



Using CQI to improve tobacco control at health services in the NT

David Thomas and Theresa Paterson

NT CQI Collaborative, Darwin, 21 June 2022

CQI is everyone's business

COVID has been everyone's business

- 5 million global deaths so far in about 2 years

Tobacco control is everyone's business

- 8 million global deaths EVERY year

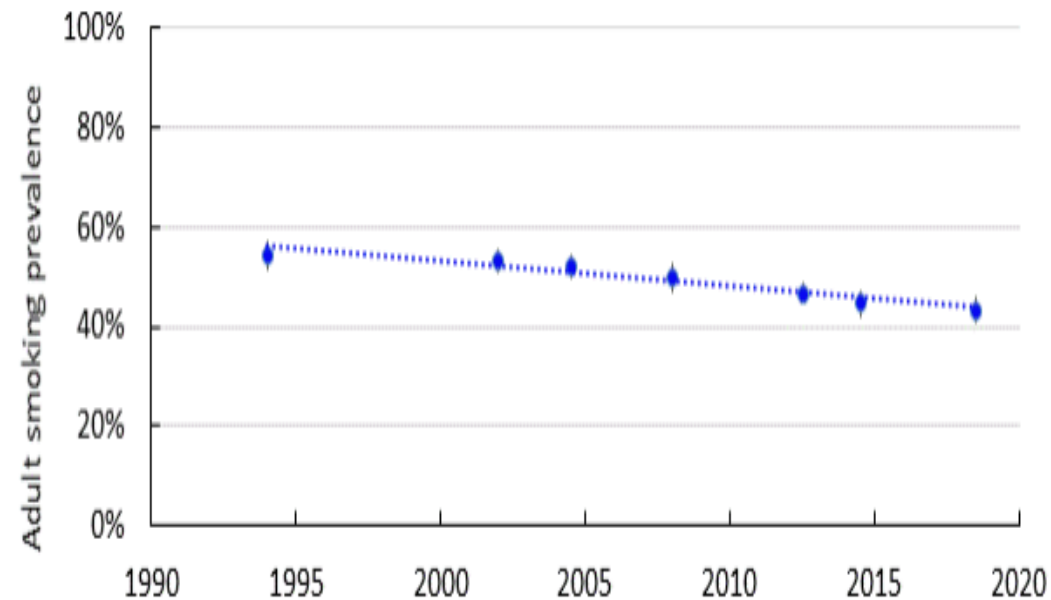


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Improvements are happening



Source: https://openresearch-repository.anu.edu.au/bitstream/1885/210569/1/Aboriginal%20cigarette%20cigarette%20prevalence%20trends_2020.pdf



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Improvements in remote areas

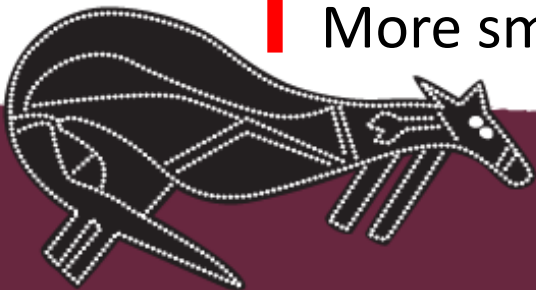
- **No** improvements in smoking rate, but..

↓ Fewer kids taking up smoking

↓ Fewer kids exposed to smokers inside home

↓ Fewer cigs smoked each day

↑ More smokers making quit attempts



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Improvements in the NT

- ↓ Fewer men and women smoking in Darwin
- ↓ Fewer men smoking in Alice Springs

But...

