link](#).

Quit information can also be found [www.13quit.org.au](http://www.13quit.org.au)

Ⓜ **6. Examine policies, procedures and systems in your service around tobacco use.**

Ask: What is the current status of my service's Smoke Free Workplace Policy? Visit [http://www.health.nsw.gov.au/policies/PD/2005/PD2005\\_375.html](http://www.health.nsw.gov.au/policies/PD/2005/PD2005_375.html) to read about actions for implementing the NSW Health's Smoke Free policy.

Does the service routinely record clients smoking status?

Identify what procedures and systems changes may be needed so routine brief intervention practices are better supported in your service.

Ⓜ **7. Implement a brief intervention quality improvement project.**

This can monitor how well brief interventions for smoking cessation are being integrated into routine service delivery at your service.

The Clinician's Toolkit for Improving Patient Care provides a framework and tools to develop quality improvement project <http://www.health.nsw.gov.au/pubs/2001/clintoolkit.html>

Ⓜ **8. Share stories from your health service**

Visit the SmokeCheck website 'Stories & Innovations' page and share information about the work your service is doing for supporting SmokeCheck trained workers through our website. The page can be found here: <http://www.smokecheck.com.au/programs-activities/sharing/index.php>

Ⓜ **9. Engage with local Aboriginal communities to raise the priority of tobacco control.**

The Centre for Excellence in Indigenous Tobacco Control (CEITC) has a very useful resource kit called *Talkin' Up Good Air*. It can be downloaded from the CEITC website: [www.ceitc.org.au/talkinupgoodair](http://www.ceitc.org.au/talkinupgoodair)

**For information about what is going on in tobacco control and Aboriginal communities in NSW and around Australia as part of COAG's *Closing the Gap* initiative visit:**

[www.smokecheck.com.au/news](http://www.smokecheck.com.au/news)

## Some useful resources:



### **“Let’s Take a Moment” quit smoking brief intervention – a guide for all health professionals**

This document has been developed to assist health professionals in the NSW health system to provide evidence-based brief advice to clients who smoke, as part of their routine clinical practice.

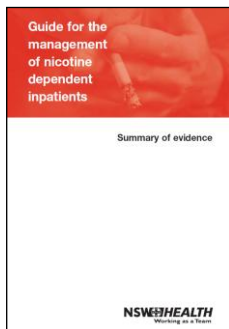
<http://www.health.nsw.gov.au/pubs/2005/letstakeamoment.html>



### **The Clinician's Toolkit for Improving Patient Care**

The aim of this booklet is to provide clinicians with information about the tools available to review and improve the quality of their practice and how to report the findings of any review.

<http://www.health.nsw.gov.au/pubs/2001/clintoolkit.html>



### **Guide for the Management of Nicotine Dependent Inpatients.**

This document has been developed to assist clinicians (doctors and nurses) manage nicotine dependence and treat nicotine withdrawal in patients admitted to NSW Health facilities. It is available at the NSW Department of Health:

[http://www.health.nsw.gov.au/pubs/2002/pdf/nicotine\\_sum.pdf](http://www.health.nsw.gov.au/pubs/2002/pdf/nicotine_sum.pdf)



### **Talkin' Up Good Air**

This tobacco control resource kit for Indigenous Australian communities aims:

- To assist health professionals, along with community and education workers, to become community leaders in the area of tobacco control.
- To raise the priority of tobacco control in Indigenous communities.
- To build community ownership in tobacco control by supporting community-initiated and controlled action.

<http://www.ceitc.org.au/talkinupgoodair>

## Further Resources:

### **Nursing & Midwifery Guidelines – Identifying & Responding to Drug & Alcohol Issues**

Chapter 3 examines cross-cultural communication, including some tips for dealing with patients / clients from Aboriginal & Torres Strait Islander backgrounds. Chapter 9 provides details of the effects and treatment of the most commonly used drugs. This includes tobacco which is covered in section 9.6.

[www.health.nsw.gov.au/policies/gl/2008/GL2008\\_001.html](http://www.health.nsw.gov.au/policies/gl/2008/GL2008_001.html)

### **HealthInfoNet**

A 'one-stop info-shop' that aims to contribute to 'closing the gap' in health between Aboriginal and Torres Strait Islander peoples and other Australians by informing practice and policy in Indigenous health by making research and other knowledge readily accessible.

<http://www.healthinfonet.ecu.edu.au/>

### **The US Department of Health & Human Services**

The US Department of Health & Human Services' website has comprehensive information relating to treating tobacco dependence. This includes a useful slide presentation. The slides are based on the Public Health Service (PHS)-Sponsored Clinical Practice Guideline—*Treating Tobacco Use and Dependence: 2008 Update*. They include all tables, figures, meta-analyses, and recommendations contained in this clinical practice guideline.

Slides 169 to 188 focus on Systems

<http://www.ahrq.gov/clinic/tobacco/slides/tobaccoslides.htm>

### **Helping Smokers Quit – A guide for Clinicians**

A presentation developed by US Department of Health & Human Service about the importance of including brief Interventions into routine clinical practice

<http://www.ahrq.gov/clinic/tobacco/clinhlpsmkst.pdf>

### **Research Papers**

A selection of relevant research papers can be found on the Hunter New England Area Health Service Website at: [http://www.hnehealth.nsw.gov.au/hnep/smoking2/research\\_papers](http://www.hnehealth.nsw.gov.au/hnep/smoking2/research_papers)