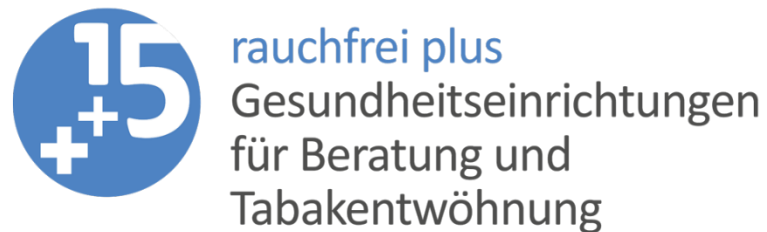


Nurses in Tobacco Control in Germany

...We can do more



Christa Rustler, Berlin

Dr. Katrin Schulze, Berlin, Prof. Dr. Anneke Bühler, Kempten, Prof. Dr. Bonse-Rohmann, Hannover, Dr. Andrea Reusch, Würzburg

CONFLICT OF INTEREST - DEKLARATION

Bitte kreuzen Sie die für Sie zutreffenden Antworten an:	Ja	Nein
Haben Sie in den letzten 5 Jahren Vortragshonorare von der Pharma-, Tabak- oder E-Zigarettenindustrie oder deren Lobby-Organisationen bezogen?	<input type="checkbox"/>	X
Haben Sie in den letzten 5 Jahren Beratungshonorare von der Pharma-, Tabak- oder E-Zigarettenindustrie oder deren Lobby-Organisationen bezogen (Advisory Boards)?	<input type="checkbox"/>	X
Haben Sie in den letzten 5 Jahren von der Pharma-, Tabak- oder E-Zigarettenindustrie oder deren Lobby-Organisationen finanzielle Unterstützung für Projekte bezogen?	<input type="checkbox"/>	X
Haben Sie kommerzielle Verbindungen zu den Herstellern oder den Vertriebsorganisationen für Tabakprodukte, Nikotinersatzprodukte oder E-Inhalationsprodukte, die im Rahmen der 18. Deutschen Konferenz für Tabakkontrolle erwähnt werden (soweit vorhanden)?	<input type="checkbox"/>	X
Haben Sie kommerzielle Verbindungen zu Konkurrenten von Herstellern oder den Vertriebsorganisationen für Tabakprodukte, Nikotinersatzprodukte oder E-Inhalationsprodukte, die im Rahmen der 18. Deutschen Konferenz für Tabakkontrolle erwähnt werden (soweit vorhanden)?	<input type="checkbox"/>	X
Haben Sie Verbindungen zur Pharma-, Tabak- oder E-Zigarettenindustrie oder deren Lobby-Organisationen?	<input type="checkbox"/>	X

Bitte beschreiben Sie hier potentielle andere Interessenskonflikte:

- Ich deklariere hiermit keine Interessenkonflikte im Rahmen der 18. Deutschen Konferenz für Tabakkontrolle zu haben.

Ich übernehme die Verantwortung für die Richtigkeit der gemachten Angaben.

