



Welcome to our
Smoke Free Hospital



Smoking is prohibited in
all buildings and grounds

Victorian Network of Smokefree Healthcare Services

A regional network of ENSH

www.smokefreevictoria.com.au

Newsletter

May 2016

Revised standards and new website:

Today is [World No Tobacco Day \(31st May\)](#), which this year is marked by a call for countries to 'get ready' for tobacco plain packaging. The day highlights Australia's successful lead in this regard, and is also an opportunity for us to report on other achievements and developments in relation to tobacco control/prevention within healthcare services.

In the past year, our parent organisation ENSH-Global has sought to define its future direction through the development of a [Strategic Plan \(2015-2019\)](#), which aligns with the broader goals of the WHO [Framework Convention for Tobacco Control](#) to which Australia is now a signatory.

This period of planning has also involved a review of the global standards (summarised below) that provide a basis for our work in achieving a systematic approach to tobacco control in healthcare services, towards our aim to *deliver safe quality care in relation to tobacco for every service user, every time and everywhere.*

At a regional level, the development of the VNSHS new website will not only connect our members **globally** to the ENSH-Global Standards and tools that enable them to address tobacco and smoking systematically throughout their service; but **locally** to specific resources from other member organisations, building a shared capacity for effectively reducing the health impact of tobacco and smoking.

<p>Standard 1: Governance and Commitment The healthcare organisation has clear and strong leadership to systematically implement a tobacco-free policy.</p>	<p>Standard 5: Tobacco Free Environment The healthcare organisation has strategies in place to achieve a tobacco-free campus.</p>
<p>Standard 2: Communication The healthcare organisation has a comprehensive communication strategy to support awareness and implementation of the tobacco-free policy and tobacco cessation services.</p>	<p>Standard 6: Healthy Workplace The healthcare organisation has human resource management policies and support systems that protect and promote the health of all who work in the organisation.</p>
<p>Standard 3: Education and Training The healthcare organisation ensures appropriate education and training for clinical and non-clinical staff.</p>	<p>Standard 7: Community Engagement The healthcare organisation contributes to and promotes tobacco control/prevention in the local community according to the WHO FCTC and and/or national public health strategy.</p>
<p>Standard 4: Identification, Diagnosis and Tobacco Cessation Support The healthcare organisation identifies all tobacco users and provides appropriate care in line with international best practice and national standards.</p>	<p>Standard 8: Monitoring and Evaluation The healthcare organisation monitors and evaluates the implementation of all the ENSH-Global standards at regular intervals</p>

All the best,

Dr Rudi Gasser, Regional Coordinator (Barwon Health)

International Tobacco-Free News /Forums

For international news and/or forums in relation to tobacco harm reduction, we highly recommend subscribing to the following:

- ▶ [ENSH-Global for Tobacco Free United Facebook Group](#): managed by Christa Rustler (Regional Coordinator for the German ENSH network). Members regularly share information on tobacco-free projects. Also an opportunity to share VNSHS updates.
- ▶ [Action2Quit](#): a tobacco control policy program sharing regular [publications](#) and updates on the latest advancement in tobacco control policy.
- ▶ [The Smokefree Coalition's Tobacco Control Update \(TCU\)](#): a fortnightly e-newsletter which provides news stories, media releases and research articles on issues relating to tobacco control in New Zealand and internationally.
- [HPH and health services' bi-monthly newsletter](#)

VNSHS Members

- | | | | |
|-------------------------------|------------------------------------|--|---|
| ▶ Albury Wodonga Health | ▶ Calvary Health Care Bethlehem | ▶ Mildura Base Hospital | ▶ Ringwood Private Hospital |
| ▶ Alfred Health | ▶ Colac Area Health | ▶ Neami National | ▶ St Vincent's Hospital (Mental Health) |
| ▶ Austin Health | ▶ Eastern Health | ▶ Northeast Health Wangaratta | ▶ South West HealthCare Warrnambool |
| ▶ Ballarat Community Health | ▶ EACH Social and Community Health | ▶ Northern District Community Health Service | ▶ The Bay's HealthCare Group Inc. |
| ▶ Barwon Health | ▶ Heathcote Health | ▶ Northern Health | ▶ The Melbourne Clinic |
| ▶ Beaufort and Skipton Health | ▶ Hepburn Health Service | ▶ Peninsula Health | ▶ Thomas Embling Hospital |
| ▶ Beechworth Health | ▶ Knox Private Hospital | ▶ Peter MacCallum Cancer Centre | ▶ Western Health |
| ▶ Bellbird Private Hospital | | | |
| ▶ Bendigo Health | | | |

VNSHS members benefit from sharing their experiences and resources relating to smoke free policy implementation. For this newsletter, we reflect on some take home messages from our planning day meeting in February.

Ringwood Private Hospital

(member since Feb 2016)

As part of Ringwood Private Hospital's commitment to continuous quality improvement and protecting its staff from the harmful effects of tobacco the development, implementation and evaluation of the smoke-free policy has commenced. At Ringwood we have really focused on the consultation aspect seeking support from Unit and Department Managers and this seems to have positively impacted the quorum of staff involved in the implementation phase. Ringwood Private Hospital will be smoke free effective 31st May 2016 in line with **No Tobacco Day**.

