

## COMMUNITY SMOKE-FREE PROJECTS PROGRAM:



### Elizabeth's decision

#### Project background

South East Tasmania Aboriginal Corporation (SETAC) is a strong and vibrant part of the local community, committed to improving the health, wellbeing, and connections within the Aboriginal and broader community through various services, including primary health care.

SETAC community workers and health professionals recognised that access to nicotine replacement therapy (NRT) was a significant barrier to supporting smoking cessation. While workers had the education and resources to support smoking cessation in the community, obtaining NRT was challenging.

**SETAC's aim** was to reduce smoking rates in their community by providing free NRT, resources and mentoring support to individuals wanting to quit.

#### Successes:

- Trained allied health and community workers in brief intervention conversations through Quit Tasmania's Supporting People to Stop Smoking & Vaping training
- We supported 20 clients with NRT and brief intervention conversations about smoking

#### Learnings:

- Having a supply of NRT on-site makes starting a quit attempt easier.



## What did we start with?

SETAC secured a \$5,000 smoke-free grant to improve access to free NRT for community members. The organisation had an existing six-week Smoking Cessation Education program and used other resources and mentoring to support individuals motivated to quit. SETAC aimed to empower staff and clients to make positive changes in their smoking behaviours to improve health and wellbeing.

## Meet Lizzy

Elizabeth\*, a 65-year-old woman, has been a smoker for more than 20 years. Lizzy decided to try to give up smoking due to its impact on her health and the high cost of buying cigarettes. Lizzy lives in a caravan with no running water and poor amenities. This made her choice to stop smoking harder due to daily living stresses. Her partner is also a smoker.

Lizzy came to a SETAC event and mentioned to a staff member that she wanted to stop smoking. The staff member referred her to the SETAC nurse for assessment. At the first meeting, Lizzy was determined to stop smoking and she had a very positive attitude. Smoking around 20 cigarettes per day, Lizzy had tried to quit in the past using NRT patches but experienced some side effects. For this quit attempt, Lizzy was given an NRT inhaler and lozenges. She easily understood instructions on how to use the products.

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*“Having NRT on site for clients is so helpful and makes starting a quit attempt easy”*

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Margie Kirk, Registered Nurse

## Lizzy's quit journey

On review after two weeks, Lizzy had stopped smoking! She was going well, experiencing no withdrawals or side effects from the NRT. More NRT was provided and the inhalers proved to be the preferred and highly successful choice for her.

After 10 weeks, Lizzy remained smoke-free and felt so much better. Her skin had improved, she had lost the rasp in her voice, and her chronic headaches, which could be debilitating at times, had stopped.

## Lizzy's celebration

Lizzy saved the money she would typically have spent on cigarettes and plans to celebrate with her mother.

\*Name changed for confidentiality.



**Great idea:** use the Quit Tasmania Cost of Smoking Wheel to work out how much your client saved by quitting smoking or reducing the number of cigarettes smoked.

*Lizzy saved \$2,530 over 10 weeks (20 cigarettes per day = \$253 per week)*

### What were the successes along the way?

- We upskilled our allied health and community workers in brief intervention conversations through Quit Tasmania's Supporting People to Stop Smoking & Vaping training.
- We supported 20 clients with NRT and brief intervention conversations about smoking.
- Our risk management plan proved effective when the project manager moved jobs to another role – we shared responsibilities among other staff as planned.

### What were the challenges?

- Despite reduced staffing capacity that affected our ability to meet with clients, the six-month time extension for the project helped us reach more people.
- To continue supplying NRT to clients in need, we would require additional funding.

### Summary

SETAC engaged with 20 clients for brief intervention conversations about smoking. The smoke-free grant allowed SETAC to purchase a supply of NRT to keep on site. This was important because it allowed for staff to support clients during the moments that they felt determined to quit.

Margie Kirk, Registered Nurse, says, "Having NRT on site for clients is so helpful and makes starting a quit attempt easy." Lizzy's story is a great example of a successful quit attempt.

## Community Smoke-free Projects Program

Part of the TasCOSS [Supporting Smoke-free Community Services](#) project was to provide 10 community service organisations (CSOs) with \$5,000 each to conduct a small project to progress towards smoke-free work areas and services. The trust-based funding model for the grants was simple and equitable for organisations with limited time and resources. TasCOSS and Quit Tasmania collaborated with each CSO to develop an idea that was relevant to that organisation and the people who used their services.

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