

Promoting Smoking Reduction and Cessation with Indigenous Peoples of Reproductive Age and Their Communities: A Best Practice Guideline

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RNAO Best Practice Guidelines Program

The Registered Nurses' Association of Ontario (RNAO) launched the **Best Practice Guidelines** Program in 1999 with funding from the Ontario Ministry of Health and Long Term Care (MOHLTC). The **50 best practice guidelines (BPG)** developed to date have made a substantial contribution towards building excellence in Ontario's health system and internationally. The BPG Program has helped advance government priorities, as well as patient, provider, organizational, and health system outcomes. It is recognized around the world as a knowledge movement composed of rigorous guideline development and transformational approaches that are contributing to implementation science, and robust evaluation methodology.

Best Practice Spotlight Organizations® (BPSOs®) are health-care and academic organizations that implement and evaluate BPGs. There are currently **144 BPSOs in Ontario** and more than **1000 BPSO** health care and academic organizations worldwide. To learn more about RNAO's guidelines, visit RNAO.ca/bpg.

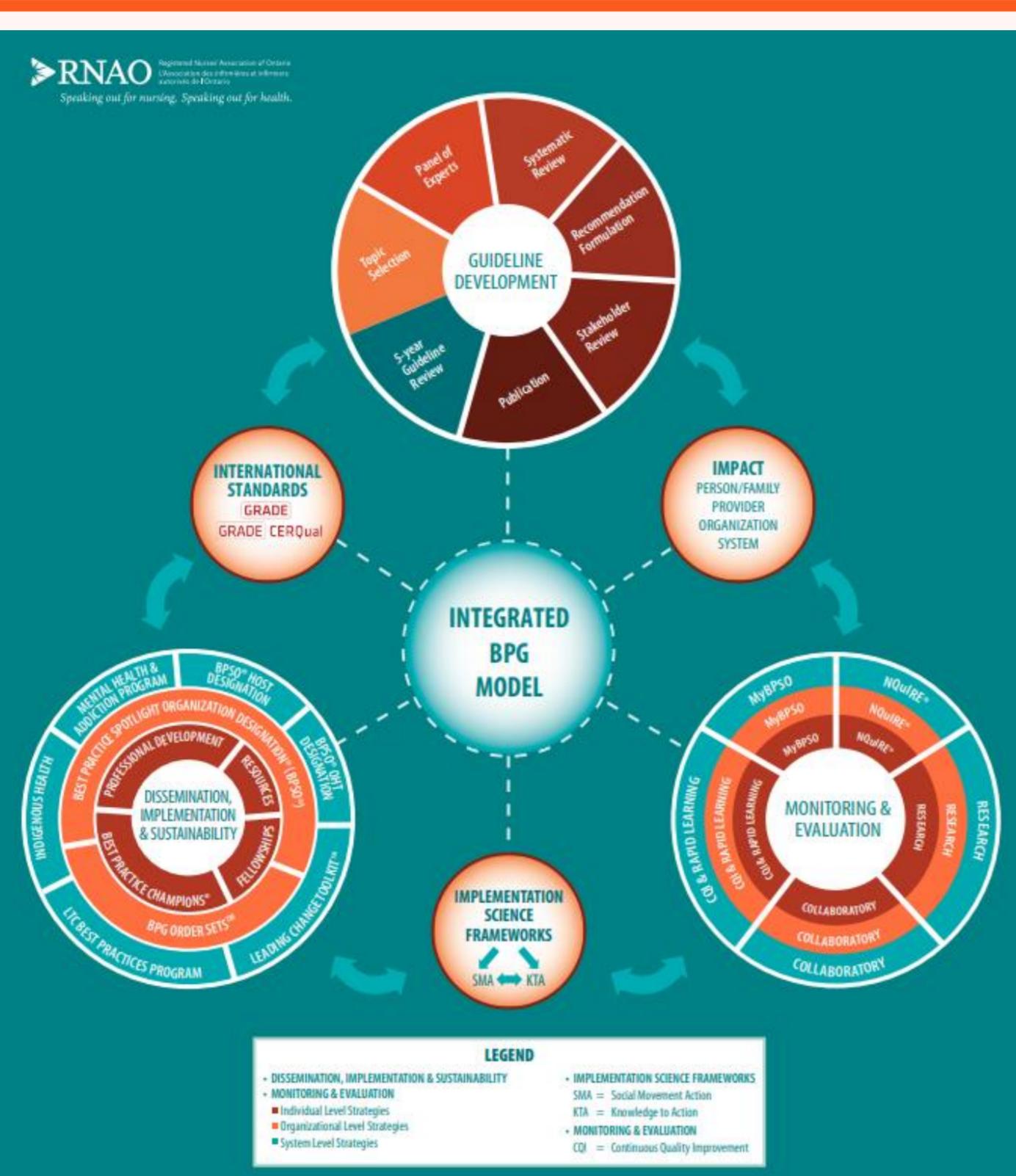
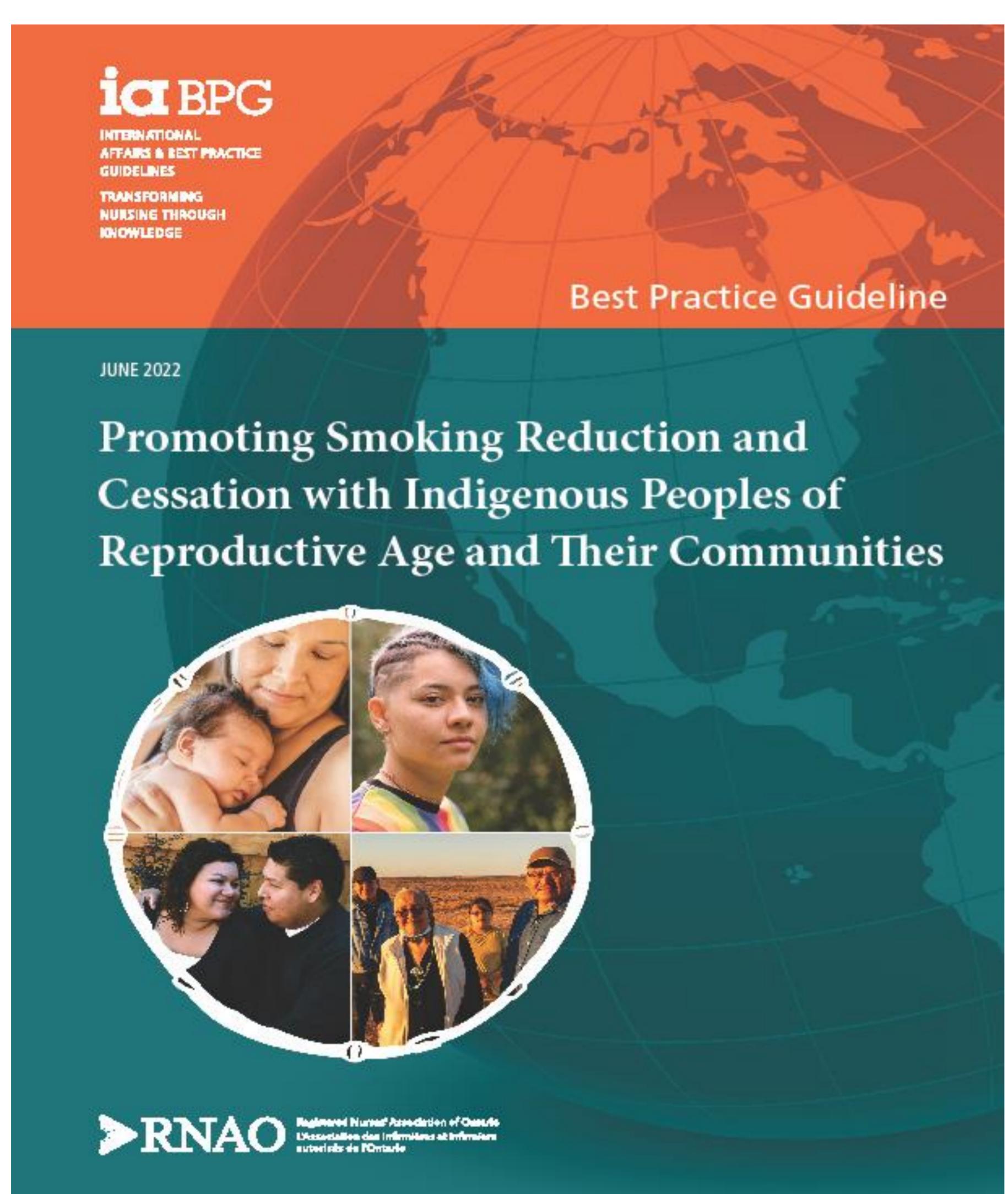


