



Nga Kete Matauranga Pounamu



Charitable Trust

Wahine Hapu



Smokefree Seminar

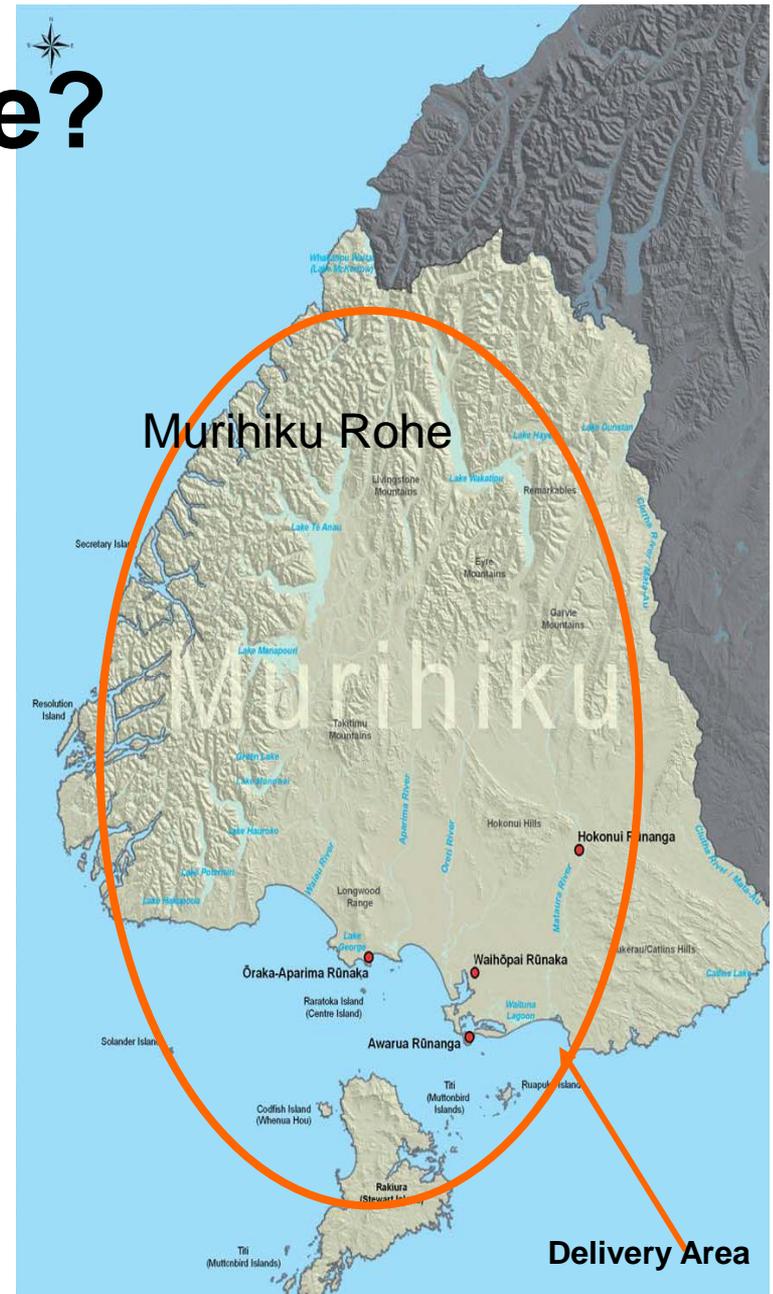
20th February 2014





Who are We?

- Kaupapa Maori organization
- NGO
- Health & Social Service
- Mana Whenua Mandated Service





How we work

- Assessment of readiness
- Engagement
- Relationship Building
- Building confidence
- Building protection
- Whanau oriented
- Holistic approach
- Flexible
- Kanohi ki te Kanohi – face to face
- Mobile

We pride ourselves on being flexible and having minimal barriers to access.

