

# Brief Intervention Training in Smoking Cessation

**Do you feel confident asking your patients about their smoking habits?**

**Do you wonder what you can achieve in such a short period of time?**

**Are you concerned about the possibility of losing a client if you do ask?**

Since 2003, NAPS in conjunction with the Cancer Council's Fresh Start program have run Brief Intervention Training for Midwives, Antenatal Educators and Child Health Nurses. The program runs on the 5A's model (Ask, Advise, Assess, Assist, Ask Again), and trains health care workers in delivering advice, information and motivation to their patients during routine consultations.

**The topics covered in this training include:**

- Health information
- Smoking and pregnancy
- Paternal smoking
- Asthma, SIDS, unhealthy birth weight
- Understanding nicotine addiction
- A framework for helping smokers to quit (the 5 A's model)
- Motivational interviewing techniques

The Brief Intervention Training in Smoking Cessation program has received positive feedback from the health professionals who have taken part. People have found it "increased my understanding" and was "a great presentation". The non-judgmental, empathy-driven method of encouraging clients to break their dependence has also been well-received.

Brief Intervention Training is FREE and can be organised as a half day or split into two hour workshops. The sessions can be conducted in your area, including regional areas, so there is no need to travel.



## Brief Intervention Training in Smoking Cessation: Expression of Interest

Yes! Our staff would like to find out more about the NAPS Brief Intervention Training available through the Asthma Foundation.

Contact Person: ..... Title: .....

Employer: .....

Address: .....

Suburb:..... Postcode:.....

Please contact us by (please tick):

Email: .....

Phone: .....

**Please post/fax/email your expression of interest to:**

**Kristina Economo, NAPS Coordinator  
The Asthma Foundation of WA PO Box 364, WEST PERTH WA 6872  
Ph: 9289 3641 Fax: 9289 3601**

**HYPERLINK "mailto:kristina@asthmawa.org.au" kristina@asthmawa.org.au**

**Newborns  
Asthma &  
Parental  
Smoking  
Project**



**The Asthma  
Foundation of  
Western Australia Inc**

ABN 57 057 873 242

36 Ord Street  
West Perth WA 6005

**Postal address**

PO Box 864  
West Perth WA 6872

**Telephone**

08 9289 3600

**Facsimile**

08 9289 3601

**Website**

[www.asthmawa.org.au](http://www.asthmawa.org.au)

**NAPS Website**

[www.smokefreebaby.org.au](http://www.smokefreebaby.org.au)

## NAPS 2005 - Into the future

We are pleased to announce that the NAPS project has achieved state-wide Healthway funding for an additional two years, enabling us to promote the 'Care for my air!' message into 2007. This positive outcome will provide us with new opportunities to extend the work of the project and create new strategies and partnerships with other health agencies. On behalf of all those who have worked so hard on each stage of NAPS, we would like to thank you: the health professionals who have delivered the smoke-free message directly to expecting and new mothers and their partners.

NAPS began in 1998 as a small Healthway funded project conducted by the Asthma Foundation of WA. Initially it was implemented in a single metropolitan health service area and trialled various strategies for providing antenatal information to women on the dangers of passive smoking to infant and child health. By 2000, the pilot had expanded to four metropolitan areas and one regional area. During the period from 2002 to 2005, NAPS extended its reach state-wide, and built upon proven strategies with the support of regional and metropolitan Health Services and Hospitals.

In 2005, NAPS will capitalise on existing strategies whilst also moving forward with exciting new opportunities. The project will work with Quitline to develop specific strategies to assist pregnant women quit smoking, and combine this approach with a system of telephone call-back counselling. NAPS will also trial a program with Medical Director, a comprehensive and popular software program used by general practitioners for prescription writing, medication and patient management. We will develop a prompting system, where all pregnant patients will receive a Baby Starter Pack and information on the dangers of passive smoking.

NAPS will also implement an Indigenous Women's Project that will employ culturally appropriate methods of delivering health promotion to Indigenous women. The program will establish and develop relationships with Aboriginal Health Workers and Liaison Officers, who will have the required understanding of kinship and good community rapport that will help create a successful project over time.

As well as these new initiatives, NAPS will continue to:

- Distribute Baby Starter Packs and associated resources to WA Health Services and Hospitals that provide antenatal services
- Promote the 'Care for my air!' message to community networks
- Continue to liaise with Tertiary Institutions to maintain the 'Care for my air!' resources in the education and training of nursing students
- Deliver Brief Intervention Training (see back page for more information)

Once again, thanks to all of our readers for their valuable feedback and support, and we look forward to working with you in promoting the 'Care for my air!' message in the future.

