

SMOKING CESSATION PROGRAM NGANAMPA HEALTH

CYNDI COLE FEB 2018



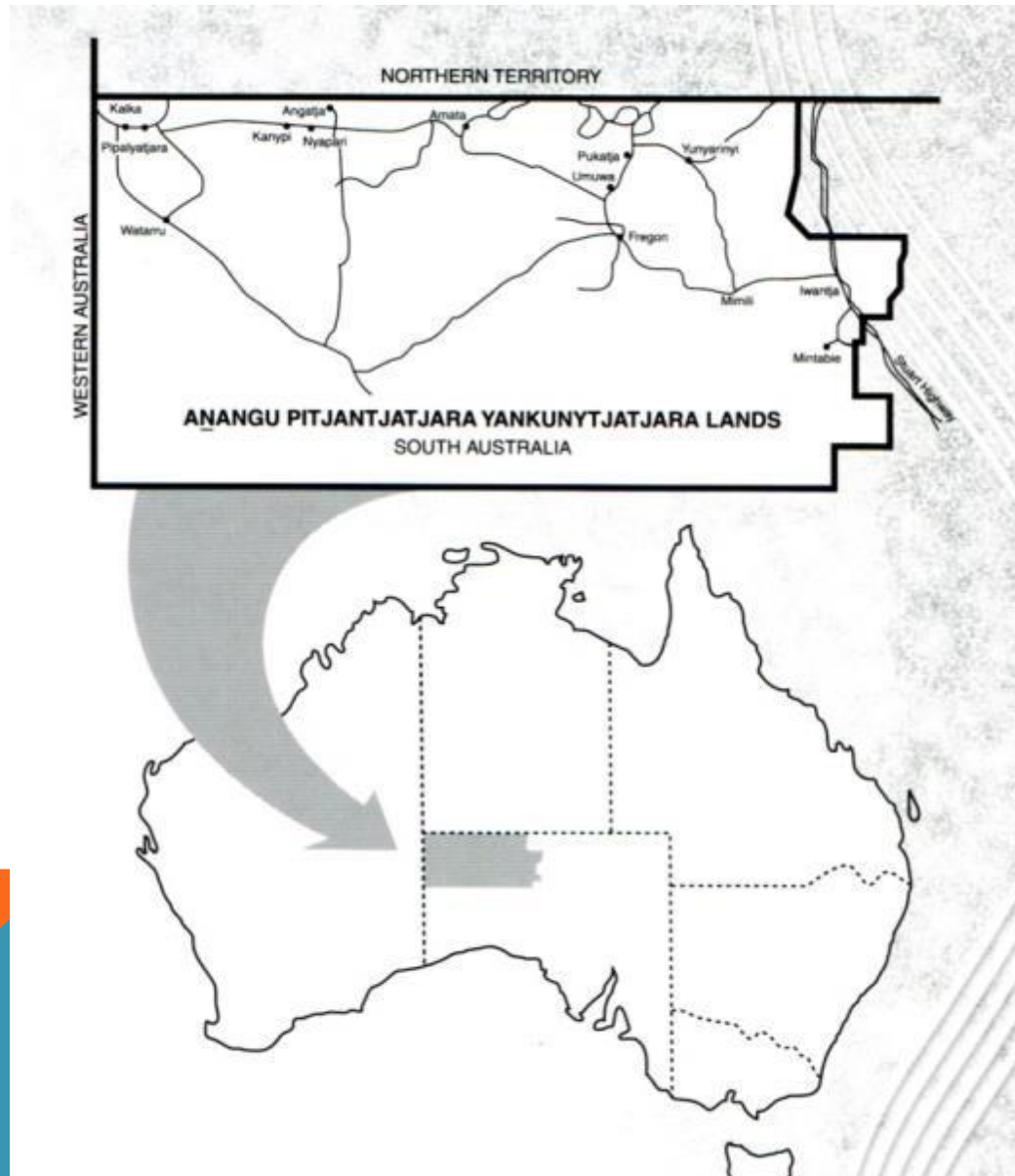
Tackling smoking is the business of everyone within Nganampa Health. Smoking is still the leading contributory risk factor to the gap in health outcomes between Indigenous and non-Indigenous Australians. It is also the largest contributor to the burden of disease (living with illness and injury and dying prematurely). The recently released Australian Burden of Disease Study by the Australian Institute of Health and Welfare identified smoking as being the greatest risk factor contributing to the burden of disease for all Australians (9%), with smoking contributing to 36% of the respiratory burden and 22% of all cancer burden.