Welcome to the network!

South West Healthcare Warrnambool

(member since Nov 2015)

Since joining in late November last year, the South West Healthcare Smoke Free Working Party & Policy committee have gone through the process of updating and simplifying forms with the use of the new Supporting Patients to be Smokefree Assessment tool in the inpatient setting. Mandatory face-face staff training has been conducted for staff to become educated on effectively using these updated processes and forms.

The Bays Hospital Group Inc.

(member since Nov 2015)

The Bays is a community hospital with two sites: the Mornington site and an Aged Care facility. Rosslyn Martin, Clinical Projects Nurse said after joining the network she has found the resources from member services have served as useful references for the development of their policies and procedures. After serving the community for nearly 80 years, Rosslyn confirmed both sites as smoke free since the beginning of May.

St Vincent's Mental Health

(member since Nov 2015)

Since joining the network, they have launched an acute mental health smoke free policy and installed lockers for staff and visitors to secure belongings (including cigarettes). Use of NRT is high in their high dependency unit and patients are prescribed NRT on discharge with support from a Quit Educator. Plans are underway to present their smoke free mental health unit as a case study to encourage other departments to go smoke free. We look forward to hearing more positive smoke free initiatives conducted in the mental health sector.

Planning Day - recognising member efforts in progressing the ENSH-Global concept



Pictured: Mr John Mulder (Bendigo Health CEO) and Dr Rudi Gasser (VNSHS Regional Coordinator)

This year's planning day was held at Bendigo Health and it was great to have particular areas within the member service give presentations on the successes and complexities of implementing a systematic approach. These **face-face meetings** are seen as a valuable opportunity for members to seek advice about current smoke free issues and to reflect on their experiences, achievements, and key strategies. In order to support this and to guide further understanding of the new standard implementation process, face-face meetings will be scheduled twice per year (in addition to the bi-monthly web-conferences) and includes an onsite peer-review and advisory service (formerly referred to as the 'Regional validation' program) to take place at Colac Area Health on the 11th of July 2016. Members can contact the [Coordinating Centre](#) for more information.

VNSHS Membership – Join the Network

How to become a member:

- ✓ Complete and return the [Membership application form](#)
- ✓ Nominate a contact person
- ✓ Establish a multidisciplinary working group to support ongoing action with respect to smoking and tobacco control
- ✓ Complete the [Self-audit questionnaire](#) – this will assist in identifying their current status in relation to the [standards](#)
- ✓ Establish an action plan for the coming year, based on the self-audit and using the [Action Plan Template](#)

Send a copy of the completed self-audit questionnaire and action plan to the [Victorian network](#), along with a membership application form signed by senior management.

Membership benefits include:

- ✓ Access the members' only part of the network website
- ✓ Participate in network meetings – held bi-monthly by teleconference
- ✓ Receive news and information from the Network Coordinating Centre
- ✓ Share information on our private [LinkedIn](#) platform



Smoking Cessation Forum – High Priority Populations (26th April 2016)

Last month over 200 delegates attended a Smoking Cessation Forum hosted by the Department of Health and Human Services, Quit Victoria, VicHealth, Alfred Health, Victorian Aboriginal Community Controlled Health Organisation, and Networking Health Victoria.

With a focus on High Priority Populations, the Forum provided frontline clinicians working in primary and community care settings with an opportunity to hear from experts in the field and to discuss practical approaches to smoking cessation in the Victorian context.

A range of expert speakers highlighted the need to embed smoking cessation into core business, irrespective of a health professional's role and the setting they work in.

Themes included the high priority areas of:

- ▶ Mental Health
- ▶ Aboriginal Health
- ▶ General Practice
- ▶ Alcohol and Other Drugs

Special guest and international expert **Dr Hayden McRobbie** inspired the audience with his positive and practical approach.

Discussions are underway to consider plans for similar events in the future.

New Smoking laws for Victoria



The new laws will likely apply from 1 August 2017

A Bill to amend the *Tobacco Act 1987* to ban smoking in Victoria's outdoor dining areas, and to regulate e-cigarettes, will be debated in Parliament in June and if successful will be implemented in August 2017.

As a result, smoking will be banned in outdoor dining areas at restaurants, cafes, take-away shops and licenced premises, including courtyards and footpath dining areas where food, other than snacks, is served.

In addition, the bans will extend to food fairs and organised outdoor events such as street and community festivals, local church fetes, sporting events or craft markets where there are food stalls.

E-cigarettes, irrespective of whether they contain nicotine, will be regulated in the same way as tobacco products. This will mean that e-cigarettes will not be able to be used in areas where smoking is banned, including enclosed workplaces, outdoor dining areas and in cars carrying children. The advertising and display of e-cigarettes at retail outlets will be regulated in the same way as tobacco products. It will also be illegal to sell or supply e-cigarettes to people under 18. Regulating e-cigarettes in the same way as tobacco products is a precautionary response, which will minimise potential harms, especially those arising from children accessing e-cigarettes.

