



SMOKEFREE NURSES  
AOTEAROA / NEW ZEALAND

## **Mental Health Nursing Strategy**

Te Ao Māramatanga New Zealand College of Mental Health Nurse  
Conference

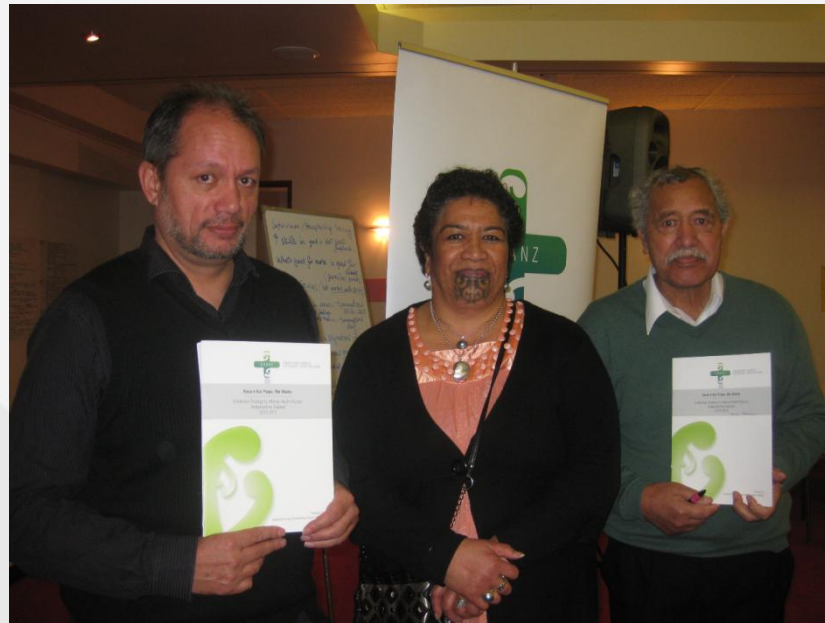
Dunedin, New Zealand  
July 8th 2011



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The launch of smoke free nurses mental health strategy at nurse educators conference in Hamilton Sept 2010





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# Who are we- why mental health





# Nursing in New Zealand at a glance

- 40, 626 total practicing nurses
- 3,743 practicing mental health nurses (9.2%)



# Tobacco Smoking in New Zealand

- 21% general population
- Maori (46%)
- Pacific (36%)
- Mental health disorder (???)



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- 15 per cent of overall nursing workforce
- 29-31 per cent mental health nurses are smokers



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# Not just the uniforms have changed





# Cessation guidelines

- Smoking cessation for people with mental illness or addictions should be integrated into existing mental health and addictions services.
- Service providers including health professionals need sufficient support and training to incorporate brief smoking cessation interventions into their practices. Education includes information that dispels myths about mental health and nicotine dependence and supports best practice evidence.
- Nicotine replacement therapy should be provided to all individuals with mental illness or addictions who want to quit or reduce their smoking.
- Individuals who are taking antipsychotic medications and quit smoking should have their medication dosages monitored in the first months following cessation.
- Multi-session intensive support, medication and follow-up for all hospitalised patients who smoke.



# National Health Targets

- To reduce smoking initiation
- To increase quitting
- To reduce exposure to second-hand smoke.



## Our strategy supports SNANZs objectives

- To decrease the incidence over the long term of illness and death associated to tobacco smoking.
- To increase quit rates and decrease initiation and relapse among clients of health services and the public,
- To increase quit rates and decrease initiation and relapse among nurses and student nurses



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# Our Strategy

## **Nursing leadership**

Nurses working in mental health and addiction services are role models and incorporate smoking cessation into their daily practice

## **Education/Practice Change**

Nurses in mental health and addiction have knowledge about the harm caused by tobacco smoking, the benefits of cessation and the tools used for cessation, and are confident to pass this onto consumers and their whānau.

## **Smoking Cessation**

Smoking cessation must be part of the care plan of every consumer who smokes tobacco and continue when consumers transition to and from other services.



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So lets do it  
together.