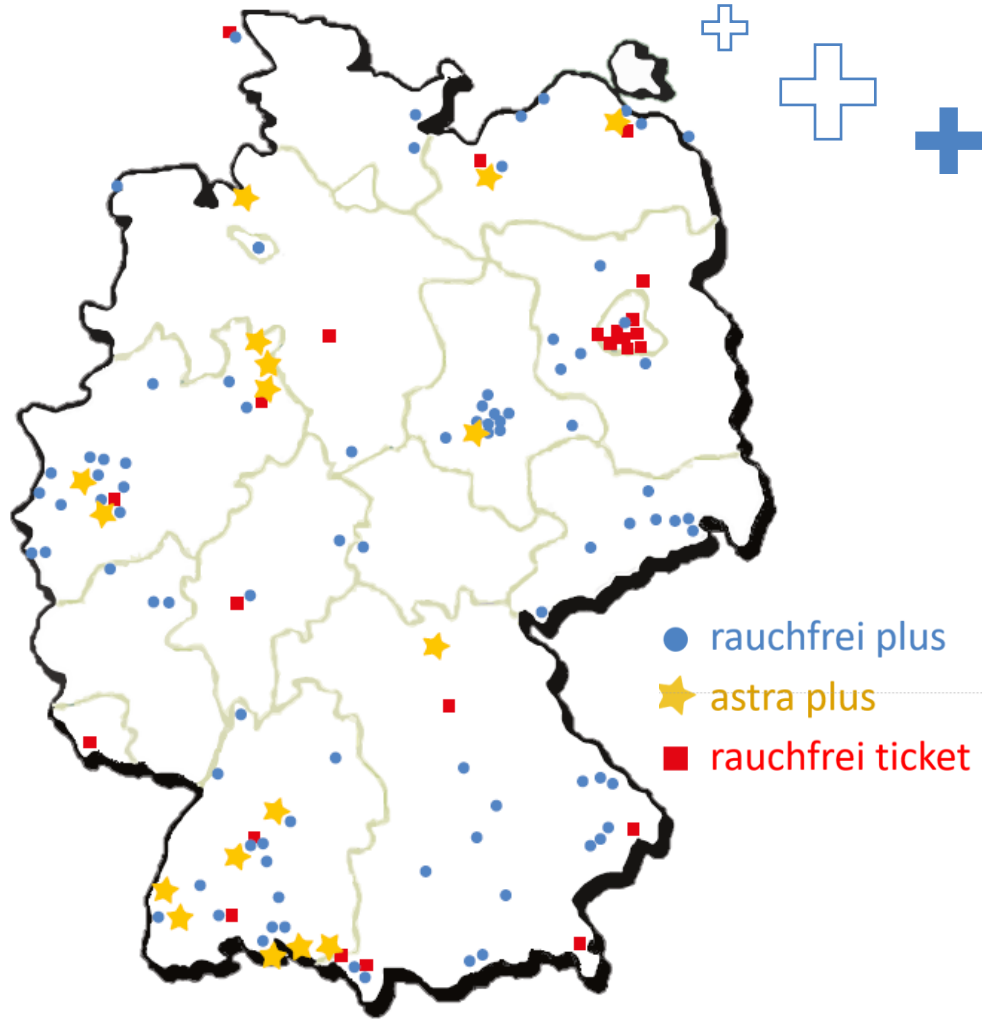
Christa Rustler

NACHNAME, VORNAME (BLOCKBUCHSTABEN)

Datum und Unterschrift



rauchfrei plus
Gesundheitseinrichtungen
für Beratung und
Tabakentwöhnung



rauchfrei plus
Gesundheitseinrichtungen
für Beratung und
Tabakentwöhnung



Ein Projekt der
Bundeszentrale
für
