

Reaching vulnerable populations:

A role for social workers in smoking cessation support



Sigrid Troelstra, PhD

Researcher
Netherlands Expertise Center for Tobacco Control



Our mission is to have impact on mental health and wellbeing.
We focus on sharing knowledge, innovation and implementation with partners in the Netherlands and abroad.



We are a Dutch international research institute in the broad spectrum of mental health



Established in 1996



> 200 Researchers and experts



Research, monitoring,
promoting public health
education and
substance use



Development and
Implementation of
interventions

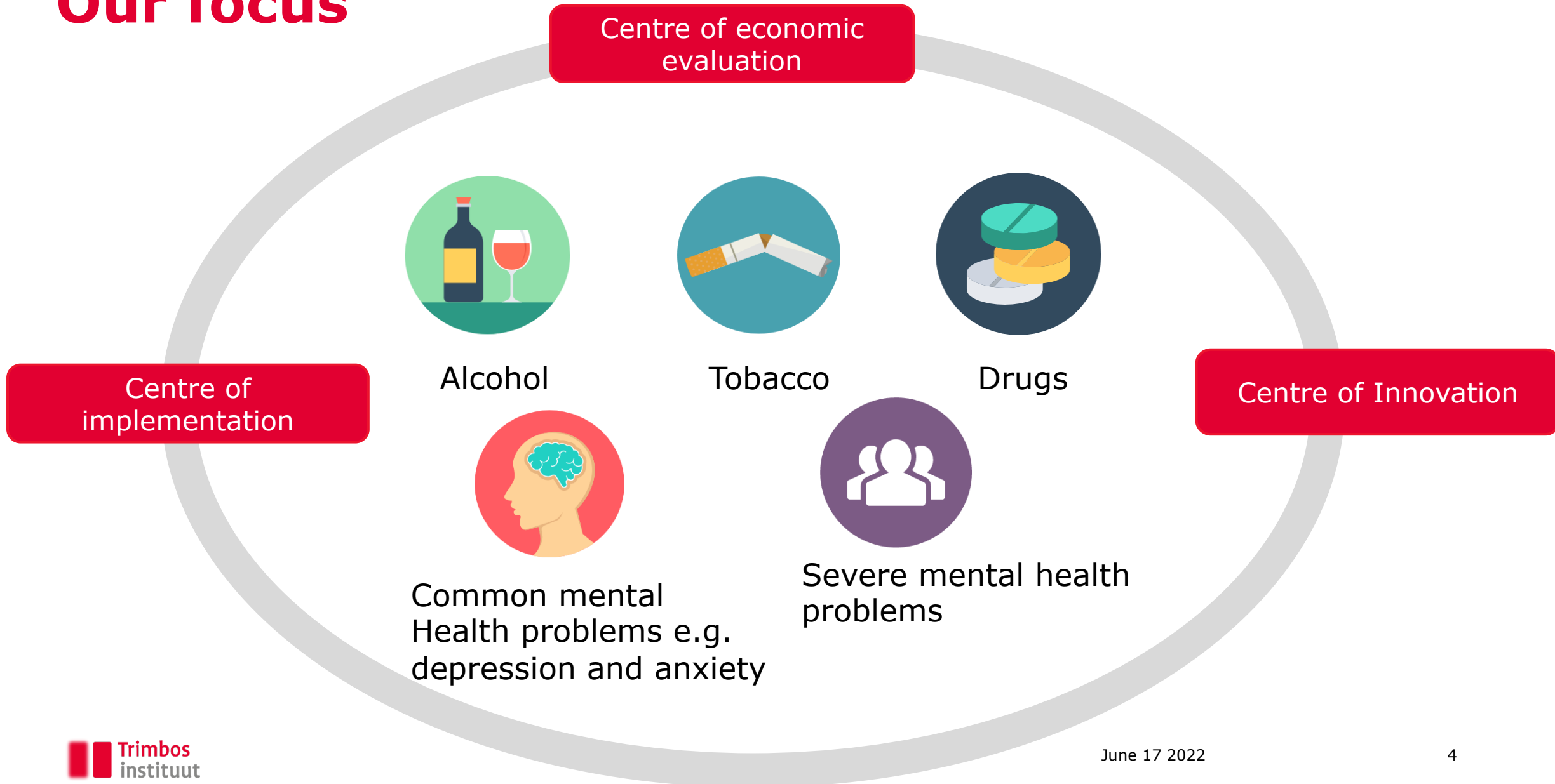


WHO –
collaborating centre



International collaboration

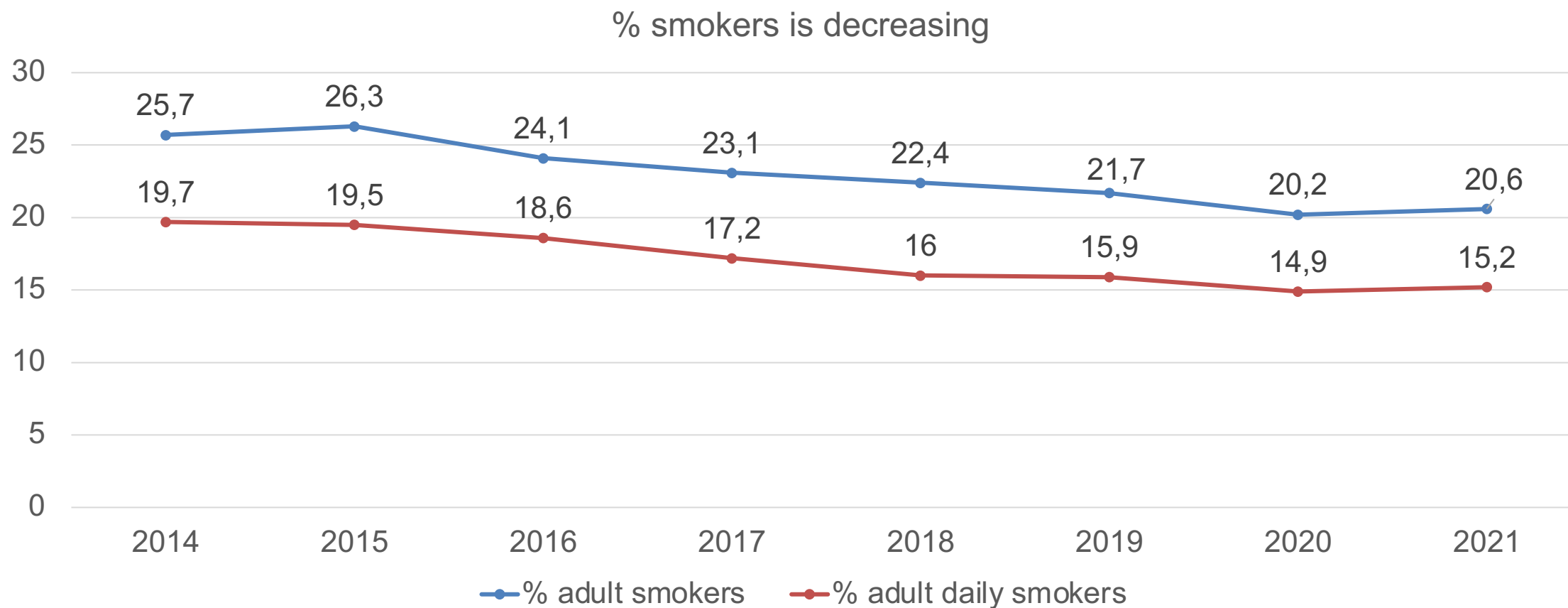
Our focus



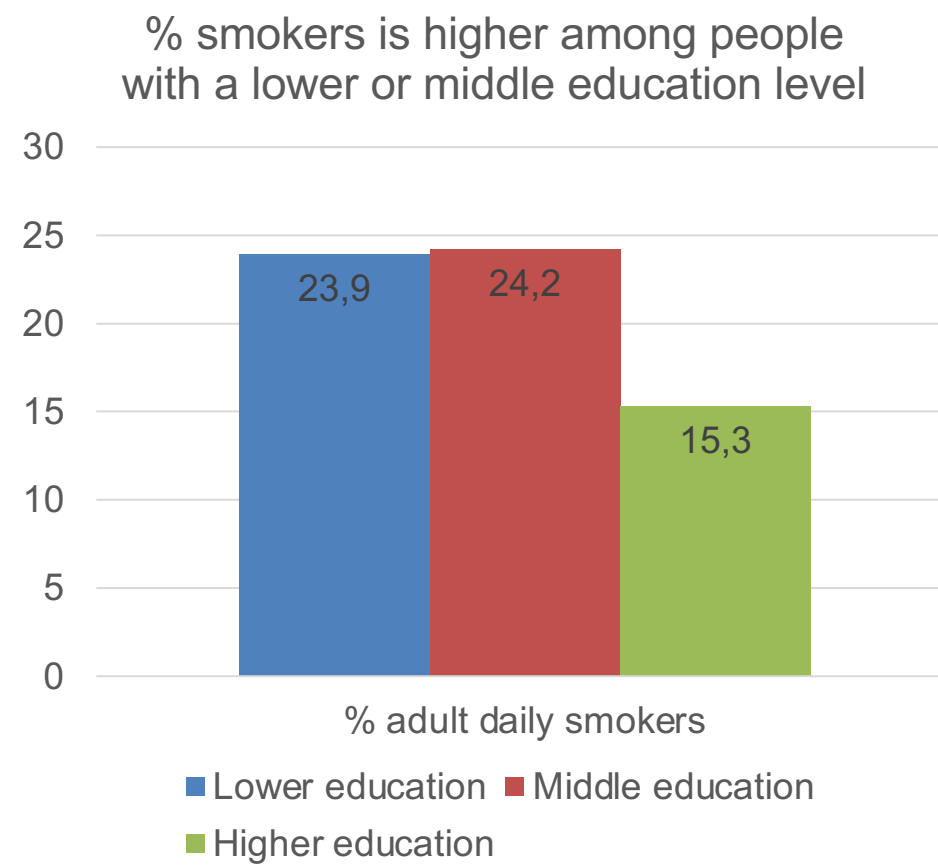
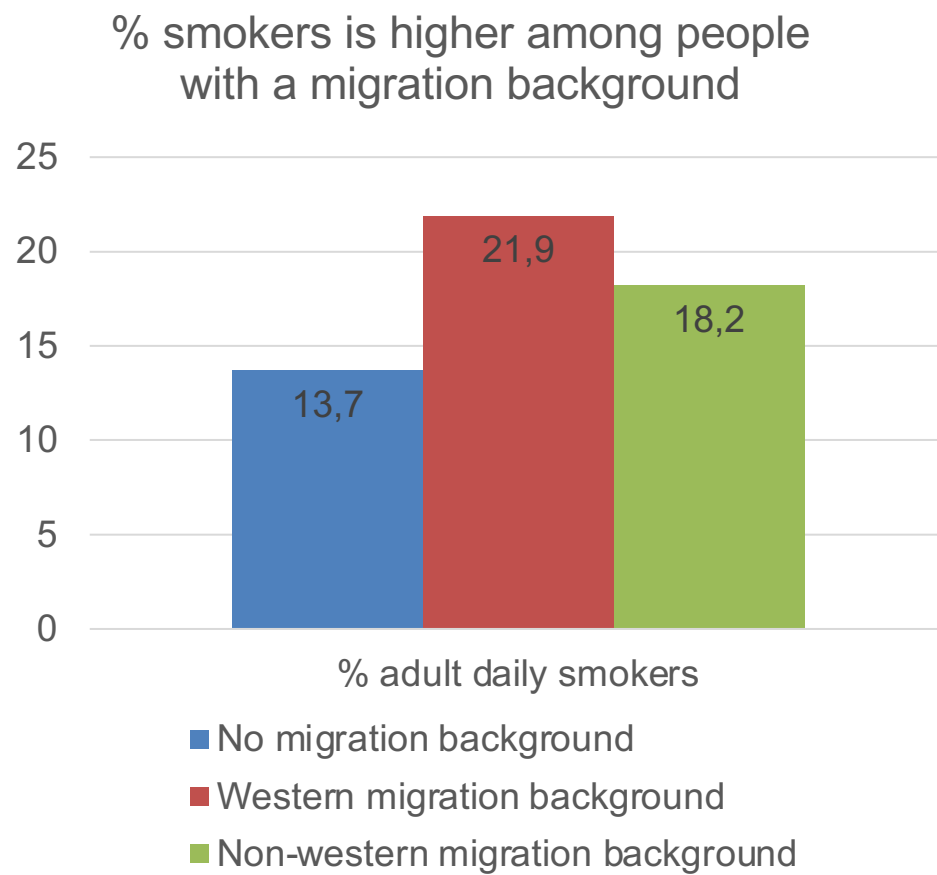


