



*Healing our people, building our future*

# 'Our Space Smoke Free'

## Prepared for APCC Closing the Gap Learning Workshop 2



Deliver evidence-based practice and patient-centred interventions and other risk factor deduction strategies



# Ms Kim Gussy

**2008-2010** Health Promotion Officer – Substance Misuse Program

**2010** Regional Tobacco Coordinator – Healthy Lifestyle Program

- Established Healthy Wuchopperen Group – to decrease employees risk of chronic disease through physical activity, nutrition and moderate substance use information and programs
- Coordinated, developed, implemented and evaluating ‘Our Space Smoke Free’ Project plan with team members Barry Fewquandie – Cardiac Rehabilitation Program and Jason Von Roehl – Healthy Lifestyle Program



# Wuchopperen

The word Wuchopperen is derived from Wikmungkan Aboriginal language of central western coast of Cape York.

*'WUCH'* meaning house

*'OPARRA'* refers to traditional medicines and practices which encompass all aspects of physical, mental, spiritual & emotional well-being



# Our Vision

...that Aboriginal and Torres Strait Islander people enjoy a level of good health to contribute to and share in the economic wealth and cultural richness and prosperity of Far North Queensland

...that Aboriginal and Torres Strait Islander children, families and communities live with hope for the future, have the wisdom to make healthy choices and make the most of life opportunities



*What changes have been made to daily practice processes to support better Chronic Disease Prevention and Self Management for Aboriginal and Torres Strait Islander patients*

- WHS is smoke free on the grounds from 1<sup>st</sup> July 2010
- Time to Quit (QAIHC) smoking cessation program implemented for staff in January and community in July 2010
- HWG reducing the risk of chronic disease in staff by offering activities and opportunities to participate in healthy lifestyle options
- Induction of the Healthy Lifestyle Team - aims to reduce tobacco use in Aboriginal and Torres Strait Islander peoples by providing activities, programs and education on healthy lifestyle options



## *The **process** undertaken to make changes – how were the changes made to daily practice processes*

### **Past**

- 2004 – Slammin' Tobacco- Response to a report on Far North Queensland Aboriginal and Torres Strait Islander Health Workers
- Development of smoking policy to accommodate new 2006 Qld legislation
- 2004-2006 vision was for WHS to go smoke free in the future
- 2008 Substance Misuse Program implemented a smoking cessation group for staff providing free NRT



*The **process** undertaken to make changes – how were the changes made to daily practice processes*

**2009**

- Smoking Management Policy added to organisation's agenda
- HWG established to increase the health and wellbeing of staff
- HWG– Survey Results 70/130 staff  
37% of staff smoke  
95% wanting to improve their health



*The **process** undertaken to make changes – how were the changes made to daily practice processes*

**Late 2009** - QAIHC survey on attitudes and knowledge of health workers

*Results*

- 34% of staff smoke
- 81% supported a smoke free campus
- 96% of staff agreed that staff shouldn't smoke in front of building
- 95% of staff thought the organisation should provide information on quitting
- 93% of staff thought the organisation should support staff wanting to quit



*The **process** undertaken to make changes – how were the changes made to daily practice processes*

HWG developed a Health Promotion multi-strategic project plan to support “Our Space Smoke Free”



## **Strategy 1: Smoking Management Policy**

Endorsed September 2009

Phased in over 6 months

1 January 2010 for staff

1 July 2010 for community, clients and visitors



*The **process** undertaken to make changes – how were the changes made to daily practice processes*

## **Strategy 2: Building Partnerships**

- Strengthen internal partnerships
- Primary Health and Social Health Programs
- Strengthen inter-sectional partnerships
- Government and non-government organisations to deliver culturally appropriate messages to community



*The **process** undertaken to make changes – how were the changes made to daily practice processes*

### **Strategy 3a: Raise awareness of ETS exposure**

#### ***Our Space Smoke Free Policy***

- Posters displayed in English and Creole
- Launched 'Our Space Smoke Free' at our NAIDOC Community Day
- Media Releases – newspaper and radio
- 'Our Space Smoke Free' signs erected at both entrances –
- 'Nobody Smokes here Anymore' posters erected
- Enviropoles at both entrances for community to extinguish their butts
- On hold telephone message promoting 'Our Space Smoke Free'



*The **process** undertaken to make changes – how were the changes made to daily practice processes*

### **Strategy 3b: Raise awareness of ETS exposure**

#### ***Environmental Tobacco Smoke***

- Pamphlet on passive smoking
- Education at schools on passive smoking
- Community and staff newsletter to raise awareness of ETS
- Health Days at a variety of local events i.e NAIDOC in the Park, Drug Action Week, Homelessness week, All Blacks Carnival

#### ***Future***

- Organisational screensaver with health message on all computers
- Brochure on passive smoking



*The **process** undertaken to make changes – how were the changes made to daily practice processes*

## **Strategy 4: Smoking Cessation Program**

### ***Staff and community***

- Time to Quit Program - with SmokeCheck and Talking Up Good Air components

**QAIHC support included pharmacology before July 2010 and data processing for evaluation**

### ***PIP Scheme***

- In July 2010 practice incentive program, a Closing the Gap initiative was implemented into the organisation making pharmacology accessible to all Aboriginal people and Torres Strait Islanders



*The **process** undertaken to make changes – how were the changes made to daily practice processes*

## **Strategy 5: Education in Brief Intervention**

### ***Future***

- Provide staff training in culturally appropriate brief intervention
- Develop clinical and administrative guidelines for pharmacotherapy's for use by staff and community



## ***Evidence that changes have worked***

- Many clients prior to July followed staff and smoked off site using the enviropoles to butt out
- Staff and clients are smoking off the grounds
- Staff are smoking in their breaks cutting down on tobacco use
- 9 staff and family members have participated in the Time to Quit program with 3 successful quitters
- A further 4 staff members have quit on there own accord
- Staff are visually more active and lighter in weight



Explain **benefits** of changes for:  
*Patients, Practice Managers and other staff, GPs*

**‘Our Space Smoke Free’ multi strategy project has**

- Reduced the risk associated with ETS on WHS grounds
- Provided an active smoking cessation support program
- An estimated 7% less smokers at work in the past year reducing the risk of chronic disease
- Reduced the number of Aboriginal and Torres Strait Islander staff smoking contributing to closing the gap
- Encouraged more equality between the smoking staff and non-smoking staff



*Explain **benefits** of changes for:  
Patients, Practice Managers and other staff, GPs*

**Our Space Smoke Free multi strategy project has (cont)**

- Enabled staff members to be positive role models in clients and their families lives
- Increased GP's and Health Worker's capacity to encourage community to partake in the smoking cessation program

**In the future Our Space Smoke Free multi strategy project will**

- Provide an evaluation report to support the evidence
- Train Health Workers including Practice Managers and GP's in brief intervention





Wuchopperen

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CELEBRATING 3 YEARS

*Keeping Our Generations Growing Strong*



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