- ↑ More women smoking remote Central Australia



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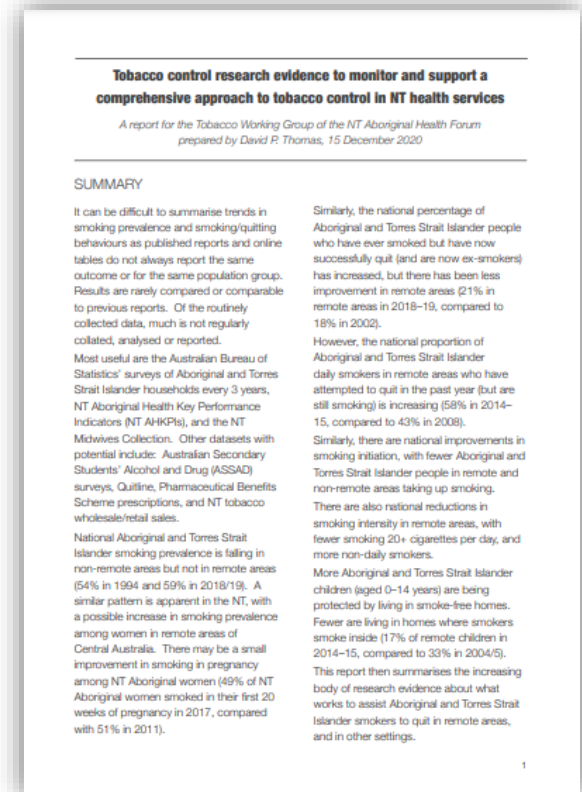


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Is there research evidence to guide us?

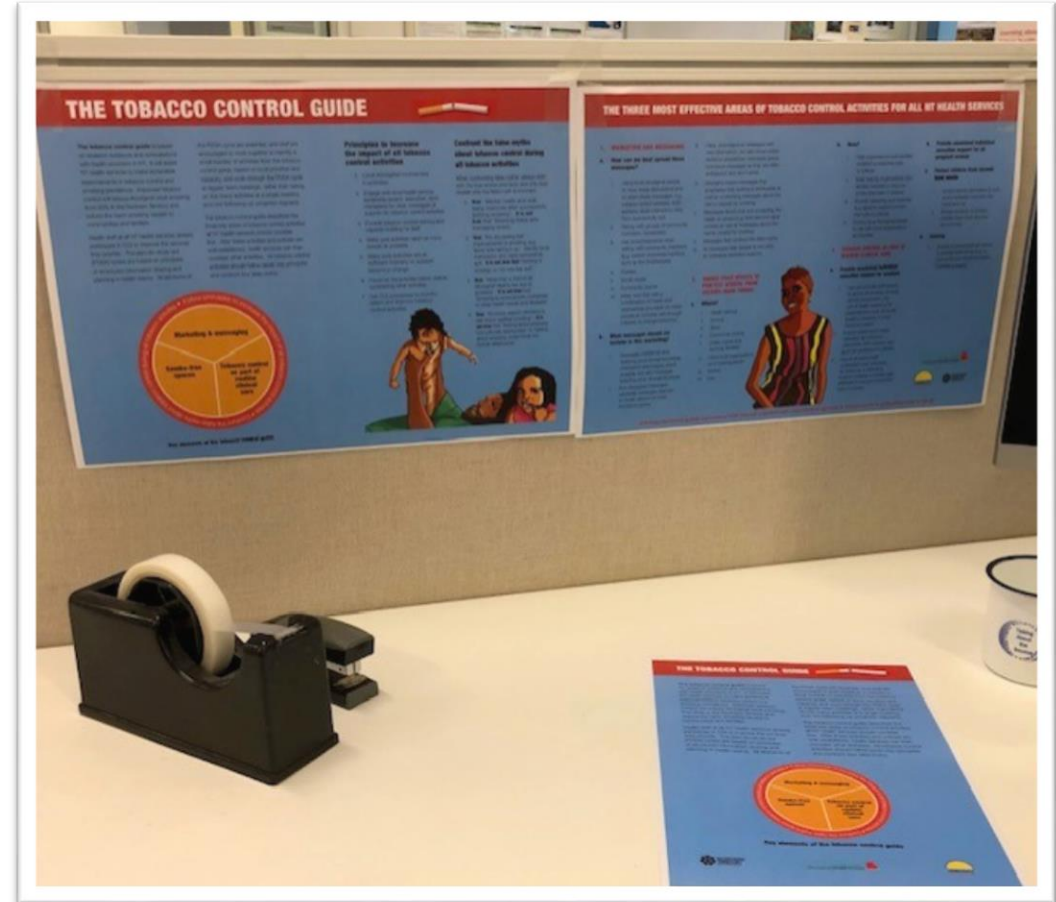
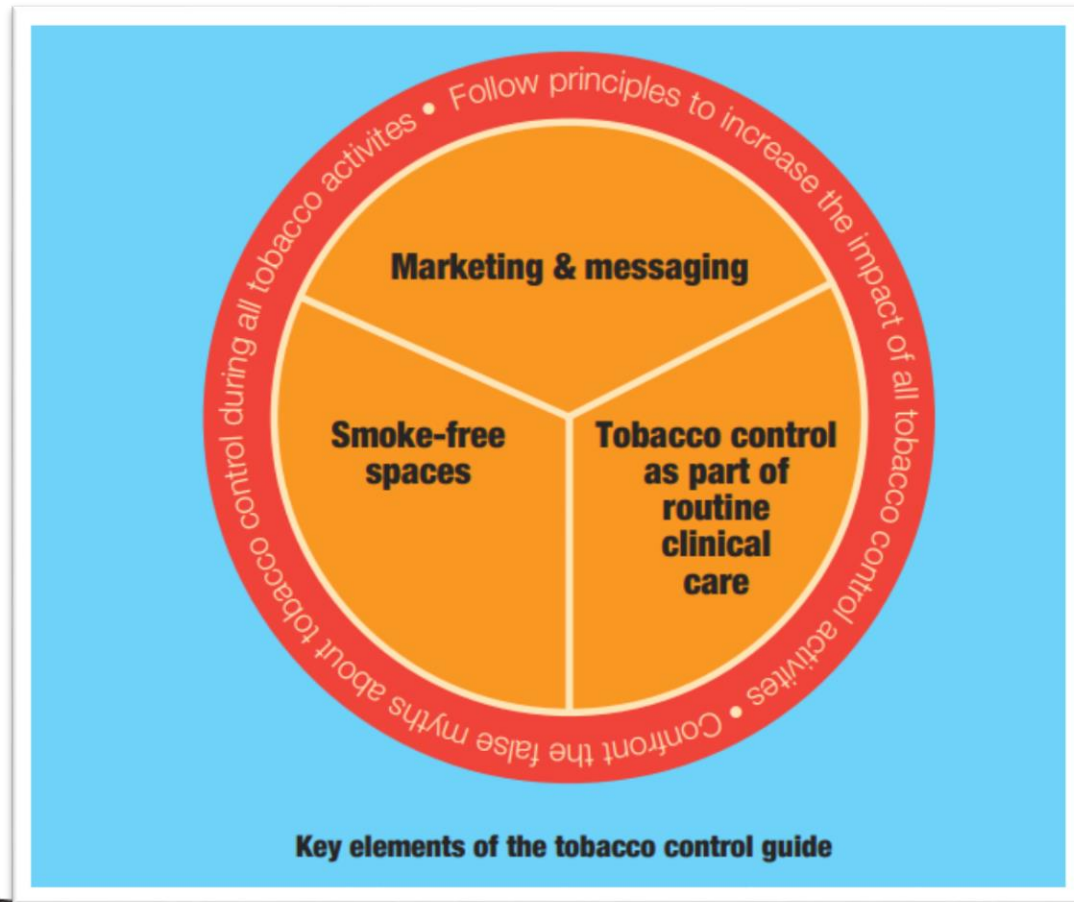


