

Introduction to the resources

In 2017-2018 the National Best Practice Unit Tackling Indigenous Smoking (NBPU TIS) undertook to develop a set of resources for community workers and health professionals that would provide relevant information in relation to the Tackling Indigenous Smoking Program. These videos and fact sheets are the result of this activity.

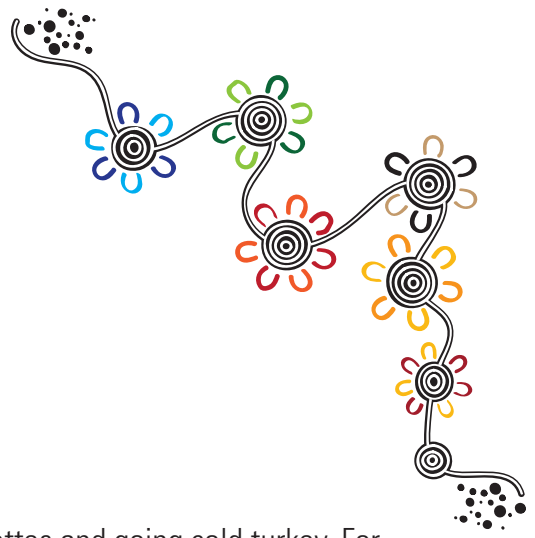
THE VIDEOS COVER:

1. Brief Intervention
2. Activities for children and youth
3. Nicotine Replacement Therapy
4. Smoking and Pregnancy
5. Smoke-free Environments
6. Harmful effects of smoking



Each video showcases the work of a number of different Tackling Indigenous Smoking (TIS) teams from across Australia. Each one is also accompanied by a fact sheet which provides a brief evidence-based overview of the topic and explains how the activities fit into the Population Health Promotion approach adopted by the program.

In addition to this work, NBPU TIS undertook a desktop review of the currently available evidence-based obesity and nutrition resources of relevance to Aboriginal and Torres Strait Islander people. A summary of the activities and information identified, along with a set of downloadable resources is also available on this USB. A fact sheet describing the relationship between nutrition and smoking is provided to accompany these resources.



Key Facts About Nicotine Replacement Therapy (NRT)

Some people successfully stop smoking by throwing away their cigarettes and going cold turkey. For others quitting is not that easy. This is because nicotine is a very addictive drug. If someone is nicotine dependent they might need support from nicotine replacement therapy (NRT) to help them cope better with nicotine cravings.

What is NRT?

NRT is medicine for smokers who are dependent on nicotine. Using NRT can double the chances of giving up the smokes. NRT works by providing the body with small doses of nicotine. This helps control nicotine cravings, making it easier to say no to the smokes. There are different types of NRT product, but most people use patches, gum or lozenges:

- Patches release nicotine into the bloodstream throughout the day. Only having to apply one a day makes this a very popular product;
- The nicotine from gum and lozenges gets into the body really quickly, but only lasts for about 1 to 2 hours;
- Some people with strong cravings may need a higher dose of NRT. Often they get this higher dose by using two types of NRT (such as the patch and gum) at the same time.

Is NRT safe?

People smoke for the nicotine, but get health problems from the toxic chemicals in the cigarette smoke. All types of NRT are safer than cigarettes (including in pregnancy) because:

- NRT has less nicotine than a cigarette so is less addictive than cigarettes;
- NRT contains none of the toxic chemicals found in tobacco smoke;

Nicotine can be dangerous to young children so NRT should be kept away from kids under 12 years of age.

Where can people get NRT?

NRT is sold in pharmacies without prescription. Up to 12 weeks supply is also available through the Pharmaceutical Benefit Scheme (PBS). All the items listed on the PBS must be prescribed by a doctor. It is also important that the following groups see a doctor before taking NRT:

- Anyone with serious health problems (e.g. heart or lung disease);
- Anyone taking other medication;
- Women who are pregnant or breastfeeding.

NRT is not available through TIS teams. TIS workers are able to provide education about the benefits of NRT, and raise awareness of relevant services that are available locally. Increasing community awareness of services is an important part of the Population Health Promotion approach to TIS.

All types of NRT have been shown to help people quit smoking. But it is important to remember that NRT is not a magic bullet. Smokers still have to plan their quit carefully, thinking about why they want to quit, setting a quit date and working out how to manage triggers and cravings. **This means that smokers using NRT are even more likely to quit successfully if they are supported by a trained smoking cessation counsellor.**