



Welcome!

Welcome to the December 2008 edition of the 'Care for my air!' - 'Fresh air grows solid babies' newsletter. This newsletter is designed to provide you with a progress update on the Newborns Asthma and Parental Smoking (NAPS) Project.

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It is hard to believe that another year is nearly over! The NAPS team would like to extend a big thank you to everyone that has helped us have such a great and successful year. Without all of your support it would not be possible to spread the important issue around smoking and pregnancy.

**We hope that you all have a fabulous Christmas and New Year!
Warm regards Cherise, Amy and Vanessa**

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 "Care for my air" packs have been a popular and effective way of promoting the "Care for my air!" message. Request these and other resources by phone, fax or email or by visiting 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. If you are interested in this training, please contact Cherise Hawkins on 9289 3641.

National Smoke-free Pregnancy Project

The National Smoke Free Pregnancy Project is currently running at King Edward Memorial Hospital and Armadale Hospital. The pregnancy Quitline referrals are now being used by the midwives in the antenatal clinics. Since starting the referral project in September, we have had 66 referrals. The Quitline provides a call back service to the woman or her partner to assist with quitting smoking. So all of the antenatal midwives at those two hospitals should be congratulated. Well done!

For more information on the Quitline or the NAPS Project, please contact Amy on 9289 3662.

We want to hear from you!

If your hospital or health service is undertaking any exciting activities relating to smoking in pregnancy, we'd love to publish the information and any photos in future editions.

Contact Amy on 9289 3662 or ask@smokefreebaby.org.au if you have any ideas you'd like your colleagues to know about!



Smoking cessation resources

Resources such as the "Care for my air" packs have been a popular and effective way of promoting the "Care for my air!" message.

Request these and other resources by phoning Vanessa on 9289 3602.



The Newborns Asthma and Parental Smoking (NAPS) Indigenous Women's Project is funded by the Western Australian Department of Health



Brief Intervention Training in Halls Creek and Kununurra

I was fortunate enough to spend a couple of fantastic days in the Kimberley delivering training in Halls Creek and Kununurra, with thanks to Mena Lewis from the Beyond the Big Smoke project for all her assistance. Mena was very helpful in organising the two training sessions and her company and local knowledge was invaluable. Thanks Mena!

I delivered Brief Intervention Training on smoking cessation in pregnancy at Yura Yungi Medical Service to the Community Mothers Program. There were 5 women who attended this session, who were all really interested in learning the information and provided great feedback to myself on ways we can continue to improve our reach and ideas for new resources.

I also delivered the presentation to the clinic staff (8 in total) at Ord Valley Aboriginal Health Service. The health workers were a great group to train and did a really great job especially as the session was on Thursday afternoon starting at 3.30pm.

All of these people are now trained and hopefully feel that they have adequate skills to discuss the issue of smoking and pregnancy with clients and will be able to offer the appropriate support to the women and their families.

Cheers

Cherise.

If you are interested in receiving this training for your staff please contact Cherise on 9289 3641.



Cherise delivering training in Halls Creek to the Community Mothers

Asthma Training in 2009

The Asthma Foundation of WA regularly holds courses for health professionals in order to raise awareness and provide up-to-date asthma information.

Asthma Seminar for Health Professionals, \$110

5th March 2009

25th June 2009

3rd September 2009

5th November 2009

Asthma Educators' Course, \$600

23rd - 26th March 2009

8th - 11th June 2009

24th - 27th August 2009

19th - 22nd October 2009

Please call Vanessa on 9289 3602 to reserve your place and request a registration form.

To find out which course would suit you, please contact Kristina Croxford, Education and Training Manager, on 9289 3649 or etm@asthmawa.org.au.

Health Department of WA Conference

The NAPS team was fortunate to attend the Health Department of WA Conference. We had a stand displaying all the NAPS and Asthma Foundation of WA resources. It was a great opportunity to network and sit in on relevant smoking and Aboriginal sessions.



Amy manning the display at the Health Department of WA Conference

Did you know?

You can use Nicotine Replacement Therapy (NRT) while pregnant or breastfeeding?

NRT helps relieve physical withdrawal symptoms and craving and can double the chance of a smoker quitting successfully compared to a smoker who quits using nothing. Ideally smoking cessation should be achieved without NRT, however for women unable to quit on their own, NRT may be recommended. Intermittent dosing products e.g. gum, microtab, inhaler are better to us over the patches, as the patches provide a constant stream of nicotine into the body. When breastfeeding it is advised to use NRT after feeding, not before and definitely not during feeding. Quitting medications such as Zyban and Champix are contraindicated in pregnancy and lactation.