(<http://www.aihw.gov.au/WorkArea/DownloadAsset.aspx?id=60129556207>)

Given the much higher rates of smoking amongst Aboriginal and Torres Strait Islander peoples, we can expect the burden to be much higher.



WHERE DOES NGANAMPA HEALTH WORK



TACKLING INDIGENOUS SMOKING ON THE APY LANDS

- 1. One on one education and support for clients to stop smoking**
 - All pregnant women – education and support to quit
 - Referrals from specialists, Drs and clinic staff- education and support to quit
 - Self referral - education and support to quit
- 2. Training for TIS staff ,clinical staff on brief interventions, Quitskills, Medications etc**
 - Clinical meetings – training for Nurses , AHWs and Drs
 - Online training – open to all staff – Quit victoria
 - Quitskills training – TIS staff & AHWs
 - Intensive Intervention training – TIS staff
 - No smokes training – TIS staff
- 3. Health Promotion activities**
 - Community events – women’s meeting, world no tobacco day, sports events, schools
 - Posters using local role models
 - School competition
 - Radio ads and sessions
 - Painting done by local AHW and Artist about protecting our children from smoking and its effects
- 4. Education at schools - Deadly Choice currently negotiating**
- 5. Attend NT Jurisdictional meeting organised by NBPU**
- 6. Smoke free Policies – talking to other organisations about having a smoke free policy**
- 7. Research - ?? Sistaquit**



TIS / QUIT SMOKING TEAM

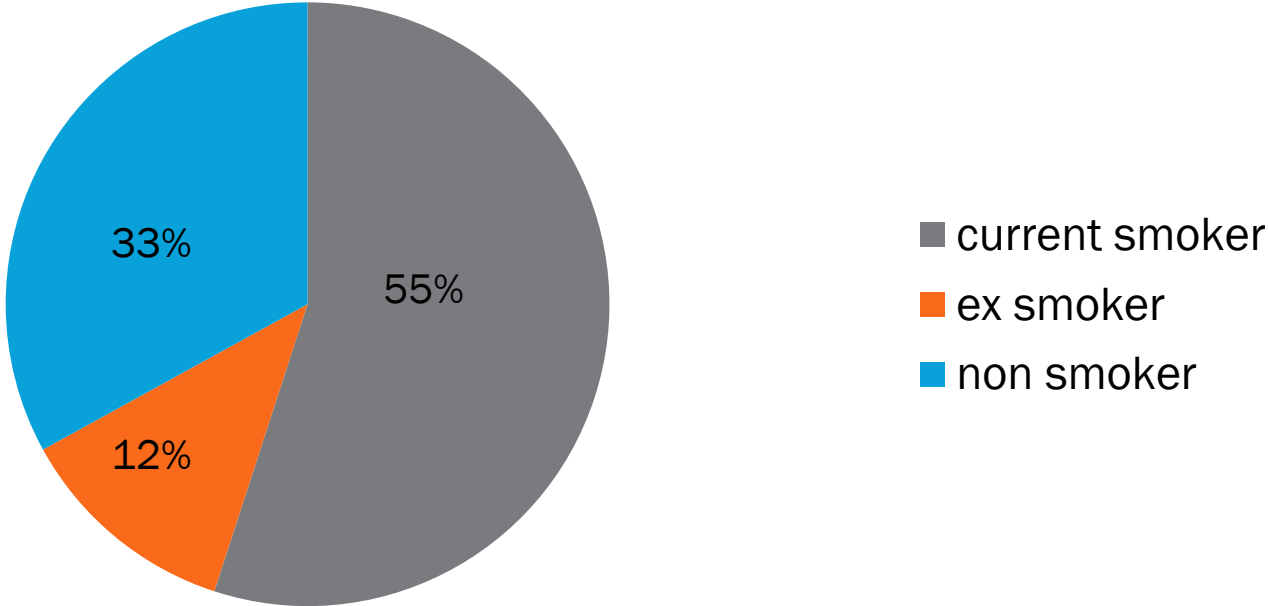
Cyndi Cole, Lee Lawrie, Zibeon Fielding (P/T), Louise Tucker (P/T) and other AHWs on a casual basis as required.