gesundheitliche
Aufklärung
BZgA

What are we talking about

- Nurses' advice is effective in supporting patients to quit (Rice, Stead, 2013)
- Nurses play an important role in reduction of tobacco use among the general population (Schultz, 2003)

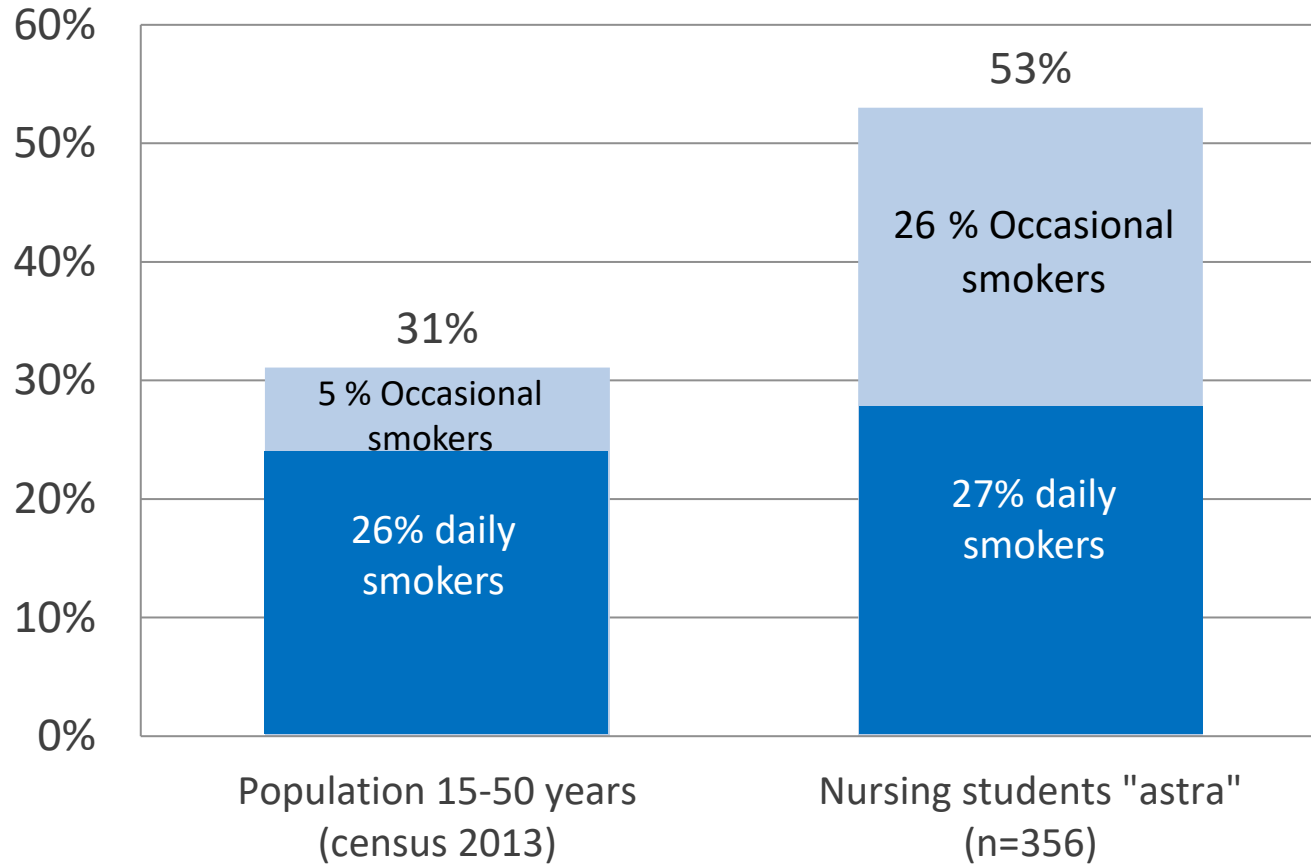
Tobacco Control needs...

