

Adapting BAIBS Indigenous Maternal Smoking Program to COVID

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**BAIBS –
Indigenous
Maternal
Smoking
Management
Program**

- **Program offers:**
 - **Intensive support with at least 12 face-to-face consultations (primarily home visits)**
 - **Free NRT**
 - **Financial incentives based on verification of smoking status using Smokerlyzer**
 - **Includes household members of mother**

Smokerlyzer



- **Measures Carbon Monoxide in breath**
- **Illustrates impact of smoking and secondhand smoke**
- **Diagnostic tool to determine nicotine dependence and smoking depth**
- **Engages and motivates by providing Carbon Monoxide levels**
- **Provides feedback of intervention/treatment success to client and clinician**
- **Verify smoking status**

Impact
of
COVID

No face-to-face visits

Use of Smokerlyzer
prohibited due to risk of
droplet transmission

Demonstration of correct use
of NRT products restricted

Pilot program

10 personal use Smokerlyzers

- Provided to pregnant mothers and partners

Ability to self test at home and email results to clinician

Telephone appointments to discuss results and treatment plan

YouTube instruction videos on NRT use

- facilitate informed choice of products
- reduced waste from sending samples of all products to trial
- demonstration of products without contact



Results

Client feedback (confirmed by weekly survey)

- Own device more motivating than incentive vouchers

Increased participation by household members

- Previously lower due to absence during scheduled office hours appointments
- More support for pregnant woman

Education of wider social circle

- Family and friends able to see readings
- NRT videos shared

Increased YouTube views

- 6 videos
- Total views:
Jan 2020: 1728
vs
Oct 2020: 16512

Improvement of cost and time efficiency

- Need for weekly visits by clinician reduced if client is stable on treatment plan
- Increased capacity to treat more clients
- Reduced appointment burden for clients

Moving forward

PHN funding of \$10000 to purchase more Smokerlyzers

Ability to continue program during future COVID restrictions

Roll out of adapted program to entire HHS

Increased access for rural clients



Lessons Learned

- Personal Smokerlyzer use appears to be more motivating than financial incentives
 - Wider roll out of smoking management programs in maternity space could have less/no financial incentives and still achieve comparable results
- Engaged clients will share information that can impact on broader social circle – empowering smoking management success through peer support