Existing Clinical staff also have a big role to play in smoking cessation as each presentation at the clinic is the opportunity for a brief intervention around quitting smoking.



SMOKING CLASSIFICATION 2016 - 2017

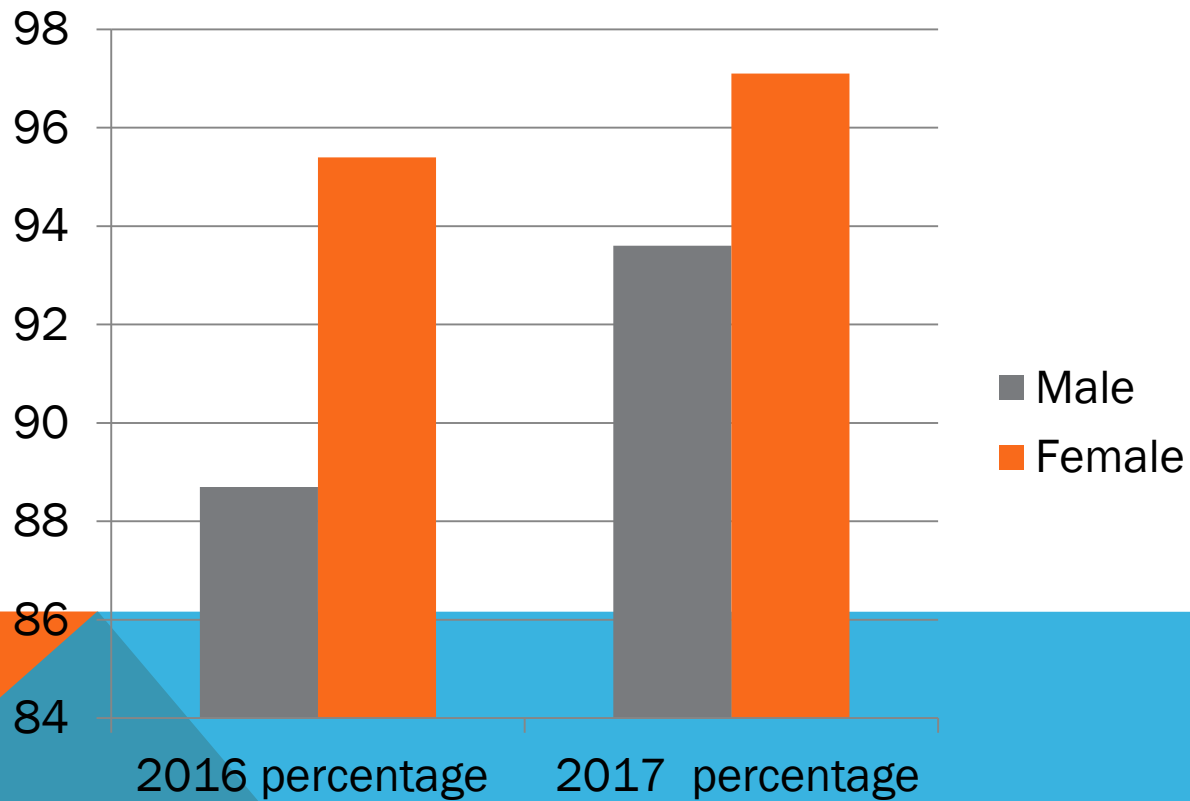
Smoking status



CLIENTS WITH CURRENT SMOKING STATUS RECORDED IN COMMUNICARE ON APY LANDS