Figure 1: Integrated BPG Model



Download at: [Promoting Smoking Reduction and Cessation with Indigenous Peoples of Reproductive Age and Their Communities | Registered Nurses' Association of Ontario \(rnao.ca\)](http://Promoting Smoking Reduction and Cessation with Indigenous Peoples of Reproductive Age and Their Communities | Registered Nurses' Association of Ontario (rnao.ca))

Guideline Development Process

This BPG development process involves:

- developing **respectful Indigenous partnerships**
- determination of the **purpose and scope**
- selection of an **expert panel**
- **systematic literature reviews**
- **GRADE and GRADE-CERQual methodologies**
- **recommendation development**
- input from **external partners**
- **publication and five-year review cycle**

GRADE

GRADE CERQual



Background

- Indigenous peoples of reproductive age, their support network and communities are experts in their health and decision making
- Collaboration among the circle of care, Indigenous people, support networks and communities is important to achieving improved health outcomes
- The partnerships leading this work included Indigenous health providers and researchers with smoking cessation expertise, allies and researchers working with Indigenous communities to promote health and wellness, and a First Nations Elder with lived experience
- Frameworks guiding this work included: truth and reconciliation, cultural safety and humility, trauma-informed practices, Indigenous determinants of health and health equity

Recommendations

Practice

Smoking reduction and cessation services be **Indigenous-led** and **grounded in a holistic approach** to health and wellness. The **circle of care** provides **culturally safe and tailored services** with perinatal Indigenous women and persons and their support network

The circle of care **offer smoking reduction and cessation counselling** with Indigenous women and persons during pregnancy and the post-partum period. It is important that counselling is **provided in a culturally safe way** and that it is part of an overall holistic approach to health and wellness

Wholistic and culturally specific smoking reduction and cessation services also be offered to the support network of perinatal Indigenous women and persons who are accessing these services

When needed, the circle of care **offer nicotine replacement in addition to counselling**, to Indigenous women and persons during pregnancy

Education

Academic settings **integrate compulsory Indigenous health and Indigenous cultural safety content** into college and university educational curricula for all students entering health professions

Health and social service organizations **integrate Indigenous health and Indigenous cultural safety education within continuing professional development** for all health providers

System, organization and policy

The circle of care **advocate for equitable access to smoking reduction and cessation services** for Indigenous persons of reproductive age and their support network

Health service organizations **embed smoking reduction and cessation services** within existing health and wellness programs

Indigenous communities advance the health and wellness of all community members through the **promotion of indoor and outdoor smoke free spaces**

Tools to Support Guideline Implementation

- Following each recommendation, a list of **supporting resources** to support implementation of the recommendations are included
- The BPG also includes **appendices** relevant to individual recommendations or the guideline as a whole such as a list of foundational reading or examples of inclusive pronouns.
- Additional RNAO resources:
 - *Health Education Fact Sheet
 - *Best Practice Champions Network
 - *Leading Change Toolkit™

Evaluation and Monitoring

RNAO supports organizations to evaluate the **impact of BPG implementation** on nursing practice, health and organizational, as well as health system outcomes to demonstrate value. BPG-based **indicators** have been developed in consultation with Indigenous-focused BPSOs and included within the BPG.

Indigenous Health and RNAO

RNAO is committed to advocating for and working with Indigenous leadership in health in the spirit of reconciliation. Capacity building and partnership engagement is central to planning and delivering Indigenous-focused webinars. Members leading change can join the Indigenous Nurses and Allies Interest Group or make their voices heard through the submission of resolutions for consideration.

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The work is funded by the Government of Ontario. All work produced by the Registered Nurses' Association of Ontario is editorially independent from its funding source.