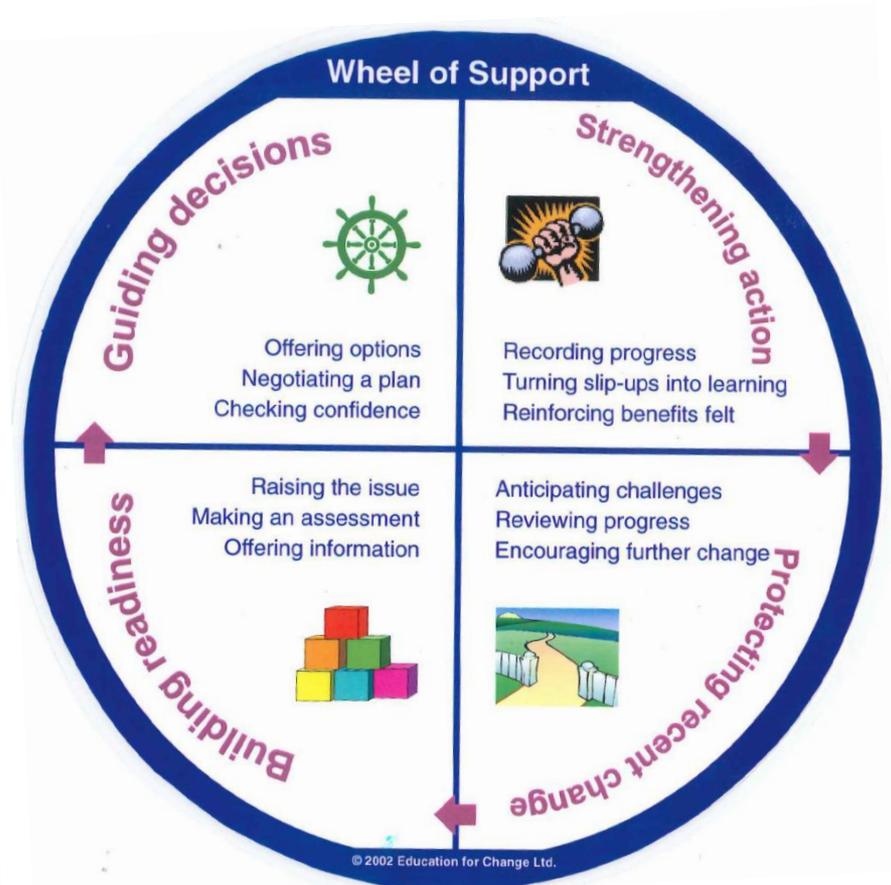
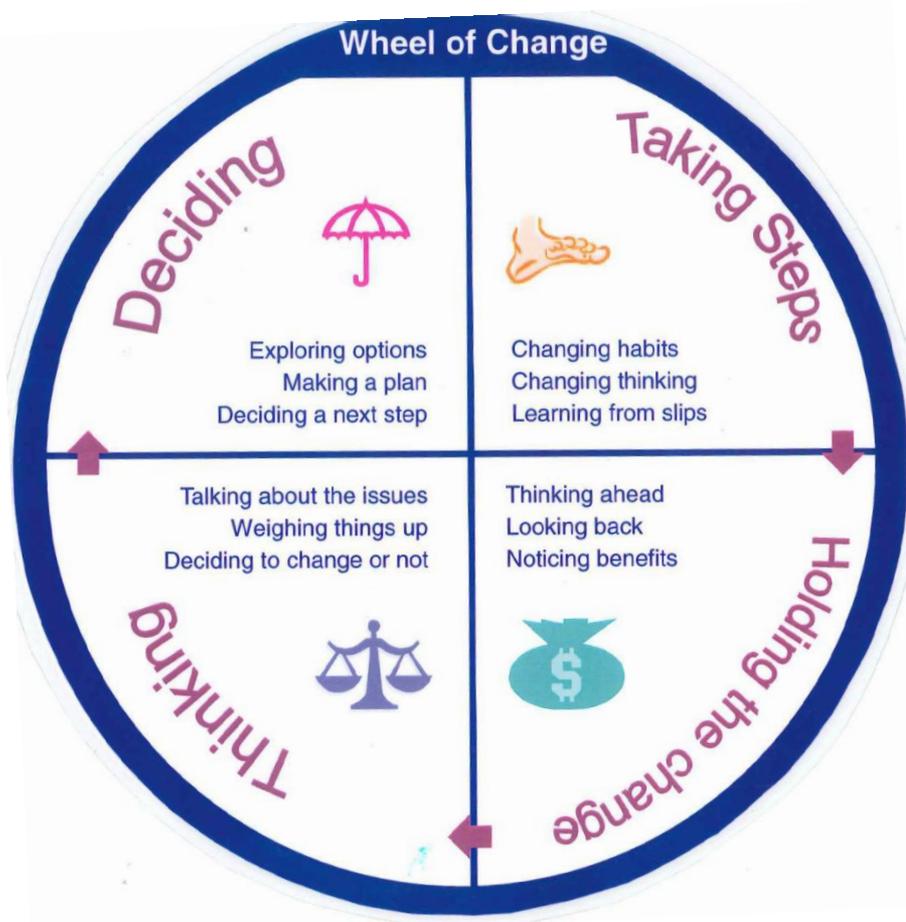
What works

