Smokefree pregnancies – from evidence to action

Guidelines for obstetricians

Rationale

Smoking in pregnancy is the main modifiable risk factor for adverse pregnancy outcomes with life-long consequences for the child. Effective interventions do exist[1]. Currently, smokefree status in pregnancy is under recorded in New Zealand. Also, intervention is provided in an ad hoc way, reliant more on champions than agreed standards of care. All pregnant women smoking before the current pregnancy and all women who continue smoking while pregnant need assistance to consider and achieve smokefree status for themselves and their babies.

Guidelines

Booking Visit or First Meeting **Delivery of the 5A's intervention package can be shared in a team.**	
Open with	I have some questions that we ask everyone, not to make people feel uncomfortable, but to understand how best to care for you and your baby, and support you through your pregnancy.
Ask	1. Which of these best describes you? ☐ I have always been smokefree ☐ I used to smoke but am smokefree now ☐ I have just gone smokefree (<4 weeks ago) ☐ I smoke but would like to be smokefree ☐ I smoke and I intend to keep smoking 2. Is your partner smokefree? 3. Is your household (everyone at home) smokefree?
Record	Smokefree status: Pregnant woman smokefree? ☐ yes ☐ no Partner smokefree? ☐ yes ☐ no Household smokefree? ☐ yes ☐ no
Advise	A smokefree place to grow and develop is very important for your baby, both now and when s/he is born. A smokefree pregnancy will protect your baby from harmful chemicals that cross the placenta. It will mean more food and oxygen for your baby and better health for you..
Assess	How do you feel about smoking at the moment? Do you feel ready to ☐ Go smokefree ☐ Smoke less (be smokefree more) ☐ Stay as you are Would you like support with this? ☐ yes ☐ no
Assist	"**Go Smokefree**" Action Plan (for *more* confident people): 1. assist to set a "go smokefree" date for __/__/____ 2. assist to identify support (perhaps arrange NRT support) 3. encourage 1 or 2 practice smokefree days first 4. encourage to notice the positives "**Smoke Less / smokefree more**" Action Plan (for *less* confident people): 1. Talk about building smokefree habits / being smokefree more 2. Encourage linking enjoyable activities to being smokefree 3. Assist to make smokefree rules e.g. smokefree phone calls 4. Encourage step by step changes to build confidence
Arrange	Arrange follow-up discussions at subsequent visits and offer early referral to intensive support for women continuing to smoke. Consider NRT for women who continue to smoke, especially if they smoke heavily.

[1] Fiore et al. Treating tobacco use and dependence. US department of Health and Human services (2000)