

# He akoranga aukatinga kai paipa kore utu mā te kaimahi

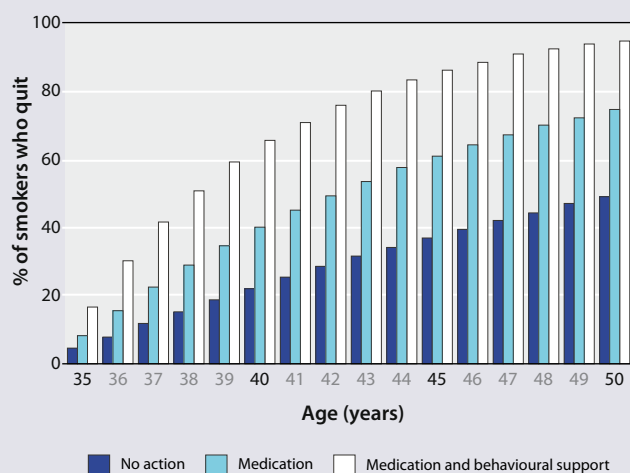
Free smoking cessation training for health professionals

**He rei ngā niho, he paraoa ngā kauae** – *A whale's tooth in a whale's jaw (meaning; one must have the right qualifications for great enterprises)*

“Health professionals when trained in smoking cessation achieve significant reductions in smoking prevalence”<sup>1</sup>

All smoking cessation training is based on the New Zealand Smoking Cessation Guidelines 2007.

“Brief advice – which can be delivered in as little as 30 seconds can increase the chances of quitting two-fold. For every 40 smokers given brief advice to stop, one will quit smoking long-term who would not have otherwise managed to do so.”<sup>1</sup>



**Figure 1:** Effects on smoking prevalence, of strategies to help smokers if all smokers made one attempt per year to stop, starting at age 35.<sup>2</sup>



## ABC – Smoking cessation e-learning tool

The Ministry of Health is committed to encouraging smoking cessation and an

e-learning tool has been developed to aid this. This tool:

- Provides practical information about ABC and NRT
- Is endorsed by RNZCGP, awarding CME points
- Allows health professionals to print a certificate as evidence of professional development
- Allows non-prescribing health professionals to register as a Quit Card provider
- Takes 20 – 40 minutes to complete

It can be completed online at:

[www.smokingcessationabc.org.nz](http://www.smokingcessationabc.org.nz)

## National Heart Foundation

The Heart Foundation provides a range of smoking cessation training free of charge, including; ABC for smoking cessation, nicotine addiction, brief intervention, cessation resources, pharmacotherapy, NRT Quit Card programme, behavioural counselling and cognitive strategies.

[www.nhf.org.nz](http://www.nhf.org.nz)

## Pacific Smoking Cessation Training

Pacific Heartbeat offers free smoking cessation training to address the high smoking prevalence among Pacific peoples. The unique Pacific specific approach combines scientific evidence with what is regarded as “best practice”. The training places a strong emphasis on the need to interact meaningfully with Pacific people and its diverse cultures.

[www.pacificheart.org.nz](http://www.pacificheart.org.nz)

1 Ministry of Health. New Zealand Smoking Cessation Guidelines. Wellington. Ministry of Health. 2007.

2 Aveyard P. West R. Managing Smoking Cessation. BMJ 2007;335:37-41.