- Promotion – building strong relationships with Referrers
- Asking – what they want and how best we can support them
- Diary stickers – with our contact details
- Referral forms – what suits both referrers and us
- Prompt – contact of referrals
- Thorough assessment – to assess readiness e.g. high motivation Vs low confidence.
- Match support
- Clear Plans – including expectations of all parties





Most used Resources



1 Your pregnancy goal

- a smokefree home
- to hold recent changes
- to smoke less (< ___ cigs/day)
- to stop smoking completely
- to stay smokefree
- other _____

2 Daily smoking

Most ever: _____

Before Pregnant: _____

When first pregnant: _____

This past week: _____

Smoke Rollies? Yes / No / Both

Partner smokes? Yes / No / N/A

3 Smokefree places

Home:

___ all rooms ___ most ___ some ___ none

Car:

___ always ___ usually ___ sometimes
___ never ___ no car

People: (smokefree around)

___ non-smokers ___ babies

___ pregnant ___ sick ___ old

4 Readiness Factors	Record Actual Responses	Coded Responses	Points
Current smoking level	I smoke _____/day	0 = 20 1 = 10-19 2 = 0-9	
Nicotine dependence	Within _____ mins/ _____ hrs	0 = <15 1 = 16-60 2 = >60	
Smokefree importance	1 2 3 4 5 6 7 8 9	0 = (1-3) 1 = (4-6) 2 = (7-9)	
Current stress levels	9 8 7 6 5 4 3 2 1	0 = (7-9) 1 = (4-6) 2 = (1-3)	
Temptation to smoke	___ just me ___ others	0 = 2 + 1 = 1 other 2 = just me	
Cessation confidence	1 2 3 4 5 6 7 8 9	0 = (1-3) 1 = (4-6) 2 = (7-9)	
Cessation activity	_____ D / W / M / Y ago	0 = never 1 = >6mths 2 = <6mths	
Knowledge of effects	1 2 3 4 5 6 7 8 9	0 = (1-3) 1 = (4-6) 2 = (7-9)	

Bridges (Supporting Change)

2 Not so good things about smoking:

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3 Good things about a change to smokefree:

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Barriers (Blocking Change)

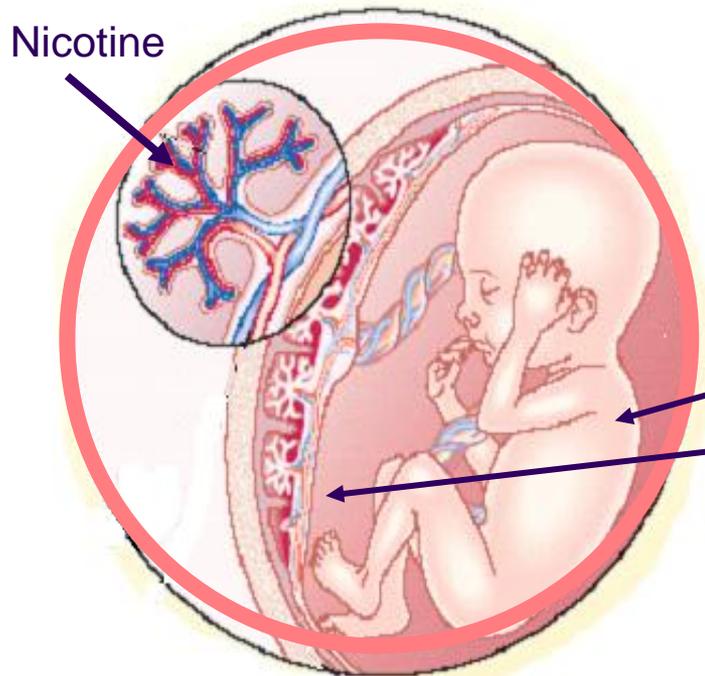
1 Good things about smoking:

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4 Things in the way of making the change:

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Impact: on the unborn baby



Nicotine enters foetal circulation

- Smoking deprives the **baby** of an adequate blood supply
- Nicotine crosses the placenta, enters the amniotic fluid, is swallowed, excreted and trapped.
 - > 15% more in baby than mother
 - > 80% more in amniotic fluid
- Baby must adjust in varied ways
- These compromise foetal growth and development and the baby's adjustment after birth

Illustration from BMA Tobacco Control Resource Centre, www.tobacco-control.org

Ref: Arch Gynecol Obstet. 2004 May

A baby needs a smokefree place to grow and develop.

Impact: on the placenta

Comparing Placentae



smokefree

smoking

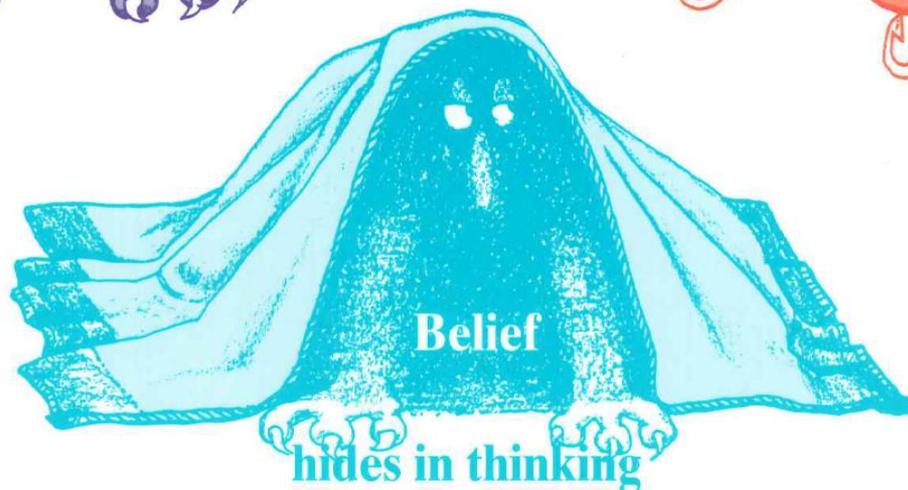
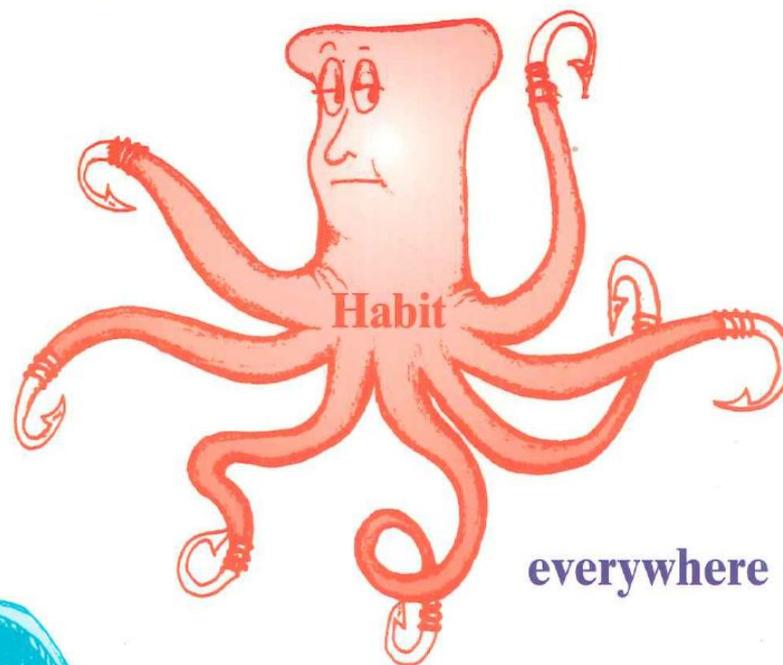
- Smoking deprives the **placenta** of an adequate blood supply
- Capillary networks must branch more to seek out oxygen
- Placenta grows larger and thinner taking more space
- Higher risk of bleeding and placental abruption or praevia
- Reduced ability to support the baby with necessary nutrients, oxygen and removal of wastes