**The Asthma  
Foundation**  
has secured  
Healthway funding  
for NAPS until  
2007!



An Asthma  
Foundation of WA  
initiative, funded  
by Healthway

# Welcome

Care for my Air! March 2005

Welcome to the latest edition of the 'Care for my air!' newsletter. This newsletter is designed to provide you with a progress update on the Newborns Asthma and Parental Smoking Project (NAPS). I hope everyone had a safe and relaxing New Year and is ready for 2005!

In this edition, you will read about the future of NAPS, Brief Intervention Training and current research relating to smoking and reproductive and child health.

As most of you may already be aware, the Asthma Foundation of Western Australia is excited to have been offered further Healthway funding until March 2007.

With this funding will come the continuation of the project's existing long-standing initiatives and the introduction of new and innovative strategies. I hope you enjoy this edition.

Happy reading  
Kristina



## Household Smoking Statistics

The 2004 edition of Australia's Health (AIHW, 2004) reported that over the period between 1995 – 2001, around one third of all Australian households included children under 14. In 1995, around 31% of these households had someone who smoked inside the home. With the general decline in smoking and increased awareness of the health issue, this figure fell in 2001 to less than 20%.

**Yet this still meant that there were approximately 800,000 Australian children exposed to tobacco smoke in their home environment.**

## Household Smoking Status:

	1995	1998	2001
Smokes inside the home	31.3%	22.6%	19.7%
Only smokes outside the home	16.7%	21.5%	24.9%
No-one at home regularly smokes	52%	55.9%	55.4%

Source: National Drug Strategy Household surveys 1995, 1998, 2001.



In our last edition, we congratulated Mirrabooka Child Health Centre for their efforts in promoting NAPS at the Teen Parent Festival. Here are some photos from the event.

# Report - The Impact of Smoking on Reproductive and Child Health

A UK report published by the British Medical Association titled 'Smoking and reproductive life' presents an overview of the consequences that active and passive smoking has for male, female, infant and child health. Specifically, the report outlines the impact of smoking on fertility, the health risks associated with smoking during pregnancy and on infant and child health including information specific to breastfeeding.

## Smoking and Fertility

The report suggests that smoking has serious consequences for fertility. Substances found in cigarette smoke can interfere with the metabolism of sex hormones, and are toxic to the testes and ovaries. By-products of nicotine affect the motility and swimming patterns of sperm. For women trying to conceive, these and other chemical effects translate into a 10 – 40% decreased chance per cycle of falling pregnant compared to non-smoking women, with even low levels of smoking having a substantial impact. There is also a poorer response to fertility treatment among people who smoke.



## Smoking and Breastfeeding

Breastfeeding mothers who smoke or who are exposed to second-hand smoke may find some of the health benefits of feeding are diminished for their child. Smoking mothers are found to produce 250ml/day less breast milk than non-smoking women and with a lower level of lipids. This change in milk composition is thought to be directly related to the nicotine in cigarette smoke. Nicotine has been shown to interfere with the hormone prolactin, which regulates, among other things, the initiation and maintenance of milk production.

## Smoking, Pregnancy and Child Health

The report discusses numerous studies that reaffirm known health effects that smoking causes during pregnancy. Research is included on both active and passive smoking.



Although the effects of smoking are most profound when exposure occurs in utero, we are again reminded of the connection between smoking and:

- Childhood asthma development
- Poor respiratory health
- Increased risk of SIDS
- Reduced cognitive function

By encouraging pregnant women and new mothers to quit smoking many of these risks are either reduced or eliminated. The relative number of people who smoke is declining in Australia, but the rate of uptake in young women continues to rise. The report highlights the need for supportive programs such as NAPS that promote the uptake of the smoke free message and endeavour to improve infant and child health.

To download a full copy of the report visit [www.bma.org.uk](http://www.bma.org.uk).

### What can you do?

As health professionals assisting pregnant and new mothers, you are in a perfect position to offer information that will directly impact their attitude to smoking. The NAPS program can support your work in two ways:

Resources such as the Baby Starter Pack have been a popular and effective way of promoting the 'Care for my air!' message. Request these and other resources by phone, fax, email or by visiting [www.smokefreebaby.org.au](http://www.smokefreebaby.org.au).

With Brief Intervention Training in Smoking Cessation, you and your colleagues will feel confident in providing health information and motivational advice to clients who smoke. Fill out our Expression of Interest form, and we will contact you to arrange a suitable time for this in-house, FREE training.