Background

Smoking in the Netherlands



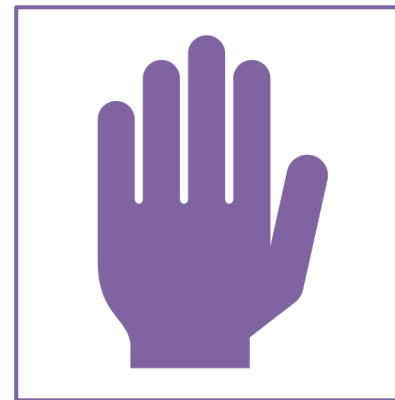
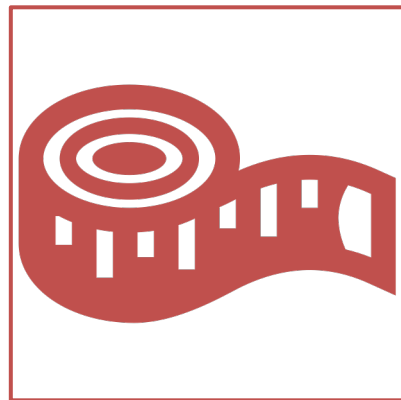
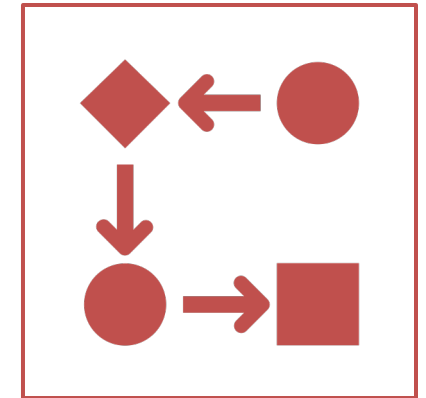
Smoking in the Netherlands



Barriers that prevent lower SEP smokers from access to smoking cessation support



Facilitators of access to smoking cessation support



What is social work?

“Social work is a practice-based profession and an academic discipline that promotes social change and development, social cohesion, and the empowerment and liberation of people. Principles of social justice, human rights, collective responsibility and respect for diversities are central to social work. Underpinned by theories of social work, social sciences, humanities and indigenous knowledges, **social work engages people and structures to address life challenges and enhance wellbeing**. The above definition may be amplified at national and/or regional levels.”

Social work in the Netherlands

- Looking at the bigger picture of wellbeing: physical health, mental health, financial situation, family, work, social life
- Collaboration with municipality, mental health care, GP's, police, schools, youth care, housing and entrepreneurs
- Specializations:
 - Child and youth
 - Debt counselling
 - Community
 - Eldery people
 - Sport and lifestyle



About our project



Social workers could facilitate access to smoking cessation support

- Social workers...
 - Stand “next to” citizens
 - Use an integrated approach
 - Build long-term relations with their clients
 - Know the neighbourhood and the available facilities

Aim

To research what role social workers could have in improving access to smoking cessation support and how we can secure sustainable collaboration between social work and health care professionals.