Picture courtesy A/Prof. Lesley McCowan

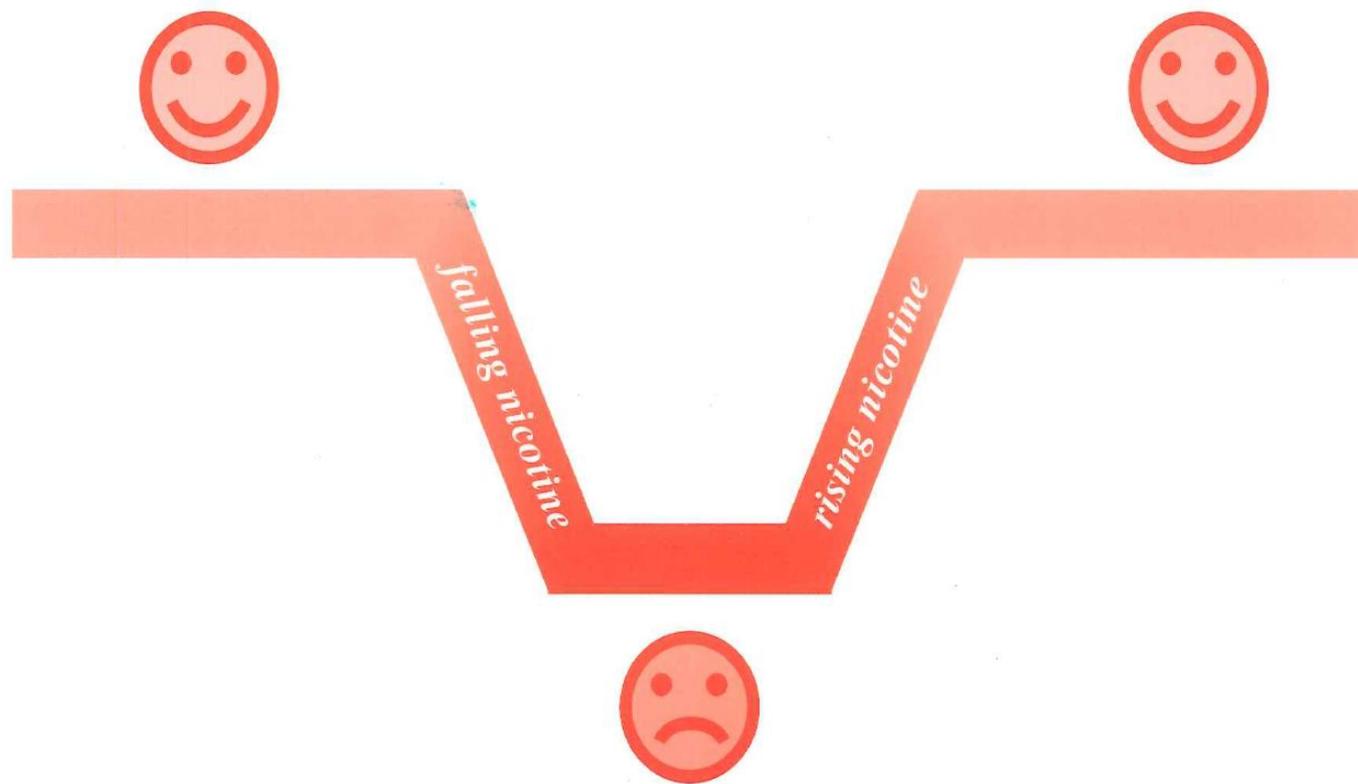
Ref: Am J Physiol Endocrinol Metab. 2005 Jan;288(1):E171-7

A smokefree placenta nourishes and protects a baby.

The Three Taniwha



The stress trap



Falling nicotine levels is an extra stress for people who smoke.



Why we do what we do...

- We believe whanau are experts in their lives and their smoking
- We believe in them before they believe in themselves
- We believe smoking is a process not an event

We believe change is possible





To become Smokefree & Stay Smokefree is the Ultimate Goal



Lets all row in the same direction together



Nga Kete Matauranga Pounamu Charitable Trust



Barbara Metzger

Free Phone 0800 925 242

www.kaitahu.maori.nz