- competent
- professional
- trained

...nurses

But what if the nurses smoke themselves?

- Smoking prevalence among population and nursing students

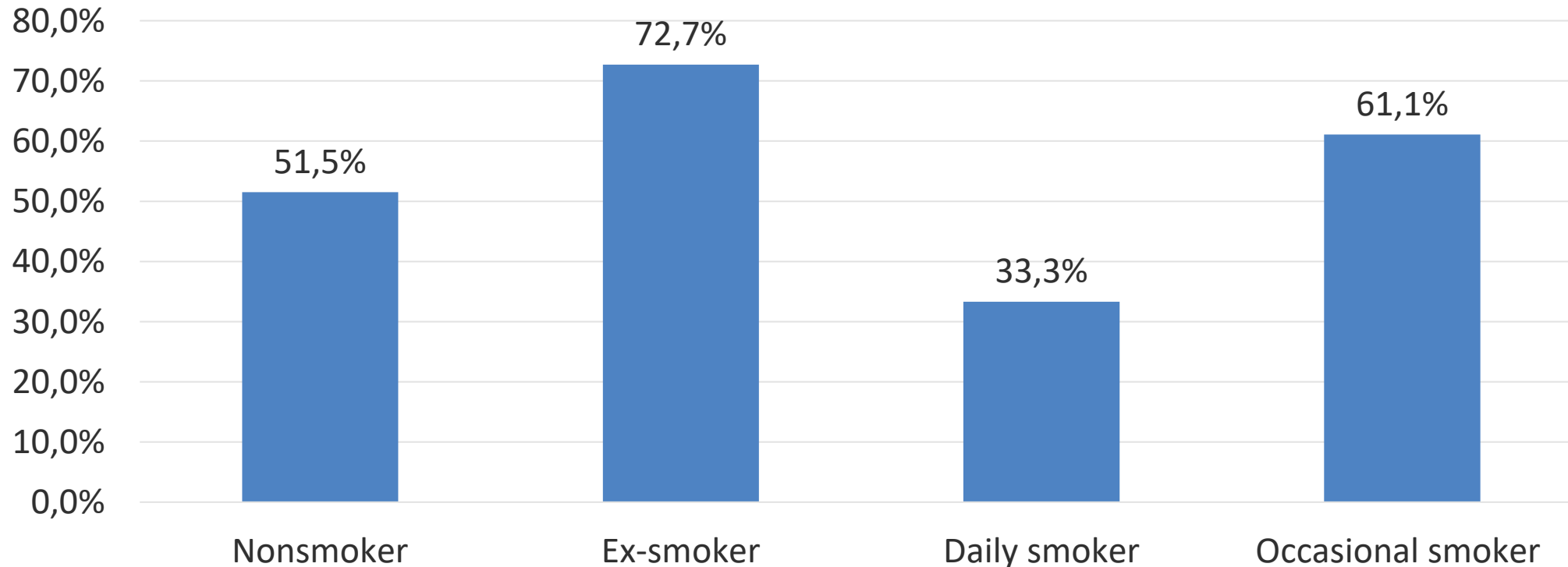


A program for nursing students must include prevention and cessation measures

And we need them to be able to support tobacco user to quit

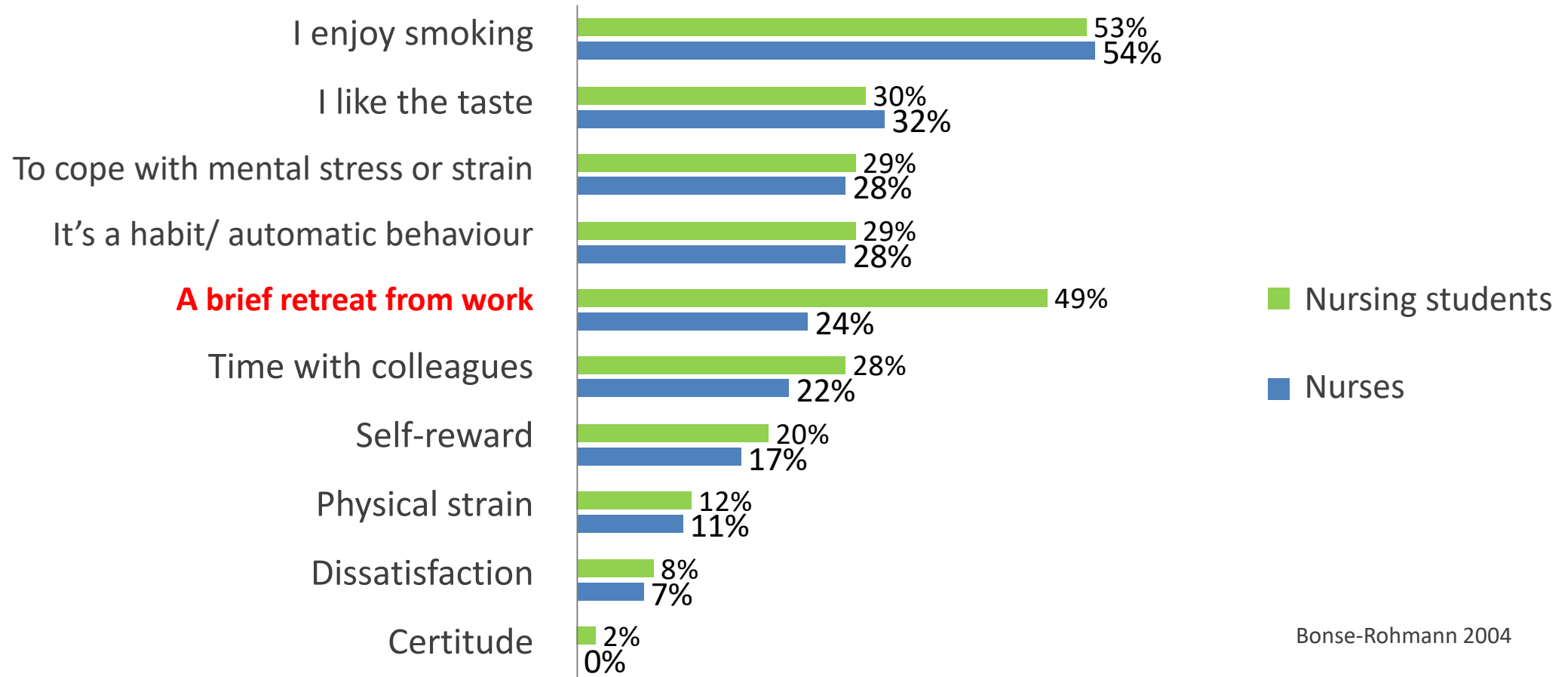
Nurses care plan in relation to their own smoking status

Does the diagnose (patient's tobacco addiction) play a role in treatment?
(answer „yes“, n=133)



(Vitzthum, 2011)