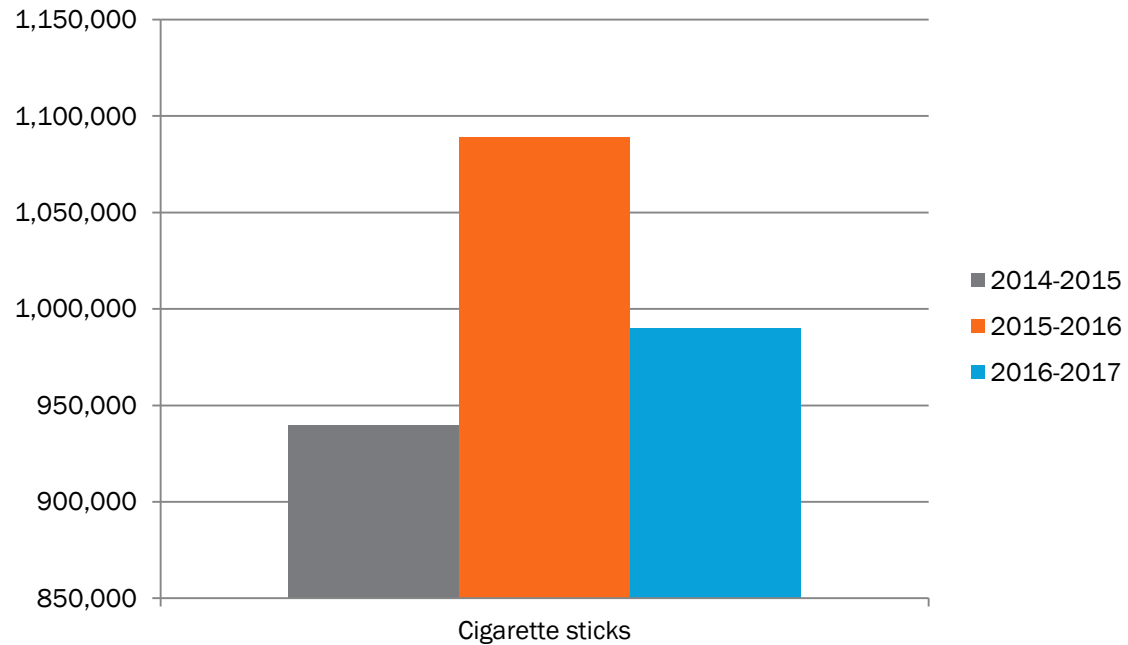
TAKEN FROM OUR TJIKITA WIYA SURVEYS

Smoking Status recorded for 2015-2016 qnd 2016 -2017



We had a rise in the last year in the number of cigarettes sold in 2016 in the Mai Wiru stores on the APY Lands but that is now going down again

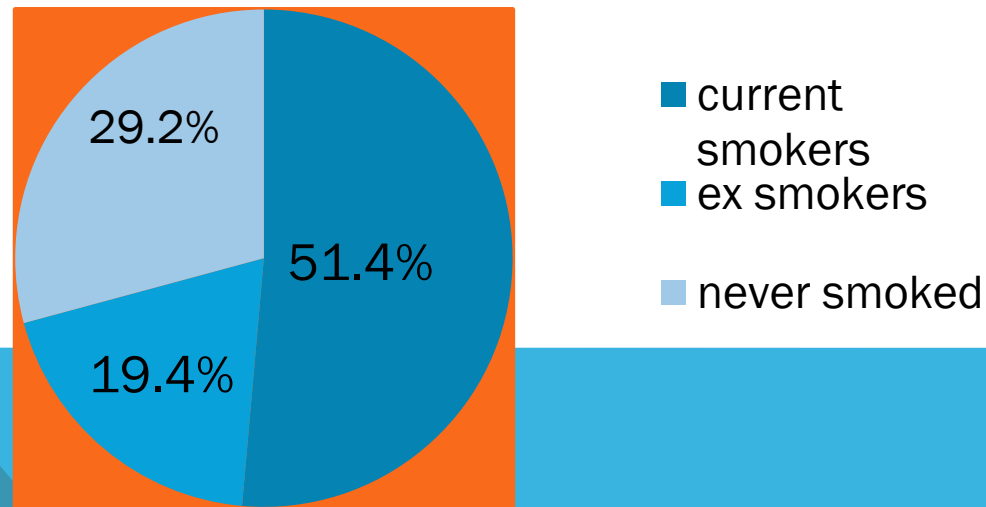
Number of cigarette sticks sold on APY Lands in MAI WIRU Stores



