



Addressing Tobacco

in Hospitals and Health Services

June 2006



Cardiac Ambassadors, Public Hospitals & Quit SA making a real difference!

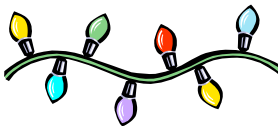
Modbury Public Hospital

Modbury Public Hospital (MPH) and Lyell McEwin Hospital (LMH) have 'Cardiac Ambassadors' on staff on cardiac wards. Through the Cardiac Rehabilitation Unit at each hospital, the ambassadors assist those who have experienced heart disease to learn heart smart practices. This includes advice on quitting smoking, eating well and making exercise a fun part of every day. For cardiac patients, this will hopefully allow them to return to the best possible health.

The Ambassador performing this vital task at Modbury Hospital is Kath O'Toole. Like many other dedicated health professionals around SA, Kath honed her smoking cessation skills by attending Quit SA's Quitskills Training for Health Professionals.

The 'Cardiac Care Unit' at MPH celebrated Christmas 2005 with a party attended by past clients, staff, and Teri Lucas, Quit SA Health Service Liaison Project Officer. A great time was had by all, with a demonstration by the Heart Foundation, lots of great 'Heart Smart' food and drink, and the company of like-minded people.

Congratulations to Kath O'Toole and the wonderful Modbury team!



Kath, Teri & friends.



Modbury Public Hospital Cardiac Rehab Christmas Party - 2005



Cardiac Ambassadors *continued*

Lyell McEwin Hospital

Mr. Jeff Briggs is the Cardiac Rehabilitation Coordinator and is also a Nurse Ambassador for the National Heart Foundation. He works hard to ensure that cardiac patients are given the best possible chance to return to full health. Part of that package of care is helping smokers stop using tobacco products. As with Kath O'Toole at Modbury Hospital, Jeff participated in Quit SA Quitskills Training for Health Professionals.

LMH cardiac patients are assessed for nicotine dependence and those suitable are offered Nicotine Replacement Therapy (NRT) at a reduced cost. Regular telephone or face-to-face counseling sessions to support change are essential to be eligible for subsidised-cost NRT. Jeff provides ongoing counseling to those quitting, and also utilises the free Quitline 12 Week Support Program to assist patients in their efforts.

Well done to these Cardiac Smoke-Free Champions!

New "Smoking & Your Mouth" brochure



...coming soon...

In July 2006, Quit SA will launch a new brochure which informs smokers about the impact of smoking upon their oral health.

Designed for use in private and public clinic settings, the brochure will encourage quitting smoking for the sake of beautiful strong teeth and healthy mouth and gums.

Quantities of the free resource can be obtained by telephoning Quit SA on 8291 4141.

Quit SA provides
**'Quitskills Training for
Health Professionals'**
free of charge.

Contact Lyndy Abram or
Eva Gablik on 8291 4282
for further information
about the next round of
training.

Remember... World No Tobacco Day – May 31st

This year's theme: Tobacco, deadly in any form or disguise.

Smoking is a dangerous, expensive behaviour, hazardous to the health of smokers and those around them. From March 2006, that message is being brought home to smokers via cigarette packs warnings, with graphic photos for added impact. The messages are varied, focussed on the damage that occurs from top to toe, to active and passive smokers.

World No Tobacco Day, May 31st 2006 will incorporate a comprehensive advertising campaign: "Tobacco, deadly in any form or disguise". The campaign will provide a call to action for smokers to have a go, and make this the year when they quit tobacco for good!

Health Professionals can assist by offering resources, advice and support. **Free** brochures and posters are now available for all Health Professionals to create a "Quit Smoking" display in their settings. Please telephone 8291 4141 or download an order form at www.quitsa.org.au

Examples of new pack warnings >

