



# Eastern Europe Nurses' Centre of Excellence for Tobacco Control

QUARTERLY NEWSLETTER  
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## HUNGARY

On October 21st, 2016 the Erzsébet Teaching Hospital and Rehabilitation Institute in Sopron, in collaboration with the National Korányi Institute for Tb and Pulmonology, hosted this year's third workshop titled "Best practices for smoking cessation intervention during daily nursing practice".

On behalf of the Korányi Institute's Methodological Centre for Smoking Cessation, Dr. Márta Fényes, expert advisor, and Erika Pataki, registered health promotion specialist, presented the theoretical aspects – including nicotine addiction, mental, physical and physiological background of smoking cessation, brief intervention, pharmacotherapy and cessation intervention methods as well as the practice of smoking cessation and relapse prevention.

Workshop participants came from diverse work settings, ranging from long term care/rehabilitation units (16), to pre and post-op care (3), to family/school health visitors (3), ear-nose-throat specialty (1), gynecology specialty (1), internal medicine specialty (1).

Our Hungarian team translated and adapted the nursing guidelines this fall. Everyone was very happy to see this important tool available for dissemination and wide use also for Hungary!

## CZECH REPUBLIC

22. 8. 2016

An article resulting from a press conference (primarily aimed at depression and smoking) was published on August 22, 2016.

<http://www.zdravotnickydenik.cz/2016/08/sester-kuracek-pomalu-ubyva-v-cesku-jich-ale-stale-mame-skoro-sestkrat-vic-nez-v-usa/>

5. 9. 2016

Iveta Nohavova presented in Olomouc 2 presentations, one about the role of oncology nurses and tobacco control and the other about the EE-COE project.

### 7. – 9. 9. 2016 THE SRNT-EUROPE CONFERENCE TOOK PLACE IN PRAGUE.

Czech nurses organized an SRNT-E preconference workshop. Workshop was taught by Stanislava Kulovana, Vladislava Felbrova, Katerina Mala, and Eva Roubickova. 14 participants attended.



Signage for the preconference workshop



Czech nurses, Professor Eva Kralikova along with Grace Wong, Director of Smokefree Nurses from Smokefree Nurses of New Zealand (from left: Stanislava Kulovana, Eva Kralikova, Grace Wong, Vladislava Felbrova, Katerina Mala)



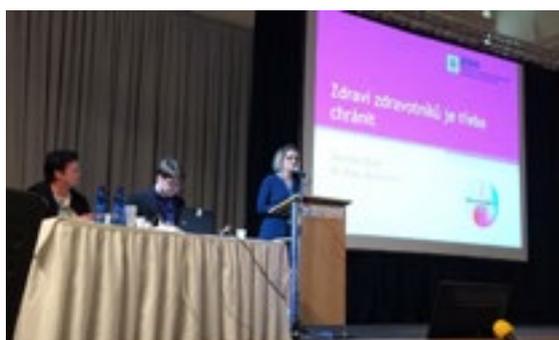
*Photo from the workshop*

A poster was accepted for oral poster presentation at the SRNT-Europe conference on “Training of trainers workshops as a model to increase capacity of nurses in tobacco-dependence intervention – a model for Eastern Europe.”



*Some of the Czech nurses present at the SRNT poster presentation (Stanislava Kulovana, Iveta Nohavova, Vladislava Felbrova)*

Katka Mala & Prof Eva Kralikova both presented at a weekend conference in the southern Moravia region.



*Katka Mala presenting*

Prof. Eva Kralikova organized a seminar at the Institute of Hygiene and Epidemiology, First Faculty of Medicine at the Charles University in Prague and General University Hospital in Prague on October 12, focusing on “Nurse’s role in prevention in oncology”. Prof. Eva Kralikova, Stanislava Kulovana & Iveta Nohavova have each presented on related topics.

On October 17, 2016 Iveta presented at the EONS 10 conference in Dublin presentation titled “Looking for answers of high smoking prevalence among Czech nurses – focus group meeting results”.

During the World Cancer Congress in Paris (Oct. 30 - Nov. 3, 2016) organized by UICC, the Bristol-Myers Squibb Foundation hosted a grantees symposium. On everyone’s behalf, Iveta presented the EE-COE project titled “Eastern Europe Nurses’ Centre of Excellence for Tobacco Control.” Also, Dr Stella Bialous & Dr Linda Sarna were both present there giving the EE-COE an immense support.

“Tobacco & Health” conference organized by the Society for Treatment of Tobacco Dependence (STTD) took place on November 9, 2016.



*Part of the STTD staff and collaborators (some also presented at the conference)*

## ROMANIA

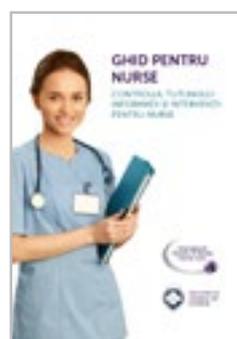
Romanian Nurse Champion & Leader, Catie Gulie, received an invitation to participate on September 8, 2016 in an event-debate in Romania for launch National Strategy for Reducing Tobacco Consumption. She represented the European Federation of Nurses, and also the Romanian Nursing Association. This was a great opportunity to make sure nurses have a voice in these important discussions. Also, an opportunity to discuss how the materials prepared for the EE-COE project can be disseminated through the European network.