72.7% of males over 15 smoke and 39.9% of females over 15 smoke from our current population on communicate .

54.7 % of our current pregnant women smoke

Pregnant women smoking status July 2016 - 30th June 2017



Encouragingly, during the last six month period 44 Anangu have advised us that they have quit smoking. Many of these people have received support from the TIS program.

206 smoking assessments using the Tjikita Survey were completed including 33 intensive smoking assessments. Of these 206 clients, 184 were current patients, 21 were transient patients and one was a past client.

Smoking status has been recorded for a total of 1,592 people who are classified as current patients on the APY Lands. 93.6 % of the current male population over the age of 15, and 97.1% of the current female population over the age of 15 on the APY Lands have their smoking status recorded.

A total of 147 patients had one-on-one smoking cessation sessions with either the TIS Coordinator or the TIS Workers.

679 brief interventions on smoking with 380 clients were carried out by TIS workers and by clinical staff and as part of the adult health checks, antenatal checks and Tjikita surveys. 40% of the brief interventions were carried out by TIS staff.



36 people have been started on Quitplans. 11 of these were Antenates. All Quitplans have been regularly reviewed with reviews generally taking place fortnightly or three weekly.

14 people have started on medications to help them quit smoking.

A big focus of the program is working one on one with pregnant women .

We try and see every pregnant women once and more often if they are a smoker. We deliver an education session with the non smokers around the effects of smoking on children (second hand and third hand smoke) and talk about the importance of making homes and cars smoke free.

If the pregnant women is a smoker we see them several times providing education, counselling and medications to help them stop smoking and to encourage them to make their homes and cars smoke free. We monitor their smoking and co levels throughout the pregnancy.

Some women will be seen 7 – 8 times during their pregnancy by a TIS worker.



Some of the women we don't manage to see but these are usually transient or past patients who may only be on the APY Lands occasionally throughout their pregnancy and receive most of their antenatal care in another community. Many of these transient women will rotate through a number of communities both on and off their lands and may go down to Adelaide, Pt Pirie, Port Augusta, Coober Pedy or Alice as well as a number of NT communities .

We have roughly about 55 pregnancies a year and probably 8-10 receive their care elsewhere. A little less than half are non smokers or ex smokers. Of those that are smoking we have about 6 successfully quit and another 10 who cut down considerably and maintain CO Levels of around 7 -10 ppm and while not ideal it is still better than the levels they had prior to trying to stop which are often around 15 - 30. We still try to encourage them to stop all together.

We have a small number approx between 2-5 who we have no impact on their smoking and they continue to smoke throughout their pregnancy often a combination of tobacco and Ganja.

We have a small number who are lost to follow up as they move elsewhere during their pregnancy.

We try to see them at least once post natively to try and encourage them to stay smoke free.

Community engagement and Health Promotion and education

A community workshop was held in Pukatja on World No Tobacco Day. 77 people were seen as part of the workshop and 26 people had their carbon monoxide (CO) levels monitored.

Two community education sessions were held in Iwantja. These sessions had a specific focus on younger women and mothers. A total of 15 young women attended. All had their CO levels checked. Intensive education was given with a particular focus on the dangers of smoking during pregnancy, and the dangers of passive smoking.

4 people from Mimili participated in the Indigenous Marathon Program fun run at Uluru in May. The participants were school age children. Our TIS Worker provided smoking education to the participants and their families prior to the event and accompanied them to the event and ran with them.



