



Welcome to today's webinar:

Smoking and MS: I know I should quit, but it's not easy!

Your Presenter is Dr Sally Shaw
Your Facilitator is Annie Sassin

Housekeeping



Thanks for joining us for this webinar – welcome!

You will be able to:

- hear the presenter
- see the slides
- see the presenter

You do not need to have camera or microphone.

We cannot see you or hear you today, but our system tells us that you are online.

Control Panel

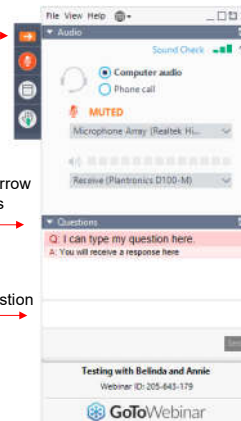


Control panel appears on the right of screen

If you are using a Mac, a tablet or an iPad, you need to look for the control icons across the top, side or bottom of your screen;



Click to minimize or maximise



Click the down arrow on the Questions pane to open

Type in your question and click send

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Handouts



Handouts have been sent separately. This contains a copy of the slides presented today and possibly other relevant reading material depending on the topic

The webinar will be recorded and will be available on our website: www.ms.org.au via the Webinar library



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Polls



Polls are used throughout our client webinars as a way of making the webinars interactive.

To familiarise you with how they work I will run one now...

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Welcome to today's webinar:

***Smoking and MS: I know I should
quit, but it's not easy!***

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Acknowledgement



We acknowledge and pay respect to the traditional custodians past and present on whose lands we meet today.

We acknowledge the deep feelings of attachment and the relationship of Aboriginal people to country and respect the cultural authority of the elders in each community.

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Informed Choice



This presentation has been prepared and is presented by an independent expert.

The views presented are not necessarily the views of Multiple Sclerosis Limited.

Individuals are encouraged to seek further advice regarding the relevance of the information presented for their situation.

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Introduction to Presenter



Dr. Sally Shaw is a health psychologist who has worked within both clinical and health promotion settings. Having previously worked at MS Australia and Dental Health Services Victoria, and currently working as a psychologist at Box Hill Hospital and in private practice, Sally holds a particular focus on the provision of information, education and support to people with chronic illness and the health professionals that work with them. Her doctoral thesis examined the need to take control while attempting to adapt to a diagnosis of multiple sclerosis.

Dr. Sally Shaw BSc., Grad Dip Psych., DPsych (Health).

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Smoking and MS.

“I know I should quit...”
doesn't make it easy!

27 February 2019

Dr Sally Shaw, Psychologist

This Presentation...

- Identifies that successfully quitting will require an holistic approach, and some decent preparation!
- Briefly summarises recent literature re smoking as a risk factor & the impact smoking has on MS disease progression
- Introduces the 'Behaviour Change Model' (the Transtheoretical framework)
- Provides specific direction to assist you to move closer to quitting!





Poll Question #1 – 'I am'

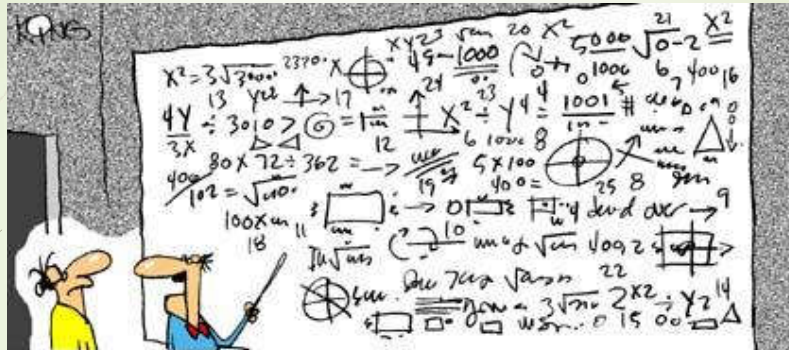
- A. Currently smoking and want to know more about the effects of smoking on Multiple Sclerosis
- B. Currently smoking and want to quit
- C. Currently in the process of quitting smoking
- D. Have not been smoking for some time but want to know more
- E. Don't currently smoke but want to know more



Poll Question #2

If you are a smoker at the moment, do you aim to quit:

- A. Today
- B. In the next month
- C. In the next 6 months
- D. Next year (2020)
- E. Never/Undecided



"In theory, that's how you quit smoking."

Smoking as a Risk Factor

- Smoking is one of the most established risk factors for Multiple Sclerosis (Hedström et al, 2013)
- Meta-analysis of published data concerning smoking and MS risk (risk ratio 1.48, 95% CI 1.35-1.63, $p < 10^{-15}$) (Wingerchuk, 2012)
- 'Smoking and Multiple Sclerosis: A Matter of Global Importance' (Handel & Ramagopalan, 2011)

Smoking and Disease Progression

- Increased risk for progression of RRMS to SPMS (e.g., Roudbari et al., 2013; Healy et al., 2009; Hernan et al, 2005)
- “Smoking modifies the clinical course of MS and promotes progression” (D’hooge et al, p.779, 2010)
- Smokers also report a reduced Quality of Life (Weiland et al., 2014)
- Different rates found in current and ex-smokers suggest that some adverse effects may be partially reversible upon smoking cessation

What does a PwMS have control of?

Quitting smoking is the best thing you can do for your health

Sleep!

Reduce Stress

Exercise

Vitamin D

Eat Well



What else Sally...?!

- Building Resilience
 - Goal Setting
 - Examining Self Talk
 - Learned Optimism
 - Problem Focussed Coping
 - Nurture Meaningful Relationships
- Strengths Identification & Development
- Mindfulness
- Practice Gratitude & Kindness
- Sense of Identity & Meaning

Sin & Lyubormirsky, 2009



Let's get back to smoking...

