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).

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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?
REFERENCES

• N.I.C.E UK Guidelines
• American Psychological Association Guidelines