

# *Good Practice from Sweden Nurses Help Nurses To Be Tobacco-free*

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18. Deutsches Konferenz für Tabakkontrolle

**dkfz.** DEUTSCHES KREBSFORSCHUNGSZENTRUM IN DER HELMHOLTZ-GEMEINSCHAFT  
Forschen für ein Leben ohne Krebs

Dear presenter,

many thanks for your willingness to make a contribution within the scope of the 18th German Conference for Tobacco Control.

According to the national and international quality criteria we ask you to fill out a "Conflict of Interest" (COI) declaration. Please be so kind and start your presentation with a slide with your COI declaration.

Thank you for your cooperation!

*Vat Seidler*

Please fax: 06221 - 42 3020 or mail: who-cc@dkfz.de

Dr. Katrin Schaller

**CONFLICT OF INTEREST - DECLARATION**

Please, mark the answers applying for you:

|  | Yes                      | No                                  |
|--|--------------------------|-------------------------------------|
| Within the past 5 years, have you received speaker compensation fees of the pharmaceutical industry, tobacco industry or e-cigarette industry or their lobby organizations?  | <input type="checkbox"/> | <input checked="" type="checkbox"/> |
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Please, describe here potential other interest conflicts:

Herewith I declare that I have no conflicts of interests within the scope of the 18th German conference for tobacco control.

I am responsible for the correctness of the information provided.

*Bergmann Bröske Gome*  
SURNAME, FIRST NAME

20-11-22  
Date and signature *[Signature]*



# CONFLICT OF INTEREST - DECLARATION

# *Why "Swedish Nurses Against Tobacco" supports nurses, midwives and students to be tobacco-free*

- Nurses and midwives' role in tobacco prevention and tobacco cessation is very important.
- Patients need professional help to be tobacco-free and retain it.
- Nurses and midwives who use tobacco themselves have more difficulty to work with tobacco prevention and support patients in a professional way.
- A majority of tobacco consumer nurses and midwives intend to be tobacco-free and some of them need professional help.
- The boardmembers of Swedish Nurses against Tobacco have a lot of knowledge regarding tobacco cessation. They aim to develop a good method of tobacco cessation with the help of nurses and midwives who have already stopped using tobacco. It is a win-win situation.



# *An important collaboration since the start*

## “Swedish Association of Health Professionals”

Approx. 90.000 swedish nurses, midwives and students as members

Objectives:

- Aims to help the members to be tobacco-free and include them as a part of the healthcare tobacco prevention work.
- Helps to promote the SNaT’s tobacco-cessation-week project and advertising the project so all tobacco-consumer members have the possibility to sign up and become tobacco-free. They are also included in the one-year follow up.
- Financial support of the SNaT’s tobacco-cessation-week.





# *Intensive Tobacco Cessation week inclusive one-year follow up*

led by 2 nurses from Swedish Nurses against Tobacco, 2007 - 2019

- 15-20 participants
- Stop-day happens at the same day that they start the "Intensive-Cessation-Week"
- 5 days of intensive tobacco cessation (24 hours per day)
- Motivational Interviewing as base (everyday's program starts with MI group-session and if needed individual talk is provided).
- Focus on three important perspectives in their motivations. The scale questions (0-10) used:  
*How IMPORTANT is it for you to remain tobacco-free?*  
*How READY are you to remain tobacco-free now and in the future?*  
*How is your ABILITY to remain tobacco-free now and in the future?*
- There are various daily activities designed to help the participants to increase their motivations to be tobacco-free during the week and retain it in the future.
- Knowledge about tobacco, nicotine abuse, exercise, healthy eating plan, etc.
- Walking in the beautiful nature, relaxation , yoga, reading, group-activities, etc.
- Individual preparings and plans to remain tobacco-free after the intensive-cessation-week
- Follow up during 3 – 6 – 12 month (Individual support if necessary)
- Closed Face Book group for the participants



SWEDISH



# Result



Between 2007 to 2019 there were 5 groups, about 80 nurses, midwives and students participated.

- After 1 year 80 – 90 % of the participants in all groups were still tobacco-free.
- A long term study from 2007 and 2010 shows that the results are still good and approx. 64% are tobacco-free. Compared to the international studies these results are one of the bests.



# *100% Winning Concept*



- Tobacco-free nurses, midwives and students
- Influence on colleagues to quit using tobacco
- More aware of their professional role in tobacco prevention
- More aware of supporting and helping patients in their motivations to quit tobacco/nicotine-use
- Win-win situation; Their own experience help to develop the tobacco-cessation methods.





# *Future plans and projects 2021 – 2022*

for nurses, midwives and students

## Project 1

To rise the motivation for tobacco stop  
communication through internet and phone

## Project 2

Converting the "Intensive tobacco-cessation-week" inclusive one-year  
follow up to the "Internet tobacco-cessation week inclusive one-year follow  
up"

*We use our experiences and develop the tobacco-cessation method among  
nurses, midwives and students.*





***Thanks again  
from all of us at the  
"Swedish Nurses against  
Tobacco"***