- Reasons for tobacco use among nurses and nursing students

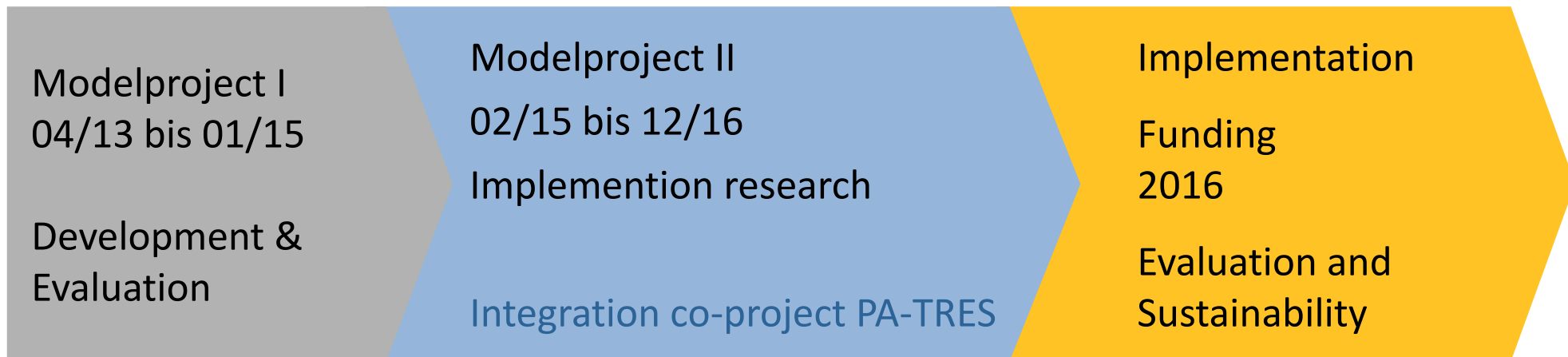


Prevention & Reduction of Tobacco Consumption of Nursing Students

Gefördert durch:



aufgrund eines Beschlusses
des Deutschen Bundestages



- Nursing students are in a sensitive phase of life
- Students orient themselves to the values and norms of their environment
- This environment lives an unhealthy lifestyle
- Nurse are mostly particular sensitive to their social environment
- Therefore a higher stress vulnerability, unhealthy coping strategies as well as unhealthy lifestyles
- Social support, positive experiences and feedback important to master these challenges

Schulze (2019)

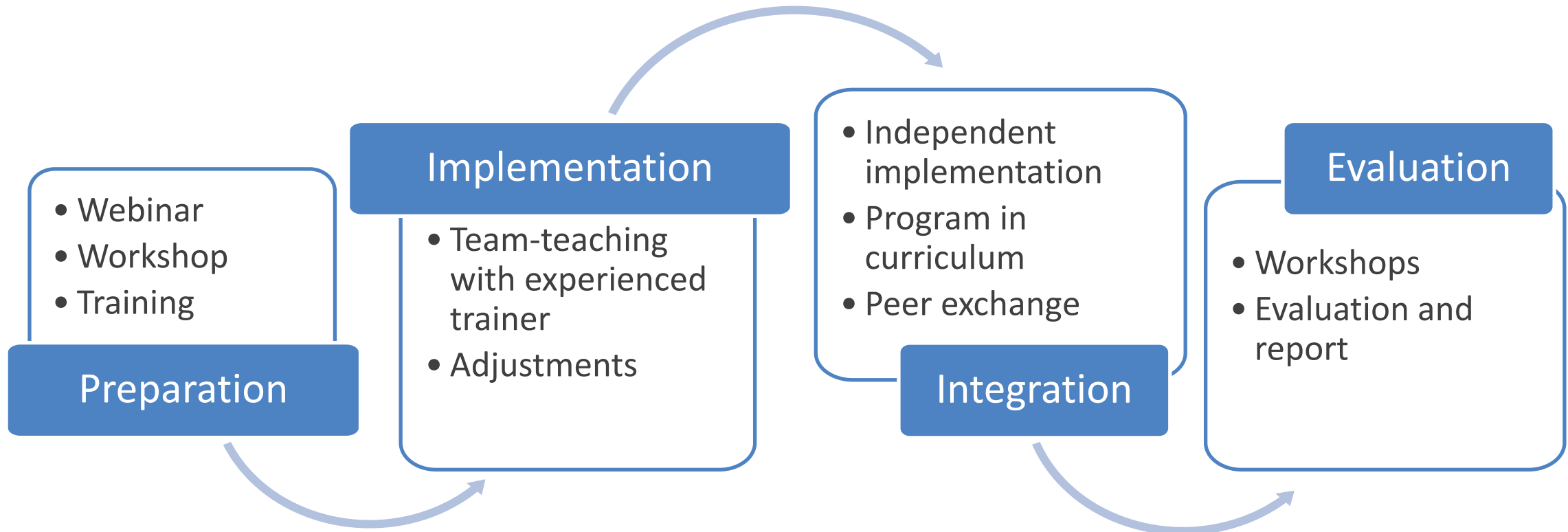


Professional health competence according to astra plus

- ★ includes the willingness and ability to maintain and **promote their own health** and
- ★ to integrate this competence into **professional performance** on an individual and organizational level.
- ★ **Reducing tobacco consumption** plays a central role as the greatest avoidable risk for health

