

# Smoking Cessation Forum

High priority populations

**Baarlinjan Medical Clinic**

**Ballarat and District Aboriginal Cooperative**

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# Baarlinjan Medical Clinic at Ballarat & District Aboriginal Cooperative



# There is always an opportunity To have a conversation about smoking

- Health Checks (715)
- GPMP (721 & 723 & 732)
- Smoking Cessation Facilitator
- Asthma Educator
- Spirometry
- Pap test Provider
- Credentialed Immuniser
- Diabetes Support Group
- LIFE Program Facilitator (Diabetes Prevention)
- Pathology/ECG
- OHS/HSR (Including Enforce the No Smoking Policy)
- Education – upskill junior/new medical staff

# Supporting an environment for change

There are huge numbers of emotional well being components to daily life.

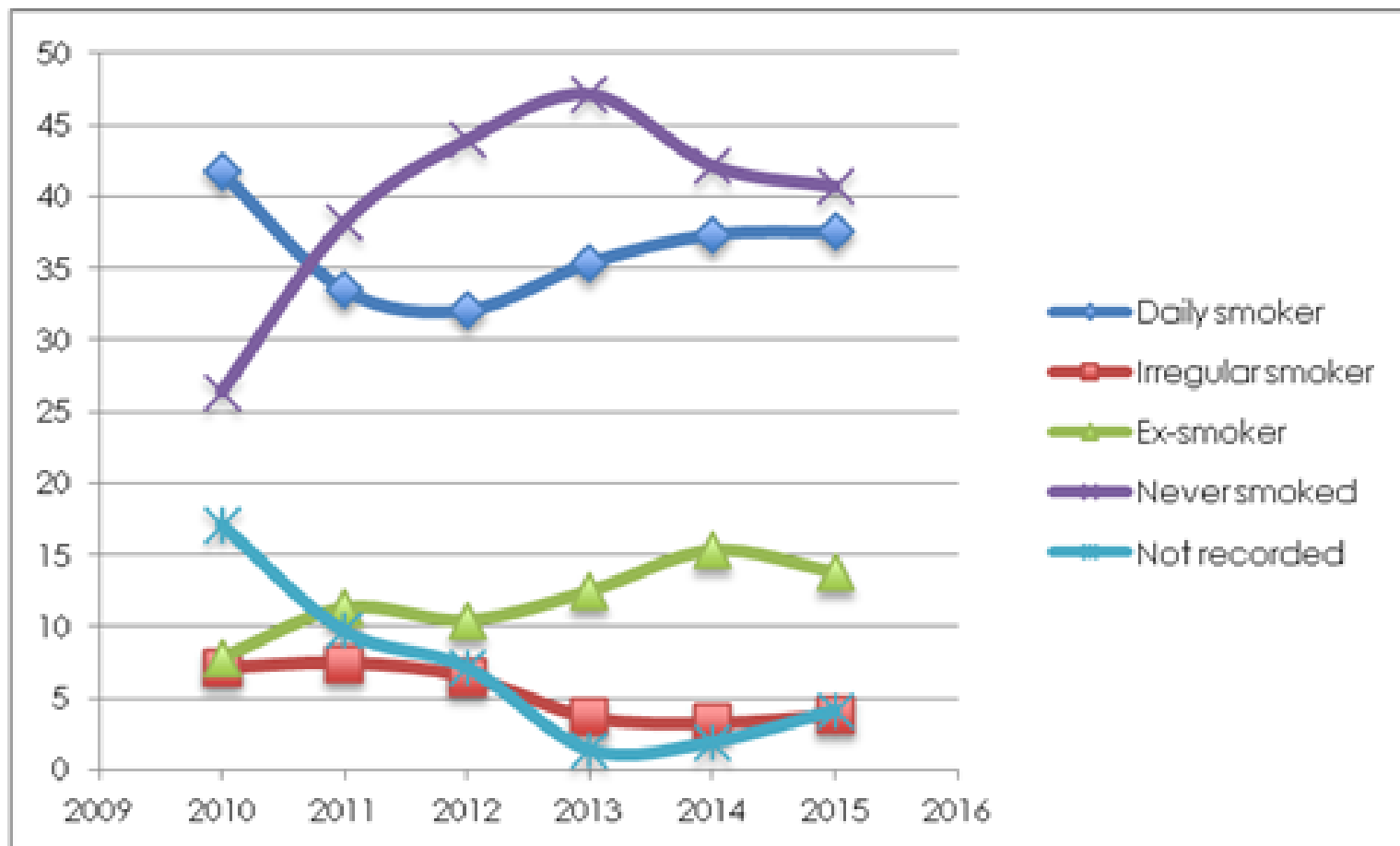
Many of the community, Aboriginal or not, coming into clinic have anxiety.