On 29 October, 2016, the Romanian Nursing Association organized a Nursing Conference on the topic of "Improving Nursing Services". The Conference was held in Bucharest, to the Hotel Golden Tulip Times, in Panorama conference room. At the Conference, 80 people participated: teachers in nursing, nurses, and students in nursing, as well as four nurses from Chişinău, Republic Moldova.



At the Conference, Mrs. Ecaterina Gulie presented the project Smoking Cessation, including all the steps of the project over two years:

- Preparation of materials – translated and adapted in Romanian
- Organization of two focus groups
- Organization of five workshops for nurses – 106 nurses attended
- Translation and adaptation in Romanian language of the Guide for nurses - 1000 pieces were printed
- Dissemination of information and materials



- Develop online course on **Smoking Cessation: Nurses Treating Tobacco Dependence in The Oncology Setting, Helping Smokers Quit: Nurses Support for Smoking Cessation.**

After participants answered a demographic questionnaire:

- 29 of 106 nurse smoke
- 25 of 106 nurse smoke every day
- 19 nurses tried to quit smoking in the last 12 months
- 14 nurses currently trying to quit smoking
- Nurses consider that they must be a good example by not smoking; 76 strongly agree, 21 agree

Conference participants highly appreciated the work done by nurse leaders involved in this project and also appreciated all information and material received, including Guide for Nurses.

## SLOVAKIA

A poster was accepted for oral poster presentation at the SRNT-Europe conference on "The Eastern Europe nurses' Centre of Excellence for Tobacco Control – Slovak Republic 2016"



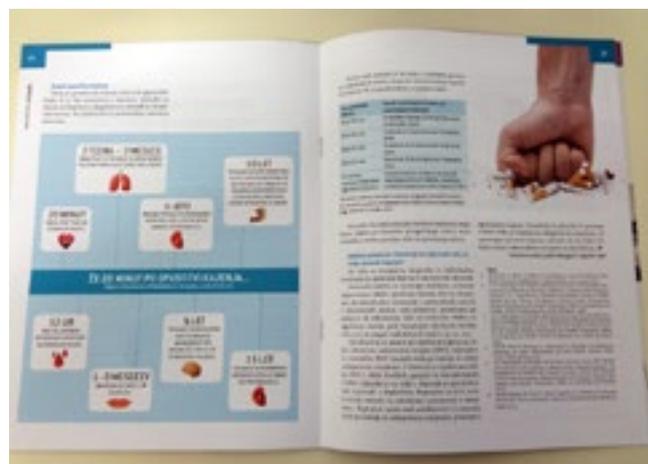
*Gabriel Balint at the poster*

The Slovakian team also translated and adapted the nursing guidelines this fall. Now all five project countries have this important tool available for dissemination and use!

Nurse leader, Gabriel Balint, along with other project members is completing all the necessary steps in order to add AD tests (post-tests) to the e-learning webinars that will allow Slovakian nurses the option of continuing credits for this activity. We hope that this will serve as a motivation and will draw more nurses to this activity.

## SLOVENIA

Katarina Lokar wrote an article on smoking cessation for the autumn issue of Newsletter Onkoskop. Onkoskop is the internal newspaper of Institute of Oncology Ljubljana (1000 employees). It has a section about health promotion. Katarina decided to write on benefits of smoking cessation. She assumed that the majority of employees in cancer center know a lot about harmfulness of smoking and see the consequences every day. So she decided to highlight positive aspect of quitting smoking, about its immediate and long-term investment in health.



*The published article (part 1)*



*The published article (part 2)*

We would like to congratulate Dr Linda Sarna, who is an internationally recognized scholar, in promoting the role of nursing in tobacco control and oncology research focused on patients with lung cancer on her appointment as the dean of the UCLA School of Nursing (announced on November 8, 2016). Heartfelt congratulations from all of us to Linda!



*Dr Linda Sarna*

We would like to use this opportunity thank to Slovenian project partners:



*Katarina Lokar, RN, BSc.,  
Nurse Leader*



*Tomazs Caks, MD  
Advisory Board*

## FINAL NOTE:

As the EE-COE project comes to its closure at the end of December 2016, all of the project partners met for the final end-project meeting on December 3, 2016 in Vienna, Austria. Catharine Grimes, Director, Bristol-Myers Squibb Foundation, joined this meeting in its first half when Stella Bialous, Marjorie Wells and Iveta Nohavova presented the detailed project summary. We were pleased to have Catharine join us and were proud to present the project achievements to her.



*Dr. Marta Fyenes presenting project summary for Hungary*



*Catharine Grimes, Director, Bristol-Myers Squibb Foundation*

Then, each country presented a summary of country project results and the achievements. It was quite impressive to see what each country has been able to achieve.



*Stella Bialous welcoming all participants*

The afternoon part of the meeting was dedicated to the review of the country results (i.e. e-learning and focus group data), data interpretation, and also focusing on dissemination of plan instructions.



*Stella reviews focus group data analysis*

We would like to use this opportunity to thank each and every one of you for all the great work you have all done in raising knowledge capacity of tobacco control and available treatment for nurses across Central & Eastern Europe! Immense thanks also go to Dr. Stella Bialous and the management team as well as to the Bristol-Myers Squibb Foundation for supporting this project. This could not have been done this without you.

Thank you!!!

*The Eastern Europe Nurses' Centre of Excellence for Tobacco Control was made possible through a grant from the Bristol-Myers Squibb Foundation to the ISNCC.*