- Continuous improvement process
→ **Occupational health promotion** at school level
- **Training and Manual** for teachers
- Evidence-based prevention programs:
Stress management and tobacco cessation
- **Training in brief intervention**
- Appr. 80 h in 5 to 12 months





Sustainability & compatibility:

The content of the program meet the current requirements of the national curriculum for Nurses education

Healthy School Development

- Tobacco-free campus
- Training and support for practical trainers
- Teachers as role models
- Integration of the program into the curriculum
- Public relations work regionally and for job fairs

Tobacco control on school level
→ more effect on individual level

Projects of students


- Tobacco-free campus
- Flyers, posters and information material
- "Smoking in uniform" awareness action
- Breaks in action: table tennis, frisbee discs, volleyball
- Creating recreation rooms in the school
- "Star" cuisine with recipes for shift work
- "Stairs not elevators" campaign



Quelle: GESO Schwerin

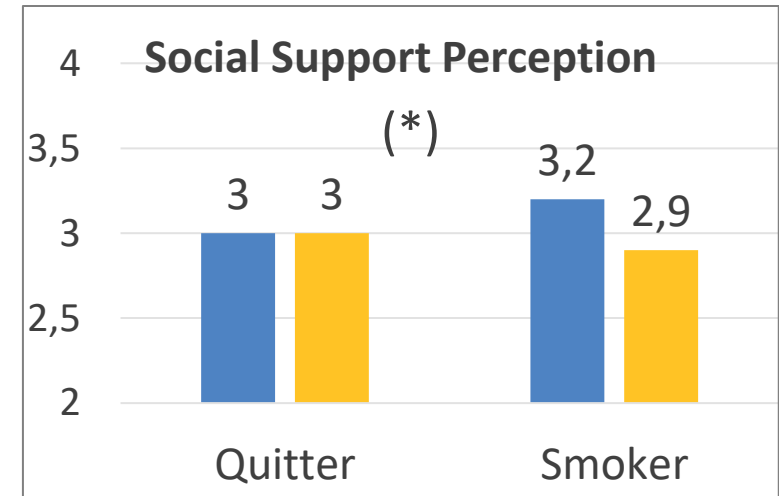
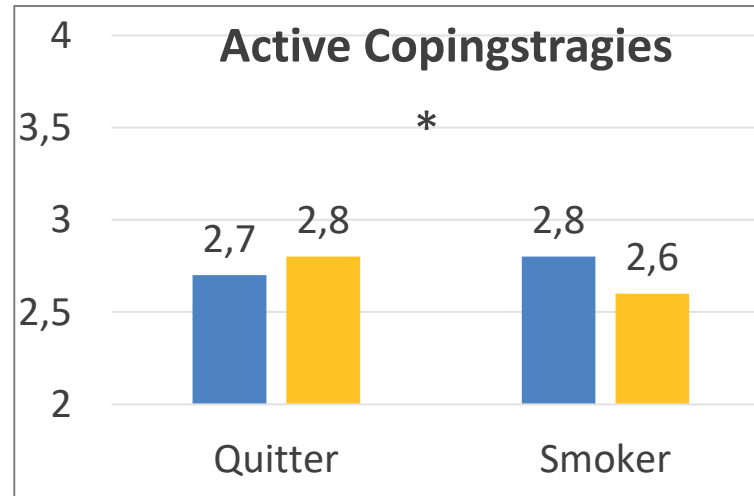
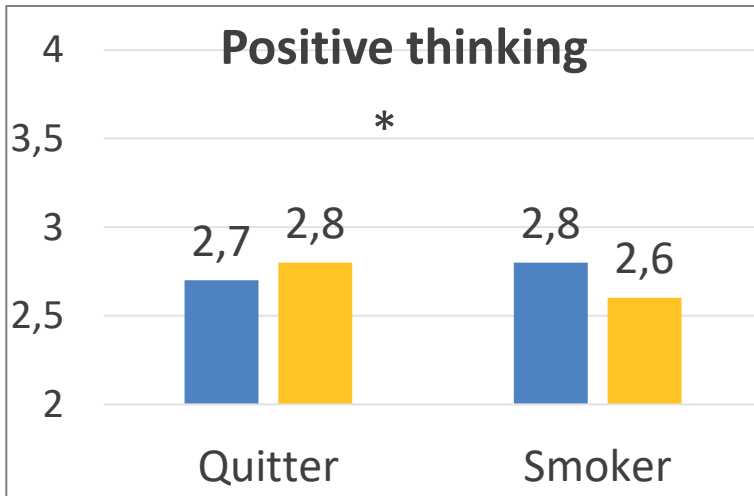
13 % of participants quit smoking

