

Project Feedback (continued)

Be Our Ally Beat Smoking (BOABS) Study Cultural Exchange

In 2011 ARC awarded \$10,000 in project funding for two Aboriginal BOABS Study researchers to visit NZ in a cultural exchange. Due to unforeseen circumstances this visit was delayed until 2012. By this stage Mrs Tracey Kitaura was the only Aboriginal researcher working on the BOABS study. It was decided, Associate Professor Julia Marley, the lead researcher on the BOABS Study would accompany her. Associate Professor Marley is involved in the translation of the BOABS Study into the BOABS Program in the Kimberley.

Mrs Tracey Kitaura and Associate Professor Julia Marley travelled to Wellington to view Maori Tobacco Control Programs in New Zealand (NZ). They were hosted by Kokiri Marae Health & Social Service, which provides a mixture of health and social services such as assistance with housing, childhood immunisation, cervical screening as well as smoking cessation.

This cultural exchange provided an insight in to how the Aukati KaiPaipa (AKP) smoking cessation programme is delivered around Wellington. The BOABS researchers also presented the findings of the BOABS Study to Kokiri staff. This enabled Mrs Kitaura and A/Prof Marley and Kokiri staff to share ideas on tobacco control strategies to help de-normalise tobacco consumption in their respective communities. There were many similarities between AKP and BOABS, including providing one-on-one outreach support over a twelve month period. One of the major obstacles for the BOABS Study was recruiting participants into the study and this is likely to be an issue with the future BOABS Program. An important observation of the AKP was the marketing approach to encourage people to join the program. For example all AKP cars have "Wanna Quit Smoking call 0800 926 257" on the side. AKP workers find they often have people coming up to them in the street asking to join the program.

Assessment of the results of the Project



The main reason for the trip was for BOABS researchers to see how AKP worked on a day to day basis, to find out what works/does not work for the Maori people, and to share ideas on how we could roll out the BOABS program across the Kimberley.

The insight gained from this exchange, together with the findings from the BOABS Study, will be used to make recommendations on future tobacco control programs for Aboriginal and Torres Strait Islander people in Australia. Several of the AKP workers spoke about coming over to the Kimberley region to see how the BOABS program is run.

Mrs Kitaura is now employed as a tobacco action worker and has started running a smoking cessation program in Derby and will be incorporating elements of AKP into what she does on a day to day basis.



Outcomes for the target group(s)/communities

Mrs Kitaura's personal outcomes from this exchange included:

- I enjoyed going out every day with the AKP Smoking Cessation Programme. It opened my eyes to different ways of working, it's more like a family. The AKP workers give a huge amount of support to their clients, it's hard to describe, it's very powerful
- I met and made new friends and have new links with the staff of Kokiri
- If I had to go back to New Zealand and work along with them I would be more than happy to do it again.

Whilst ARC has supported this initial visit, KAMSC will be looking to facilitate further cultural exchanges with Maori tobacco workers.

Lessons for the future learned from the project

The next phase involves translating the findings from the BOABS Study and other smoking cessation programs for Indigenous people (eg AKP) into the development of the BOABS program, which will be rolled out across the Kimberley region. The implementation of BOABS Study and AKP demonstrated the importance of having a clear and consistently applied program with a core element (motivational interviewing and development of action plans to determine triggers for smoking/diversions and strategies to deal with them; pharmacotherapy), regular case conferencing, and professional support and ongoing training.

How has the visibility of the ARC contribution been ensured in the Project?

During the translation phase of the BOABS program, the ARC contribution will be acknowledged. The statement "Kimberley Aboriginal Medical Services Council Inc acknowledges the funding provided by the Australian Respiratory Council for this project" and the ARC logo will be added to reports/publications on the BOABS program.