Knowing that stopping smoking and taking the steps to change can be challenging

Be kind. Be patient. Listen to the person.



# BADAC smoking cessation



# System of Support

Being able to review data using quality improvement systems such as PenCAT is a normal part of our work

Data is only as good as what you put into it

So how do we make updating clinical information a routine venture?

Team Effort!!

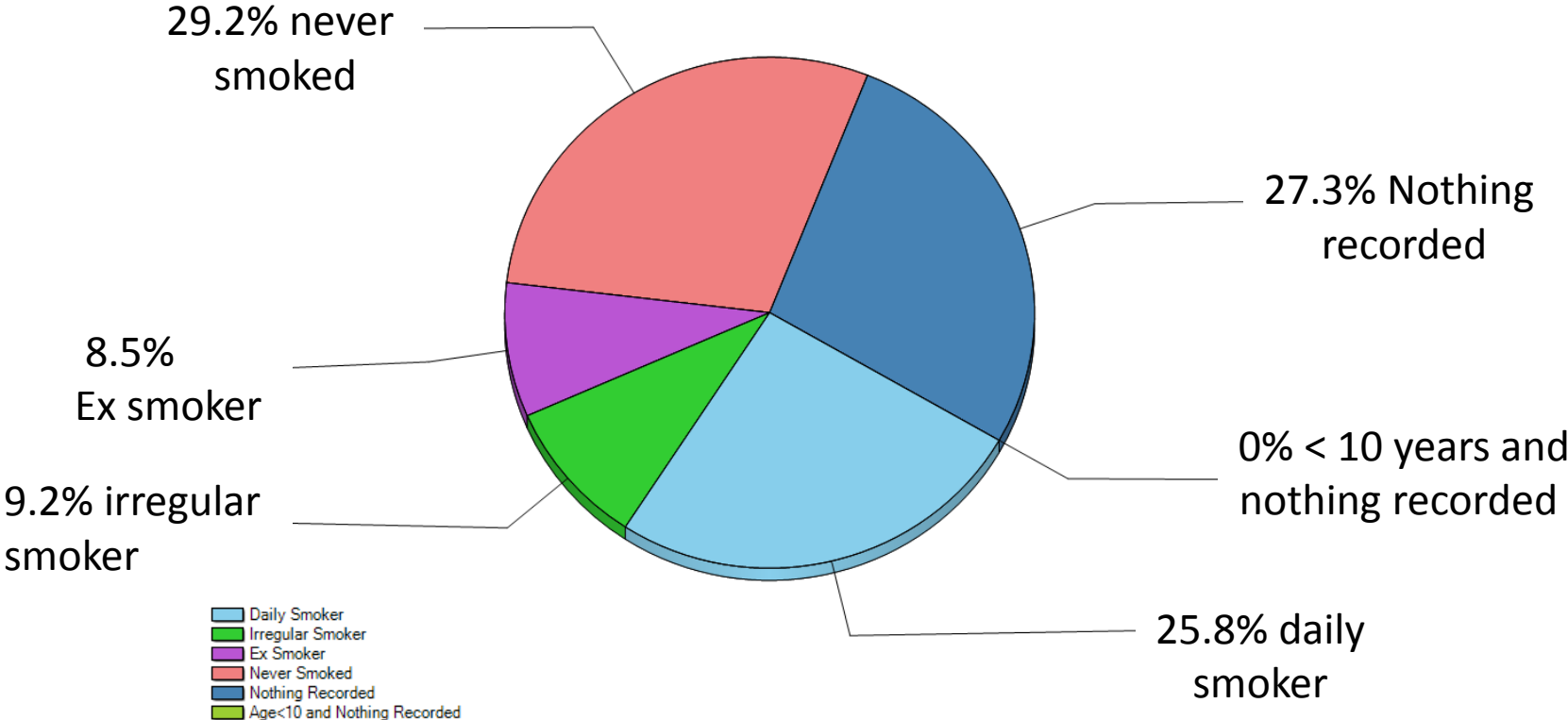
Everyone has to be on the same page and does their bit help out to make a: **“No leaky boat system”**