	Follow up			
Initial	Smoke-free	Ocassional smoker	Smoker	
Smoke-free	84%	13%	3%	n=297
Smoker	13%	40%	47%	n=299

Those who quit smoking use more healthy stress management strategies compared to those who continue smoking. 

Coping with Stress

- 1 = not confident at all
- 2 = extremely confident

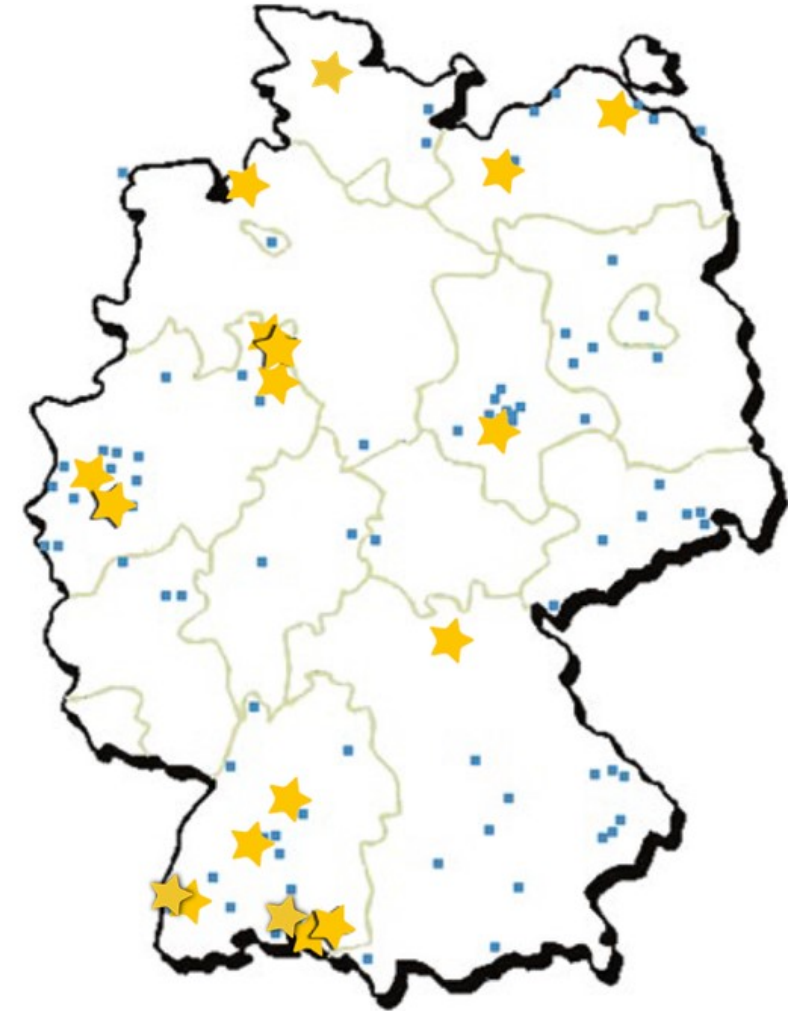


■ Initial ■ Follow up

* = significant
N= 297

Nursing education is an ideal setting to improve health competence:

- Tobacco free environments and culture improve
- Long-term change processes are initiated
- Motivation to quit and quit attempts increase
 - > 50 % of all students participate in cessation training
 - 63 % of the participants were smokers
- Perception of social support can be maintained
- As part of the curriculum: all students and teachers are involved



Support a tobacco free professional identity →

Environmental changes are essential for behavioral changes →

Successful tobacco control is a long-term engagement and not a single action or project →

- Stop to be a target group – become an Ex-pert!
- Implement a smoke-free campus and healthy breaks towards denormalisation of tobacco use!
- Put tobacco control on the agenda of your organisation and monitor your improvement



Rauchfrei Pflegen:
Eine gemeinsame Initiative zur Förderung
der Gesundheit von Pflegeberufen

