

Queensland
Government
Queensland Health

Centre for Drug & Alcohol Studies
Alcohol and Drug Service
Northside Primary and Community Health Services
Northside Health Service District



SmokeCheck: A Brief Summary

INTRODUCTION

SmokeCheck is a brief intervention used by health workers to identify Indigenous clients who smoke tobacco and as a method for encouraging indigenous clients to change their smoking behaviour. *SmokeCheck* was developed by the Tropical Public Health Unit, Queensland Health. In 2004, the Centre for Drug and Alcohol Studies (CDAS), State-wide Services Program implemented and evaluated *SmokeCheck* across Queensland. As of 31st December 2007, CDAS have trained a total of 761 health workers at over 40 sites across Queensland. In an evaluation of training, 75% of participants still reported using *SmokeCheck* three months after having been trained.

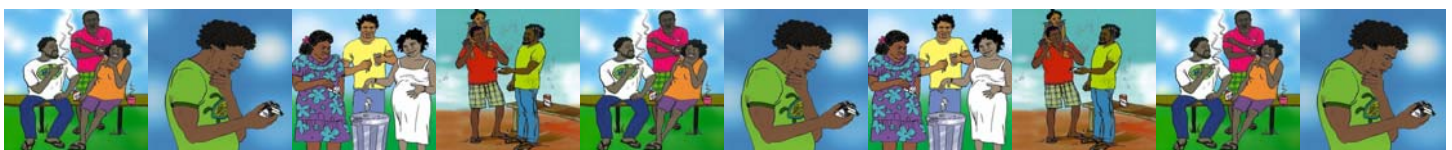
BACKGROUND

50% of Indigenous people smoke tobacco, compared with 17% of non-Indigenous people¹. Indigenous people also begin smoking earlier and are less likely to stop smoking than non-Indigenous people². Furthermore, whilst smoking rates in the general population have declined in the past 20 years, they have not in Indigenous populations³.

A *SmokeCheck* Brief Intervention entails making the most of any opportunity to raise awareness, share information and get a person thinking about making changes to their tobacco smoking. The delivery of brief intervention entails identification of 'at risk' clients and increases their awareness of health effects of smoking. Brief intervention also involves taking a harm reduction approach by encouraging clients to decrease their tobacco consumption and lessen exposure of families to associated health risks.

SMOKECHECK EVALUATION

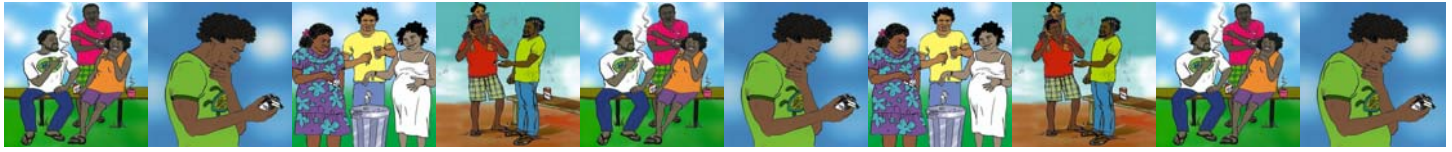
Evaluation of the Brief Intervention was also conducted with 143 clients of primary healthcare services from Queensland urban, regional, rural, and remote locations. It was found that the *SmokeCheck* Brief Intervention resulted in reductions in nicotine dependence and daily cigarette intake. It was also found that the *SmokeCheck* Brief Intervention increased motivation to change, number of quit attempts, readiness to change, and awareness of adverse health effects associated with smoking. These findings suggest that the *SmokeCheck* program provides effective training for health workers with Indigenous clients who smoke tobacco as well as the Brief Intervention and program materials to be culturally sensitive.



¹ National Aboriginal & Torres Strait Islander Social Survey, 2002

² Centre for Excellence in Indigenous Tobacco Control, 2003

³ Centre for Excellence in Indigenous Tobacco Control, 2003



Overall, evaluation of the SmokeCheck training and the Brief Intervention showed that the intervention is culturally appropriate, encouraged workers to undertake brief intervention with their clients, and to change their smoking behaviours.

SMOKECHECK TRAINING

SmokeCheck offers training to health workers with Indigenous clients. The training provides opportunities for workers to gain knowledge and skills that are important in delivering brief intervention to help Indigenous clients minimise the harms caused by smoking tobacco. Indigenous specific images and language are used in all parts of the training. The program also provides ongoing support and quit smoking resources for health workers with Indigenous clients.

An evaluation of the SmokeCheck training was conducted in 2005/2006 with 217 workers trained in SmokeCheck. Results indicated that SmokeCheck training provides health workers with the practical skills to engage Indigenous clients in a discussion about their tobacco smoking. Increases in self-efficacy, role legitimacy, and confidence in discussing smoking with clients were also found.

SMOKECHECK TRAINING ENTAILS

Two levels of training;

- **Initial Training (Full day)** is delivered as a small group learning with the following topics covered:

Who Smokes?

Why Smoke?

Journey

Health Workers Role

Health effects of Smoking

Issues in Community;

Mental Health

Pregnancy & passive smoking

Young people

Brief Intervention

Motivational Interviewing

Stages of Change

Not Ready to Change

Unsure Smokers

Ready to change

Ex-smokers

Review

Feedback

Implementing SmokeCheck in your workplace

Refresher Training

- **Refresher Training (2 hrs)** can be delivered in any of the following modes: group learning or self-directed or videoconference with the following topics covered:

To reflect and share experiences on using SmokeCheck

To clarify what brief intervention and motivational interviewing are, and clarify when to use these

To review identifying a client's stage of change and appropriate intervention

To consider how to use regularly with clients

To remind participants of available SmokeCheck resources (A5 folder/pamphlets/DVD)

MORE INFORMATION

Please contact Pele Bennet, SmokeCheck Program, Alcohol, Tobacco and Other Drugs Branch, Prevention Program, Queensland Health. Tel: (07) 3234 0704 or 0427 698 348; email: Pele.Bennet@health.qld.gov.au.