# BADAC smoking demographics

19 January 2010

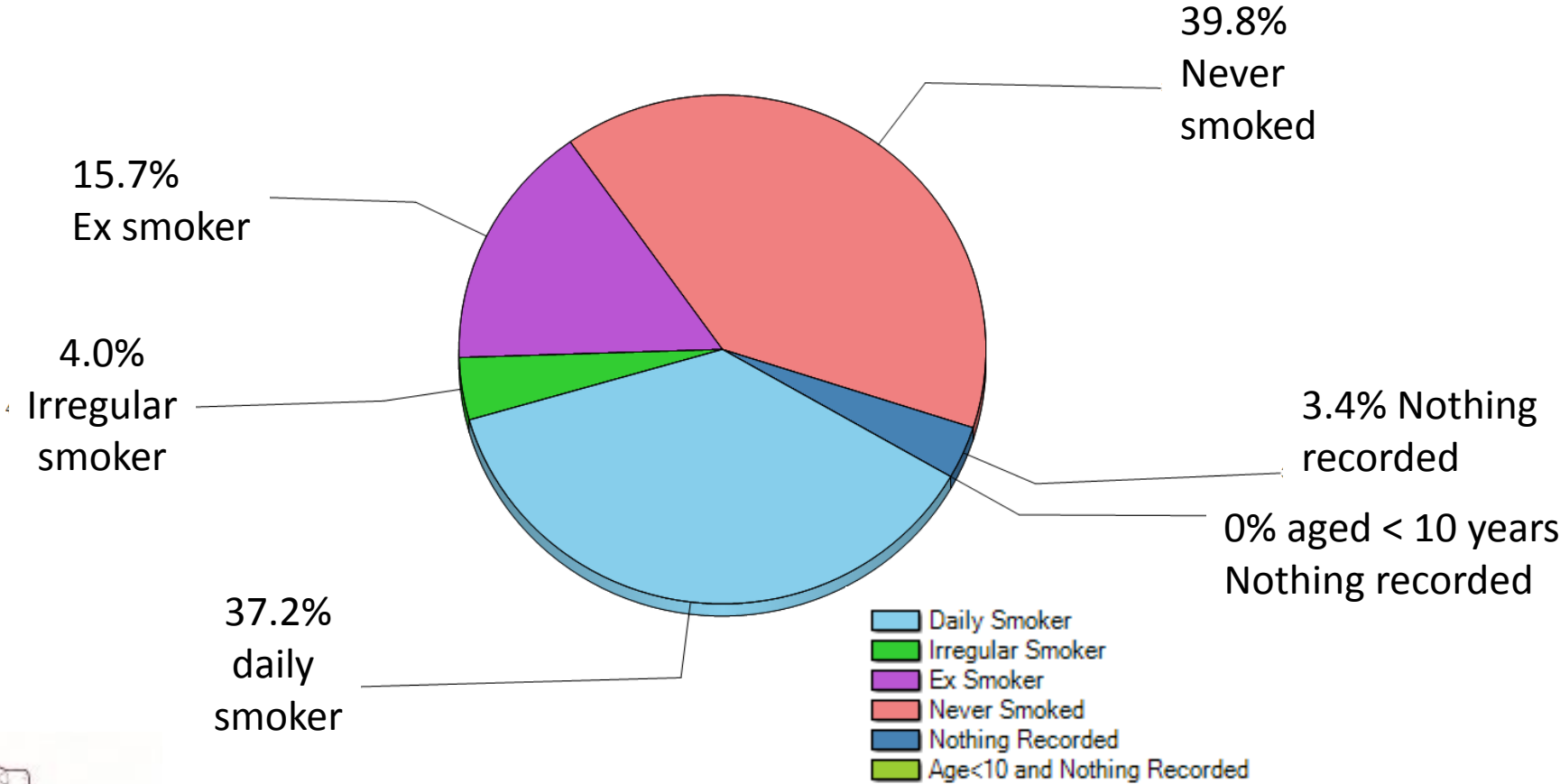
Smoking population 271



# BADAC smoking demographics

30 March 2016

Smoking population 656





# BADAC Smoking status of Aboriginal clients at 1 Oct 2015

In Oct 2015 smoking status of 92% of clients was recorded, then  
In March 2016 smoking status of 96.6% of clients was recorded

