



Eastern Bay
Primary Health Alliance

Healthy Whānau, Healthy Lives



Hāpainga

Stop Smoking Service

Stevie-Lee Hiroki & Monique Rio
Smokefree Practitioners



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Primary Health Alliance

Healthy Whānau, Healthy Lives

Delivered by the Eastern Bay of Plenty Primary Health Alliance in partnership with:





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EBOP region



16% of people over 15 years
of age in the BOP smoke

EBOP – 26% smokers - **47%**
high needs





Demographics

Low socio, high needs;

6 high schools, 8 alternative education providers including high schools

2 Teen parent units

- *16% of people over 15 years of age in the BOP smoke*
- *EBOP – 26% smokers - 47% high needs*



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What we do

- Work closely with school nurses/teachers
- Have built great relationships with Alternative Ed teachers/providers
- Very first session, 7 young guys, only one non smoker and maybe one with aunty not smoking
- Clear year 10 nationally may be reducing but not necessarily for some of our population
- Decided to put together a programme that would work in schools





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Overview: how we provide the service

- Attend for at least 4 sessions, at least 30 mins long
- Follow quit programme formula
- Flexibility with sessions
- Participation, interactive
- Use CO monitor
- Pledge to take it *seriously* and try to quit





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Patient journey

- Young male, age 16
- Been smoking since 9
- Given smokes by Nan and sister
- Attended all sessions
- Committed 2nd session
- Smokefree now for 8 months and playing rugby





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Going forward

- More schools coming on board all the time
- They want to see structured lessons
- Need to develop a quit journal that students can write in
- Can be used possibly for credits.





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STOP SMOKING WORKBOOK

Crossroads Girls Whakatane

Your Name:

TERM 2 2018
HAPAINGA STOP SMOKING SERVICE
5 Louvain Street, Whakatane

Stop Smoking workbook

TAHA WAIRUA-SPIRITUAL WELL-BEING

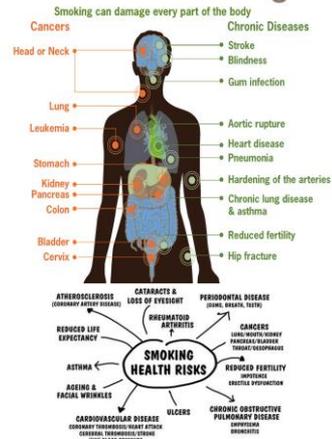
BELIEFS/THOUGHTS/FEELINGS

LANGUAGE: What do you say, think and feel?

- I need them to cope
- I need them to relax
- I need them to fit in
- I just need them to live
- I can't face the thought of not having my friend
- For comfort
- Just a habit
- I am too busy
- Is quitting worth the effort
- I put on weight when I stop
- Thought it would be ok to have one smoke

DATE:	SESSION 1	Pre Quit	Quit Day	Post Quit
CO	NOTES / NRT			
READING				

Risks from Smoking



TAHA HINENGARO- MENTAL WELL-BEING

HABITS/TRIGGERS

Identify the times you are most likely to smoke.

- I have a cigarette with my coffee
- When I drink with my friends
- When I stressed
- When bored
- Being in with friends who smoke
- Anxiety
- For Comfort
- First thing on waking up.
- When I wake up I smoke
- When I go outside
- Talking on the phone
- After eating a meal
- In the car
- Others in the family or house smoke
- Craving the nicotine
- Had a crisis in life
- Triggered by another smoker
- Still think of yourself as a smoker

DATE:	SESSION 1	Pre Quit	Quit Day	Post Quit
CO	NOTES / NRT			
READING				

