

בקרת טבק באוסטרליה מחקר מקרה של בית חולים מקדם בריאות



הרצאה למקדמי בריאות, מנהלי קידום בריאות ואקדמאים

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מערכת בריאות נקייה מעישון

- העישון אסור בכל מתקני הבריאות ובשטחיהם מאז שנת 2005
- מתן תמיכה לגמילה עבור צוות ולקוחות
- המדיניות נבחנה מחדש ב-2015
- מדד ביצוע חשוב בחוזים של המנכ"לים



MANAGING NICOTINE DEPENDENCE:

A GUIDE FOR NSW
HEALTH STAFF

ניהול התלות בניקוטין: מדריך לצוותי
מערכת הבריאות ב-NSW



Health

Managing nicotine dependence: A guide to NSW Health staff

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יישום ברמה המקומית



[Find Out More](#)

Smoke Free Healthcare

NSW Local Health District provides support to clients, patients, visitors and staff to either help them to quit or not to smoke while visiting Northern NSW Health services.

Implementing the policy locally

Time to celebrate the work done in Health Promotion on smoking. Staff are really working on all Ottawa Charter strategies to make a difference in smoking:

- Public Policy – Smoke Free Health Care Policy regulates to make it harder to smoke at health facilities while providing support for staff and patients to quit with free or at cost NRT.

Chalta's audits of signage, unofficial smoking areas and butt bins have helped site managers increase vigilance on smoking on site.

- Avigdor and I run a high level committee to get action at sites to enforce the policy.
- Community Action- Donna has some great ideas for the Cancer Institute grant which will enable Aboriginal communities to create their own smoke free messages to reduce smoking. This well-resourced campaign will tie in with Koori Knockout by supporting an Aboriginal Women's Knockout with community teams featuring their own smoke free messages on shirts, in the community and at events.
- Develop Personal Skills – Denise, Christine, Jenni and Laurel run (and train clinicians to run) Quit 4 New Life, Brief Action Planning, Helping U 2 Quit Groups and Individual counselling at Helping U 2 Quit clinics will support smokers to reduce and quit smoking. Just one example is the Tweed Clinic where 30 people have already become smoke free.
- Reorient Health Services – Clinicians trained to be Talking Tobacco Champions who conduct Brief Action Planning, groups and clinics and spread the word amongst their colleagues to refer smokers to programs. Ensuring clinicians code smoking cessation on inpatient outpatient medical records means Activity Base Funding will be received and the clinics could be self-funding in future. There have been 512 occasions of service at the HU2Q clinic and this could make \$79,718.40 for the health service under ABF (health promotion can't claim ABF but our plan is for other clinicians to take this clinic over and claim the money)
- Create Supportive Environments. Avigdor and Amy's work on Smoke free outdoor dining along with smoke free health care and 2 cities with smoke free CBDs (Casino and Lismore) help to de-normalize smoking and make it harder for smokers to be tempted to smoke in these places.



מדיניות ציבורית בריאה של NNSWLHD

- על ההנהלה הגבוהה לפעול ליישום המדיניות בכל מוסדות הבריאות.
- בקרה (audit) על שילוט, אזורי עישון לא רשמיים, ופחים לבדלים סייעו למנהלי המוסדות להגביר את הבקרה על רמת העישון במקום שבאחריות.



דוגמה לבקרה מקומית

SITE AUDIT – Smoke Free Health Care Policy Compliance

שם בית החולים

Site: Lismore Hospital

Date: 7/6/2016

Assessor: Chalta Lord

Detailed description of location

Observed smoking

Type and Extent of litter

Signage

Riverland's Uralba Street entrance

No

1 cigarette package

Yellow Smoke Free Health Care sign (damaged) and butt bin on inside of fence

תיאור מלא של המוסד הרפואי

מעשנים שנצפו: מי? כמה?