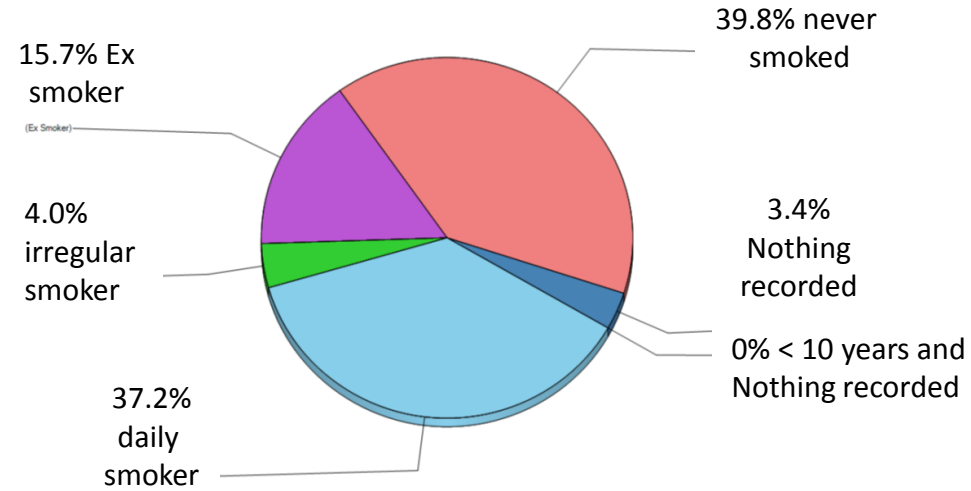
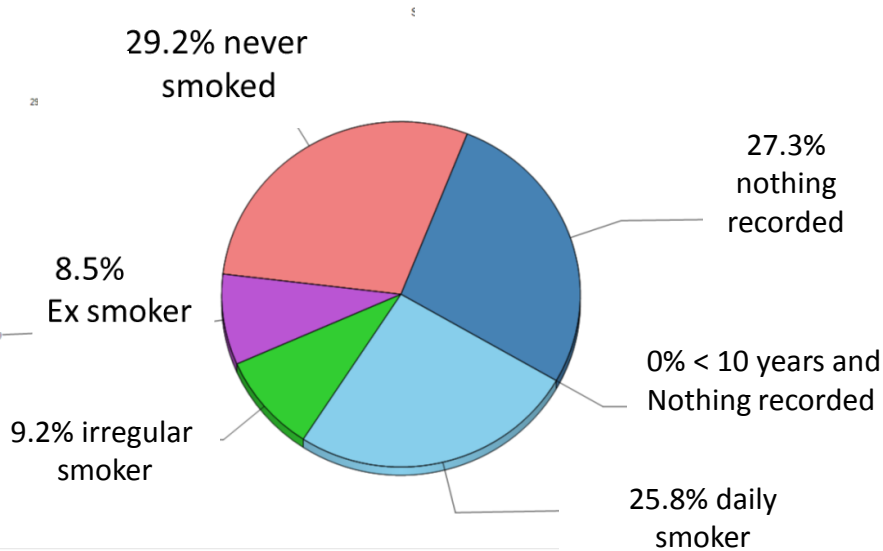


Aboriginal clients (smoking status recorded)	BADAC	VIC ACCHO Average
Daily Smokers aged 10-99	38.97%	49.90%
Irregular Smokers aged 10-99	4.12%	1.05%
Ex-Smoker aged 10-99	13.24%	11.46%
Never Smoked aged 10-99	43.68%	37.59%

# BADAC PenCAT data

ATSI 2010 Smoking population 271

ATSI 2016 Smoking population 656



- Daily Smoker
- Irregular Smoker
- Ex Smoker
- Never Smoked
- Nothing Recorded
- Age<10 and Nothing Recorded

ATSI population is increased by 140% and continues to grow

PenCAT is also used to identify ATSI smokers who have a diagnosis of asthma , Chronic Obstructive Pulmonary Disease and diabetics with circulatory issues.

This enables targeted smoking cessation to be undertaken



# How do we achieve great data?

- Implement New Patient screening appointment-Nurse/AHW to add demographic data
- At each Health Check or GP Management Plan – opportunity to ask and update – make it routine
- Top Bar – if you have it use it, look at it
- Brief interventions can occur in conversations when someone is coughing

# When and how to ask the questions

- It's about recognising when to run with the information
- How to make the smoking cessation discussion as relaxed and non confrontational as possible
- When is it best to just plant the seed and let it go until next time.
- Always aim to be non judgement in your approach

# Smoking Cessation Session within our clinic

- Any clinic staff member can create a referral for a “one on one” consultation
- A client can self refer
- These sessions are tailored to the client
- Think outside the box – its not one solution fits all
- Often its about finding or adapting a process that works for the individual

# Tracking smoking strategies and progress

In our clinic:

- One on one approach works well
- We have our Drop Outs of the smoking system as they may not be quite ready yet
- There is a ripple effect where word of mouth generates referrals and there is the role modelling of seeing people quitting. If they can do it, I can too attitude appears
- I have also been running a Smoking Cessation Group for BADAC staff



**Great things are happening!**

# Tracking smoking cessation session with a nurse

Client Name	Date Commenced first seen	-	ATSI	Ref- but not seen	Smoking Assessment	Current SC Program	Client does self Management	Not Ready	Tobacco	Canabis
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Technique				Outcome			Referral Source			
NRT	Champix	Patches	Other i.e Cold Turkey / Hypno	Successful / Quit	reduced intake	Dis engaged /Drop out	GP	H/C & GPMP	Self	Other

# Never give up

- You have never failed until you give up “having a go!”
- Whilst chipping away at the block you are still winning
- With every attempt to quit, new challenges are met and new knowledge grows

**NEVER GIVE UP**





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