Businesses will have more than a year to prepare for the bans. The Victorian Government will provide support and information.

For more information, please refer to the Tobacco Reforms website: <https://www2.health.vic.gov.au/public-health/tobacco-reform>

In case you missed it – interesting reports on tobacco harm reduction approaches & smoke free initiatives

- ▶ [Australian Government releases tobacco plain packaging review](#): An evaluation report has been released concluding findings on initial, positive impacts on reducing smoking and exposure to tobacco smoke and that this trend is expected to continue into the future.
- ▶ [Cold-turkey approach to smoking cessation works best](#): A study published in the *Annals of Internal Medicine* revealed that quitting smoking abruptly is more likely to lead to lasting abstinence than gradual reduction.
- ▶ [New anti-smoking campaign aims to close the gap](#): 'Don't Make Smokes Your Story' is the most recent campaign rolled out by the government to reduce smoking rates of Aboriginal and Torres Strait Islander people.
- ▶ [Hooked on Shisha](#): new research has emerged suggesting that water-pipe (shisha) smoking is associated with a number of the same illnesses as cigarette smoking.
- ▶ [Quit Victoria Strategic Plan 2016-2019](#): The newly released strategic plan highlights five priority areas and long term goals.
- ▶ [New Quit Campaign – Breaking Habits](#): A new campaign featuring a series of testimonial videos from ex-smokers who tell their quitting journey; and a three-part 'expert' video.

Quit for Fertility

Quit Victoria and Your Fertility have developed a [new interactive online tool](#) that outlines benefits of quitting smoking before, during and after pregnancy for both parents.

Both male and female smokers, and women exposed to other people's tobacco smoke, take longer to conceive. [New research](#) has also revealed that men who are moderate to heavy smokers drastically reduce their fertility.



Smoking Cessation Facilitator Course (2 days)

Topics for presentation include:

- ▶ Treating symptom withdrawal
- ▶ What works and what doesn't
- ▶ Setting up a smoking cessation clinic
- ▶ Evaluating the intervention

Dates: 23rd – 24th July
19th – 20th November

Where: AMREP Education Centre, The Alfred, Commercial Road, Melbourne 3004

Cost: \$600 (early bird and multiple booking discounts available)

For more details and a copy of the registration form check out the VNSHS website's [training page](#).

To register contact the Lung Health Promotion Centre on (03) 9076 2382 or via email at lunghealth@alfred.org.au



Nicotine Addiction and Smoking Cessation Course (3 days)

Hosted by the Editor-in-Chief of The Journal of Smoking Cessation, topics include:

- ▶ Evidence based smoking cessation techniques
- ▶ Treatment and latest research related to smoking cessation and nicotine dependence
- ▶ Implementation and evaluation of smoking cessation programs

Various levels of course include:

Intense interventions – 3 day course suitable for health practitioners who work predominantly in smoking cessation

Mental Health Specific - 3 days in length will cover all of the above topics but with more focus on mental health

Brief Interventions – NEW 2 day course suitable for those working in healthcare/public health & need basic smoking cessation knowledge.

Dates for 2015: 1st – 3rd June
6th July (Brief Interventions)
20 – 22nd July (Mental Health Specific)
2nd – 4th November

Where: The Smoking Research Unit (Part of the Brain Mind Research Institute) The University of Sydney, NSW 2006

Cost: \$1,750 pp (\$1100 pp for *Brief Interventions* course)

For more details and a copy of the registration form click onto the VNSHS website's [training page](#). Alternatively call (02) 9351 0816 or email smoking.research@sydney.edu.au



THE UNIVERSITY OF
SYDNEY

Quit Learning Hub

New module available: Supporting Patients to be Smokefree

Quit Victoria has developed a new online learning training module for health professionals who want to provide brief intervention support to all people who smoke using the ABCD approach. Simply register at the [Quit Learning Hub](#) to view it.

Other resources to support the Supporting Patients to be Smokefree module

start the conversation

Two resources have been developed by Alfred Health as part of the Victorian Government funded project. Be sure to check them out by clicking the links below:

- ▶ [An ABCD approach to supporting people who smoke: a guide for health services](#)
- ▶ [Pharmacotherapy for smoking cessation](#)

Become a Quit Educator

Quit Victoria offer a one day [face-face Quit Educator training course](#), designed for community workers and health professionals wishing to facilitate Quit courses and to develop their knowledge in the area of smoking cessation intervention skills.

2016 Dates: Monday 6 June
Monday 7 September
Monday 7 November

Where: Cancer Council Victoria, 615 St Kilda Road, Melbourne.

Cost: \$150

For more details and a copy of the registration form check out the VNSHS website's [training page](#).

Once an accredited Quit Educator, view the [steps](#) in running a group based seminar or course, and the list of [Quit programs](#) available. To register and for further information complete the [Quit Educator Training form](#) or contact Filly Potter, Training Development Manager, Filly.Potter@cancervic.org.au



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If you would like to contribute content to future issues of the Victorian Network of SmokeFree Healthcare Services E-News, please contact 9429 6728 or email smokefreevictoria@projecthealth.com.au