Work plan



Exploratory participatory
research in 2
neighbourhoods



National survey on
implementation factors
among social workers



Development of a
national strategy for
promoting cessation by
social workers

March 2022

September 2024

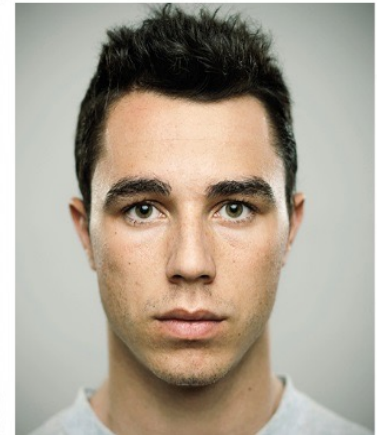
Preliminary findings

Increasing attention for local smoking cessation support activities on a national level, but are municipalities ready to facilitate this?

- Unclearity in structure and governance between municipality, municipal health services and local social work organisations
- Enthousiasm for smoking cessation on an individual levels seems important for social workers. Do they feel it's their task?
- Several methods available to make it easier to talk about smoking, they could be an effective tool for social workers



Tools to facilitate conversations about smoking cessation

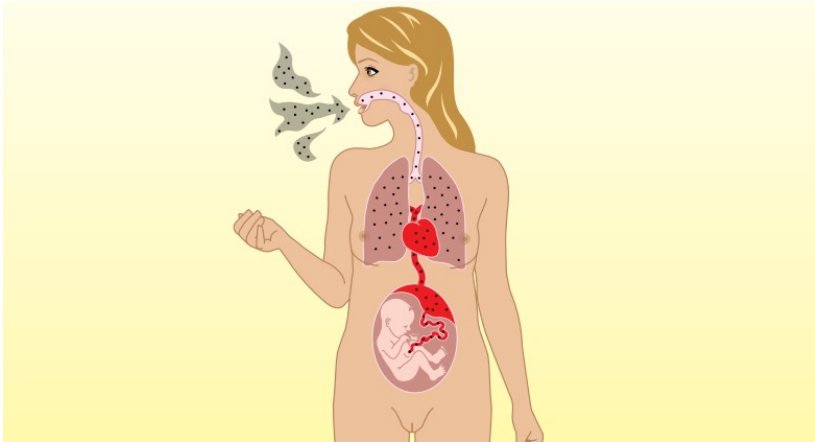


Chatbot: Chat with your cigarette



<https://www.chatmetjesigaret.nl>

Cartoons: Help with quitting smoking



<https://vimeo.com/showcase/7258433/video/375608669> -

Video and card: Very brief advice

https://elearning.ncsct.co.uk/vba-stage_5 -



Very Brief Advice

- ✓ **Vraag naar rookstatus:** "Rookt u (nog)?"
- ✓ **Adviseer professionele hulp en e.v.t. medicatie:** "Mocht u (ooit) willen stoppen, dan is de beste methode om dit te doen m.b.v. professionele hulp en e.v.t. medicatie."
- ✓ **Actie: maak vervolgspraak of verwijst door:** Indien patiënt niet wil stoppen: "Prima, u weet nu dat hulp binnen handbereik is." Indien patiënt wel wil stoppen:
 - "Ik maak graag een vervolgspraak met u."
 - "Ik verwijst u naar een stoppen-met-roken-begeleider."
 - "Ik verwijst u naar uw huisarts/hoofdbehandelaar."U kunt ook verwijzen naar de gratis stoplijn 0800-1995 of www.ikstopnu.nl.



Thank you!

Sigrid Troelstra
stroelstra@trimbos.nl

