

Introduction

Smoking is a current issue in New Zealand, being a major risk factor for many cancers, respiratory diseases and cardiovascular diseases (Statistics NZ, 2014). Ministry of Health has acknowledged the need to address this health issue, creating a goal to have New Zealand smoke free by 2025 (Ministry of Health, 2015). Nurses have a professional responsibility to provide the best care to their patients and to encourage them to make the best informed decisions about their health care. One in seven NZ Nurses smoke irrespective of their training around the risks of smoking and their expectation to promote health and encourage patients not to smoke (Action on Smoking and Health, 2007). Nurses have a variety of workplace settings and a role model status, which empowers them as leading advocates for this health role. Given this, there is a need to gain a clearer understanding of the factors influencing their smoking behaviors.

Evidence

There are a variety of reasons why Nurses smoke. Clark and MacCann (2008) found that in undergraduate nurses, peers were a huge influence on the decision to start smoking. During their training most student nurses wanted to stop and attempted however pleasure obtained from smoking and job stress were barriers to cessation. A number of studies have found the majority of nurses commence smoking before they begin training (Berkelmans, Burton, Page & Worrall-Carter, 2010). The workplace has been found to be the main reason for smoking. 68.4% smoking nurses increased their consumption once they began their nursing career (Perdikaris, Kletsiou, Gymnopoulou & Matziou, 2010). The most common barriers to prevent cessation included fear of weight gain, stress and anxiety. The literature also suggested that nurses who smoke feel guilty and may have a lack of support from non-smoking colleagues and superiors (Berkelmans et al., 2010).

SMOKEFREE NURSES

Why do Registered Nurses smoke whilst encouraging New Zealanders to be smoke free by 2025?



ADES [Photograph]. (nd). Retrieved May 10, 2016, from <http://www.designyourway.net/blog/inspiration/remarkable-anti-smoking-advertising-campaigns-53-examples/>

Implications

Nurses play an important role in education, being the largest group of healthcare professionals. They can influence the smoking habits of patients by counseling them on interventions of smoking cessation and are seen by the general public as role models of good health (Perdikaris et al., 2010). Nurse-led interventions for quitting smoking increase the chance of an individual quitting by 50% (Froelicher & Kohlman, 2005). However nurses who smoke perceive themselves as not being credible role models to support their patients in smoking cessation (Perdikaris et al, 2010).

Recommendations

- Healthcare organisations and NZNO work together to support nurses in smoking cessation, including alternative methods to cope with job related stress (Berkelmans et al., 2010).
- Further research into nurses' smoking behaviours. This will help produce opportunities to assist nurses with smoking cessation and continue working in health promotion (Perdikaris et al., 2010).
- Nurses who have previously smoked and successfully quit could be valuable in smoking cessation, as personal experience can be instrumental (Berkelmans et al., 2010).
- Making smoking cessation a positive experience by peer encouragement, to stop nurses who smoke feeling discriminated against.

Conclusion

Programs aimed at supporting nurses in smoking cessation could be hugely valuable not only to the nursing profession but also to New Zealand as a nation in reaching their goal of becoming smoke free by 2025. The literature I have researched suggests nurse's smoke to help relieve stress from their job however most nurses commence smoking before they start their training, this can be due to various factors. Barriers to nurses quitting included; the fear of stress and anxiety becoming too much without a release such as smoking and fear of weight gain. Health organisations can aid nurses to quit by supporting them in cessation programs and tailoring them to nurses to help with the association of guilt. Further research, especially in New Zealand can assist the nation in finding new ways to help nurses quit and hopefully help make NZ smoke free by 2025.

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References

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I have chosen to present my information as a poster for a variety of reasons. I believe my topic is best suited to a poster as my information can be shown in written and visual form. A poster is a visual informative document and I believe that the main photograph I have used is an effective way to portray my main message. Posters if done well should attract the viewers eye, which once hooked compels them to look further and read the information (Schneider & Whitehead, 2013). Posters should be able to be displayed anywhere, in this instance a hospital, so people walking past are able to stop and quickly read the information (Schneider & Whitehead, 2013). The information on a poster should be educational but succinct so that the poster isn't cluttered and unattractive but the important material is there (Schneider & Whitehead, 2013). I've chosen black as the main colour for this poster as it depicts danger, which surrounds my topic of smoking, the black will also help it to stand out. Smoking cessation is a huge topic worldwide and different cessation messages can be seen everywhere. Those who smoke are constantly bombarded with information on cessation so I have tried to produce a poster with a difference in the hope it will catch their eye.

PECOT category	Information relating to question	Explanation
Population	Registered Nurses	This entire population is concerned with the issue whether for or against.
Exposure	Registered Nurses who smoke	I will be looking at why they smoke regardless of their knowledge and assumed understanding behind the risks of smoking and their exposure to people who are experiencing the most detrimental effects of smoking.
Comparison	Registered Nurses who have previously smoked or have never smoked	Interested in the comparison to see why they no longer smoke or never have.
Outcome	Smoke free Registered Nurses	With the knowledge and understanding nurses have today and the emphasis in their training on smoking cessation should nurses be allowed to smoke taking into consideration their right to make their own health decisions.
Time	9 years, by 2025	Follow in accordance with NZ ministry of health aim to be smoke free by 2025.

Reference:

Schneider, Z., & Whitehead, D. (2013). Nursing and midwifery research: Methods and appraisal for evidence-based practice. Chatswood: Elsevier Australia.