✓ **Mitmachen**

DBfK  Deutscher Berufsverband
für Pflegeberufe

 **INITIATIVE
NEUE
QUALITÄT
DER ARBEIT** Offensive
Gesund
Pflegen



Der Bevollmächtigte der Bundesregierung
für Pflege



Die Drogenbeauftragte
der Bundesregierung



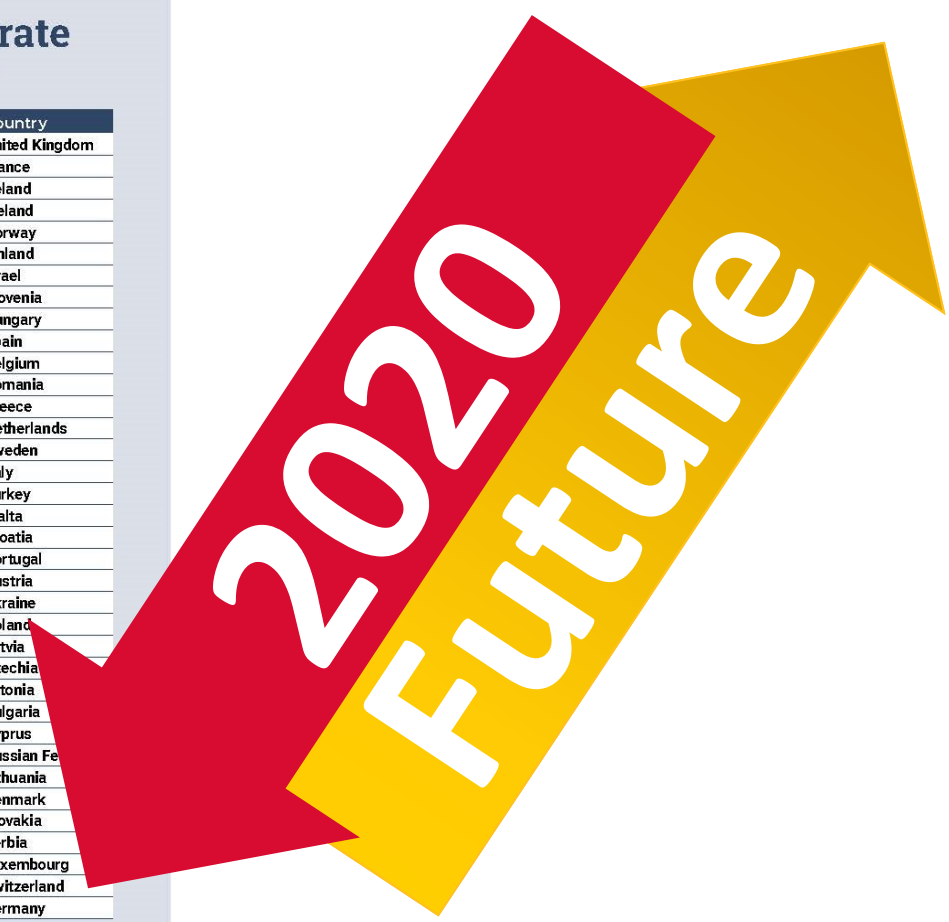
TOBACCO CONTROL SCALE 2019



How does your country rate on tobacco control?

Score	2019 Rank	2016 Rank	Country
80	1	1	United Kingdom
74	2	4	France
73	3	2	Ireland
70	4	3	Iceland
66	5	5	Norway
62	6	6	Finland
61	7	new	Israel
59	8	28	Slovenia
59	8	9	Hungary
58	10	8	Spain
58	10	17	Belgium
57	12	7	Romania
54	13	31	Greece
53	14	9	Netherlands
52	15	9	Sweden
52	15	13	Italy
51	17	9	Turkey
51	17	13	Malta
51	17	23	Croatia
50	20	15	Portugal
50	20	35	Austria
50	20	17	Ukraine
49	23	15	Poland
49	23	26	Latvia
49	23	31	Czechia
49	23	21	Estonia
48	27	19	Bulgaria
48	27	26	Cyprus
47	29	17	Russian Fe
47	29	28	Lithuania
47	29	23	Denmark
46	32	30	Slovakia
45	33	23	Serbia
44	34	33	Luxembourg
41	35	21	Switzerland
40	36	33	Germany

Joossens L, Feliu A, Fernandez E. The Tobacco Control Scale 2019 in Europe. Brussels: Association of European Cancer Leagues, Catalan Institute of Oncology; 2020.



Thank you for your attention!



2020
INTERNATIONAL YEAR
OF THE NURSE AND
THE MIDWIFE



Thanks to:

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