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Tobacco control CQI guide for health services



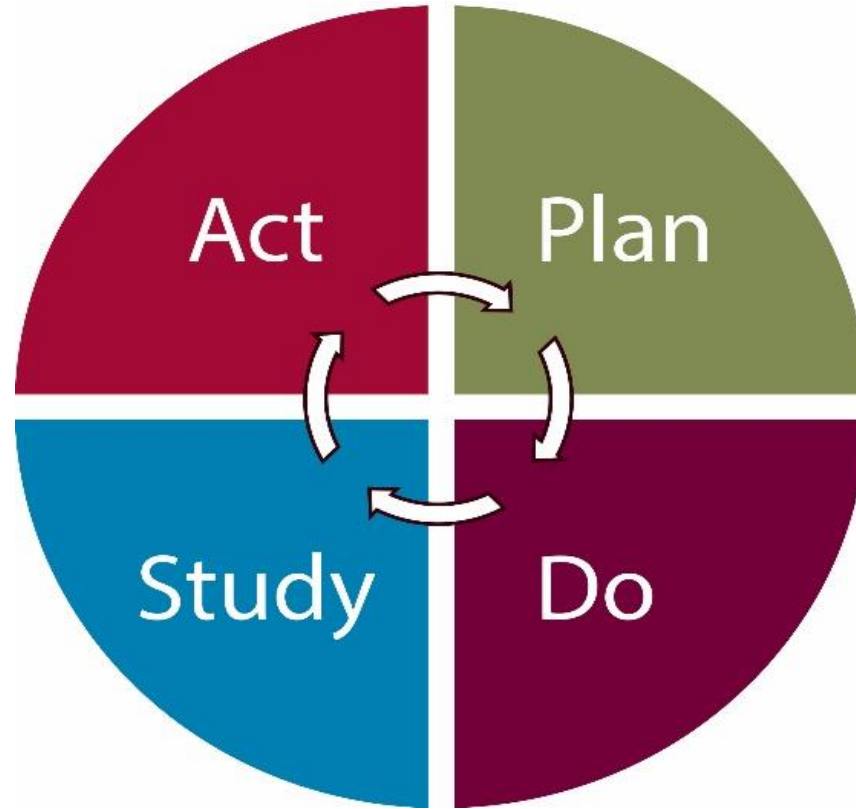
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CQI