תאריך: סוג האשפה, ורמת הלכלוך



פח בדלים בתוך בית החולים



חבלה בשלט

בקרות רבעוניות

- Sent to NSW Health
- In CEs' contracts

Smoke Free Health Care Policy – site smoking incidence audit
March 2017

| Health Facility | Location/area | Date/time | Observer | Staff | | Patients/visitors/contractors | | % Compliance | Butt litter | Ash trays | Butt bins |
|-----------------------|--|--------------------------|-------------|----------|----------|-------------------------------|----------|--|-------------|-----------|-----------|
| | | | | N people | N Smoker | N people | N Smoker | | | | |
| Tweed Head Hospital | Main entrance Area outside cancer care unit Education centre | 16/3/17 10:20 – 12:20 | Chalta Lord | 194 | 1 | 517 | 3 | Smokers: Staff: 0.5% Others: 0.5% Combined: 4/711= 0.6% 99.4% compliance | 10-50 | None | None |
| Lismore Base Hospital | Drop off area and seats Main entrance Renal unit entrance Most of forecourt seats | 16/3/17 13:55-15:55 | Chalta Lord | 254 | 0 | 475 | 7 | Smokers: Staff: 0% Others: 1.5% Combined: 7/729= 1.0% 99.0% compliance | 10-50 | None | None |

דו"חות רבעוניים

Protocol for Monitoring compliance with the NSW Health *Smoke-free Health Care Policy*

Aim

To monitor compliance with the NSW Health Smoke-free Health Care Policy through:

1. Recording the number of people who are smoking on hospital and health service grounds in high profile areas (see *site selection*).
2. Determining who is smoking (staff, patients, visitors, contractors)

Method

Site selection:

- Attend at least three major hospitals or health services in your LHD, with a focus on those where complaints have been received regarding breaches of smoking bans.
- In selecting a high profile site to observe ensure that is highly visible to the public and has a high volume of foot traffic, such as outside the entrance to the emergency department.
- Map the area in which the observation will take place to ensure future observations of the same area can be replicated.
- The same site and designated area selected must be used for all quarterly observations within the financial year. For example if you select the area outside a hospital emergency

הכוון מחדש של שירותי בריאות

- Clinicians trained to be Talking Tobacco Champions conduct Brief Action Planning, groups and clinics and spread the word amongst their colleagues to refer smokers to programs.
- Ensuring clinicians code smoking cessation on inpatient outpatient medical records means Activity Base Funding will be received and the clinics could be self-funding in future.
- There have been 512 occasions of service at the HU2Q clinic and this could make \$79,718.40 for the health service under ABF



Health Promotion



Smoking is not allowed anywhere on NSW Health facilities

All health facilities in Northern NSW have been smoke free since 2005 under the NSW Smoke Free Health Care Policy.

There is local support available for clients, patients, visitors and staff who:

- want help with smoking;
- information on tobacco treatment; or
- information on local support services



[Find out more](#)

Information for Clients and Patients



[Find out more](#)

Information for Staff



[Find out more](#)

Referral Forms for Local Support Services




[Find out more](#)


Nicotine Replacement Therapy (NRT)




 [Managing nicotine dependence: A guide for NSW Health Staff](#)

 [Help for staff - NRT support at work](#)


 [Talking to clients about smoking](#)


 [HU2Q clinic A4 Poster](#)

 [Supporting someone to quit smoking](#)

 [Smoking and pregnancy](#)

 [Nicotine dependence & withdrawal](#)

 [Getting ready to quit smoking](#)

 [Benefits of quitting smoking](#)

 [10 common myths about smoking and quitting](#)

Nurse Initiated Medication



SEARCH ...



Smokefree Places

- [Did you know?](#)
- [Tips to help you](#)
- [Want to know more?](#)
- [Smoke Free Healthcare](#)
- [Contact Us](#)





תמיכה בצוות

- הכשרה ומנטורינג
 - מתן אישורים – תכנון פעולות קצר טווח
 - תכנית של "אלופים" קליניים. (champions) *
 - הקבוצה הראשונה – צוות מחלקות לב ונשימה
 - אפשור מדיניות וסביבות
 - בתי מרקחת וועדות תרופות
 - פרוצדורות קליניות
- אין תרגום למילה האנגלית "champions". מדובר באנשים שמובילים בתחומם.

מעורבות קלינית בקידום בריאות

Health Promotion has a range of free programs available to support your clients. Offer a Health Promotion program with every appointment.



[Find out more](#)

We can help your patients/clients breathe easier...



We can take the weight from your waiting list...



We will catch your patient/clients before they fall...



We can get your patient/clients to start thinking about their drinking...



Promotions for NNSWLHD Staff

סיכום

- מדיניות ברורה היא צעד ראשון מצויין
- היא מחייבת משאבים נלווים רבים
- "תרגום" מקומי של מדיניות הוא המפתח
- תמיכה של דרג גבוה בהנהלה נדרשת
- בקרה והערכה מתמשכת
- התהליך נמשך ב"טפטוף" במשך שנים על מנת ליצור שינוי



בהצלחה