Zibeon Fielding) (TIS Worker), was selected in the APY Thunder football team that competed in Adelaide and Alice Springs. He provided healthy lifestyle education with a focus on smoking cessation to the other participants. He successfully completed the New York Marathon. In 2018 he is going to run a marathon in Boston and then run 62 kms from Indulkana community to Mimili community. The aims of these runs is to raise money for dialysis on the APY Lands and promote a healthy lifestyle e.g. no smoking. Good food and exercise

The TIS Workers have been undertaking regular workshops with various sporting teams on the APY Lands that they are involved with. And we try to have a presence at most major sporting events.

Nganampa is currently working with AHCSA and UIIH to look at how the Deadly choices program can be delivered on the APY Lands

We are currently running a school competition for APY schools around developing non smoking messages and resources



SMOKE FREE ENVIRONMENTS

We have visited to several of the organisations working on the APY Lands that employ Anangu and provide services to Anangu on the APY Lands. At these meetings we have :-

- Discussed smoke free policies and given them some examples of good smoke free policies.
- Offered to assist them in developing a smoke free policy for their organisation if they don't already have one or review their existing policy with them if they do have one.
- Offered posters around not smoking that use Anangu as role models for their workplaces
- Provided smoke free signage for their workplaces
- Assisted with developing some training for staff and opportunities for staff to have access to smoking cessation counselling, support and NRT patches

LOCAL SMOKING CESSATION POSTERS

Tjikita - Nyuntu Ngayuku Malpa Wiya

I Quit for me
and I Quit for my Baby



Talk to your clinic if you need help to give up the smokes.

Nganampa Health Council 5/3/2016
Photo: © COLE



Say NO
to
smokes
so you
can play
your best

Tjikita - Nyuntu Ngayuku Malpa wiya

Talk to your clinic if you need help to give up the smokes

Nganampa Health Council 18/9/2017 Photo: © COLE

Tjikita - Nyuntu Ngayuku Malpa wiya

Talk to your clinic if you need help to give up the smokes.

Say No to Smokes so you can play your best



Tjikita - Nyuntu Ngayuku Malpa wiya



Say No to smokes

Tjikita - Nyuntu Ngayuku Malpa wiya

I gave up for my self and for my family

6 years Tjikita wiya



Talk to your clinic if you need help to give up the smokes.

Talk to your clinic if you need help



Tjikita - Nyuntu Ngayuku Malpa wiya

I Quit 2016 to get fit and healthy

Talk to your clinic if you need help to give up the smokes.



Tjikita - Nyuntu Ngayuku Malpa wiya

Keep your children safe and healthy SMOKE OUTSIDE

Talk to your clinic if you need help to give up the smokes.

NEW PAINTING WITH NON SMOKING MESSAGE

The painting tells the story about smoking and its effect on children. Children are being around smoking too much. It is happening in the houses they live in and the cars they are sitting in. This is bad for them and we need to protect the children by not smoking in our houses and cars and around children. In the paintings we see houses where smoking is happening and children are getting lots of sickness like colds, chest infections, asthma, ear infections and we see some houses where there is no smoking and the children are healthier. We need to make all houses and cars smoke free to protect the children from the effects of smoking. If you smoke you need to smoke a long way from children. Family should not give children cigarettes to smoke or money to buy cigarettes.

Tjukurpa nyangangu wangkanyi Puyutjara munu tjitjitjara muna nyuntunya kulu. Nyuntu tjikita puyunyjtjantja wiya tjtjtjinka itingka. Puyu wiya walingka unngu motorcarnjka unngu tjtjtjinka wiya.

Tjikitangu nyuntunya pika unganyi :

Kirikiri Pikani

Nganypa Kurani

Cancer Unganyi

Kututu ngarakatinyi

Ngukungpa Kurani

Kuru kurani



THIS PAINTING WILL BE USED AS A POSTER AND EDUCATION TOOL IN THE COMMUNITY.