Plan, Do, Study, Act cycles



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CQI in action in the Big Rivers region

- Katherine CQI collaborative 31 March
- Monthly BREATH meetings
 - Big Rivers Early Action on Tobacco for Health



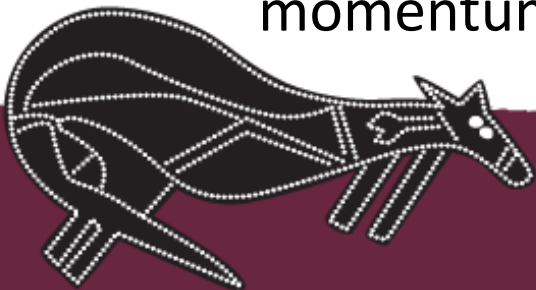
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Challenges in the Big Rivers region

- Limited capacity for tobacco control
 - Solution: Small tasks each month, sharing resources, AMSANT support
- Attendance at meetings
 - Solution: videoconferencing, monthly meetings, AMSANT support
- Other priorities, e.g. COVID
 - Solution: Peer support and inspiration, small monthly tasks to create momentum, AMSANT support



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Workforce & Leadership



Tobacco Control

AMSANT's tobacco control program is designed to support health services and smokers in the NT because we know that smoking causes 40% of all deaths among us, and that's a tragic statistic that is fully preventable for Aboriginal people.

Many of us have quit smoking recently, and fewer young people are starting to smoke, but there's still plenty to do to get the numbers down and the life-spans up.

"Smoking doesn't reduce stress. It's not part of our culture. It's not cool and it costs a fortune... In both health and money," says AMSANT project officer Theresa Paterson, who's working with David Thomas to provide evidence-based and culturally appropriate support to member services.

"I used to smoke quite a bit because I was addicted. I'd all smokers, but when I stopped I felt totally free in my head and fully clear in my body. It's the best thing I've ever done. I mean."

Theresa and David are helping health services make improvements in tobacco control and smoking prevention, guided by the NT Aboriginal Health Forum's tobacco control guide that values advocacy, cultural support, networking and the principles of CQ's Plan-Do-Study-Act (PDSA) cycles.

Under the guide, the three main areas of activity are (i) marketing and messaging, (ii) smoke-free zones and (iii) making tobacco control a routine part of clinical care.

"We're not saying it's easy to quit smoking, but with the support of your family and your health service you can get the skills and confidence to stop, for a longer and happier life," Theresa says.

"We encourage health services and individuals to contact us for support, clinical advice, or just for a yarn... we're here to help you quit smoking for good!"

Career Pathways

Aboriginal Leadership

Integrated Team Care

NDIS Ready

Tobacco Control

Workforce Trainee Program

Resources

- The Tobacco Control Guide (A4)
- The Tobacco Control Guide (A4) - for B&W printing
- The Tobacco Control Guide - Poster (A3)
- Tobacco Control Research Evidence for NT Health Services
- Tackling Indigenous Smoking (website)

Tobacco Control Team



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amsant tobacco



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<https://www.amsant.org.au/tobacco-control>

Tobacco Control | AMSANT

AMSANT invests strongly in our tobacco control program to support health services and smokers in the NT because we know that **smoking** causes 40% of all ...

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