

Smoking and Pregnancy Resource

The Rural Health Education Foundation has a free DVD and accompanying resources for Smoking and Pregnancy which will assist GPs, practice nurses, midwives, drug and alcohol workers and Aboriginal health workers, particularly for those who work and live in rural and remote areas, to provide that support. It contains up to date evidence based information on smoking intervention, services and care.

The DVD provides a comprehensive resource base for health professionals that includes not only the Foundation's satellite television broadcast but also electronic and printable versions of all the resources included in the National Smoke-Free Pregnancy Project and Pregnancy *Lifescrpts*.

It also features *four case studies* that depict the difficulties and concerns around smoking for Indigenous and non-Indigenous mothers and a number of approaches and methods for smoking cessation intervention in pregnancy. Included with the DVD is a Learning Guide designed to provide both a summary of the program and a framework for individual and group learning.

In addition the DVD includes two new resource features that provide another dimension for learning opportunities:

Quit Together

This is a 30 second clip to be used as an educational resource that graphically illustrates the effects of smoking in pregnancy and encourages mothers to quit. It is viewed as part of the introduction to the program and is also accessible individually on the DVD. It can be used in education and intervention with pregnant women and their families or in training sessions with health professionals.

National Smoke-Free Pregnancy Project PowerPoint presentation with voiceover

This is an excellent training and education resource that can be used to increase the knowledge, skills and practice for midwives, GPs and Practice nurses, and those working in birthing services. It contains all the information and reference material to provide midwives with the rationale and means for intervention.

To obtain your free DVD please email your request with your full contact details to pregnancy@rhef.com.au or telephone the Foundation on (02) 6232 5480. Details are also on their website www.rhef.com.au