

What makes an effective smoking cessation worker

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Elements

- First impressions
- Character or personality
- Education
- Code of Ethics
- Personal Behaviour
- Culturally and socially appropriateness

Your looks

- Culturally appropriate (must be indigenous?)
- Gender: woman or man?
- Age appropriate-older better? (Life experiences?)
- Younger better (do young identify?)
- Clothes you wear (white coat or jeans?)
- Other components that enhance co-operation between you and your client (similar hobbies etc).

Your personality

- Empathy (understand how they feel, quitting can be difficult)
- Listening skills
- Boundary Setting
- Outgoing
- Pro-active (go to them)
- Non-judgmental
- Don't nag
- Critical thinker- be able to analyze
- Can conduct/lead a group?

Your Education

- More you know → better your confidence
→ credibility
- More you know → better the interaction
- More you know → more respected your advice
- More you know → better they do
- You may not be effective if you do not believe in the advice you give

Code of Ethics

- Confidential
- Client support above all “ you are on their side”.
- Avoid imposing your own values, attitudes, beliefs and behaviours
- Provide “evidence-based” proven to work advice
- Do no harm

Informed consent:

- Do you tell them about their chances of quitting?
- Do you tell them about withdrawals?
- Do you tell them how many times you need to quit before success?

Your Personal Behaviour

- Practice what you preach
- Be a role model

(Smoking health workers are slower to implement, initiate and design cessation interventions)

- Does it help to be an ex-smoker?
- Do you need to be an ex-smoker to be effective?

Is it your role

- To be their social worker (or is it?)
- To change their daily lives?
- To impact on others? (the smokers family)

Do you expect to have everyone quit?

What we need to know

- What are the elements of success in indigenous interventions?

What are the attitudes of Aboriginal and Torres Strait Islander communities to:

- Counselling are anecdotal
- NRT have not been satisfactorily explored
- To group vs one-on-one counselling
- Male or female counsellor/old/young?

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