Have you ever felt like this...?

Poll #3 ...



Let's get back to smoking...

Have you ever felt like this...?

Poll # 3 –

- A. Yes
- B. No
- C. Every minute of my waking life...!

Stages of Change Model

- Forms part of the broader conceptual framework of the Transtheoretical model of behaviour change
- Prochaska & DiClemente (1982) studied 'self-changers' and found that
 - people can change their behaviour when they are ready to do so (!)
- Applies to all behaviour change;
 - Quitting smoking
 - Weight loss
 - Exercise
 - Medication adherence
 - Study habits
 - Relationships
 - Accepting help/Saying 'no'

Transtheoretical Framework of Behaviour Change

- An integrative, biopsychosocial model that conceptualises the cognitive process of intentional behaviour change
 - In other words, how does your thinking affect your actions?
 - Let's view the Cognitive and Behavioural change processes in tandem
 - Important to look at other influences too

What are the 5 stages of change?

- **Precontemplation** - No intent to take action. Underestimates the pros, and placing too much emphasis on the cons, of changing behaviour.
- **Contemplation** - Intending to start the healthy behaviour in the future, but feeling ambivalent.
- **Preparation** - Ready to take action soon (within the next 30 days). Starting to take small steps toward the behaviour change, believing the change could lead to a healthier life.
- **Action** - Recently changed their behaviour, through modification or the acquisition of a new, healthier, behaviour
- **Maintenance** - Sustained behaviour change. Working to prevent relapse.

Precontemplation Stage

(No intent to take action.
Putting too much emphasis on cons of quitting, and not enough on pros)

What could you concentrate on if you are in this stage?

- Seek information to increase your understanding of positives to be had by quitting
 - Specifics re money
 - Specifics re positive health outcomes
 - Specifics re others' appreciation of your quitting
- Should you focus on negative health outcomes?
 - E.g. pictures on cigarette packs



Contemplation

(Intending to start the healthy behaviour in the future, but feeling ambivalent)

What could you concentrate on if you are in this stage?

- Examine your own motivations for wanting to quit in the future
 - Why would it be important to quit 'one day'?
 - Would it be detrimental to quit before then?
 - Would there be any positives to quitting before then?

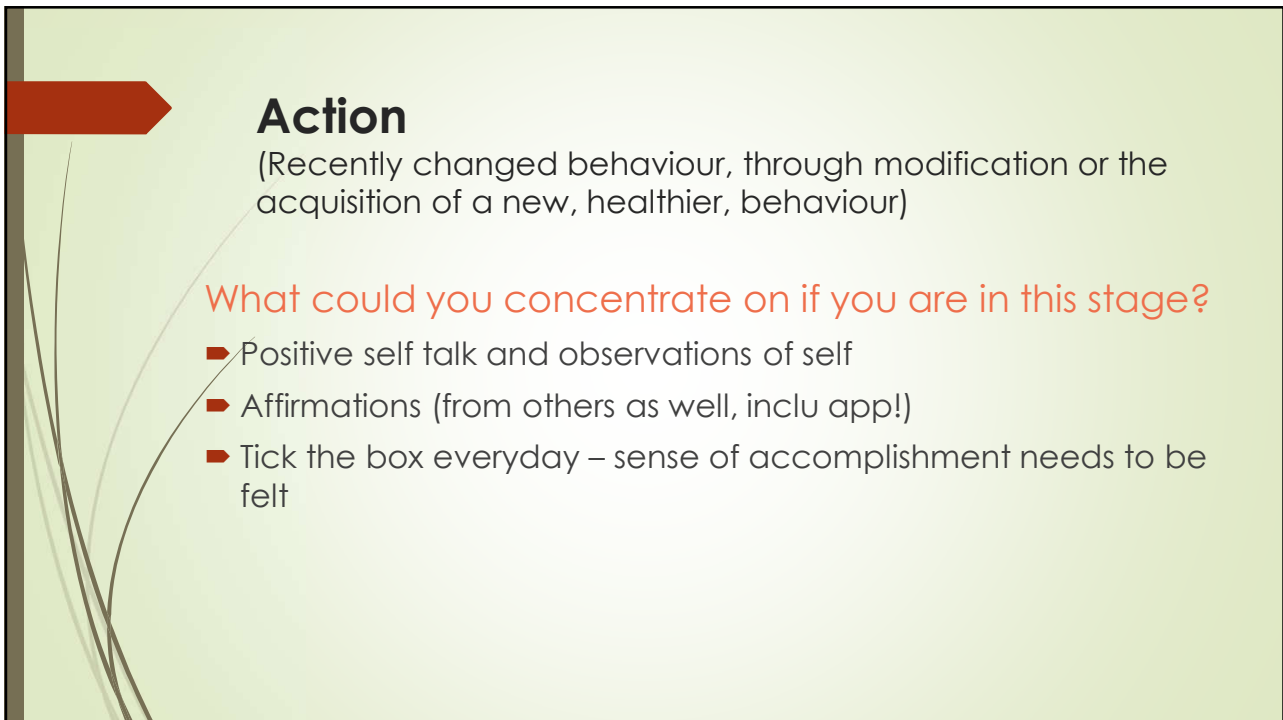


Preparation

(Ready to take action soon (within the next 30 days). Starting to take small steps toward the behaviour change, believing the change could lead to a healthier life.)

What could you concentrate on if you are in this stage?

- Set your date!
- Set up supports
 - People to support you (GP/family/friends/colleagues)
 - Alternative actions to engage in (shower/water/game/walk)
- What's the monetary reward? How are you going to spend it?
- Reemphasise why you want to make this change ('I'm over it' is not enough – you need meaty reasons & write them down!)

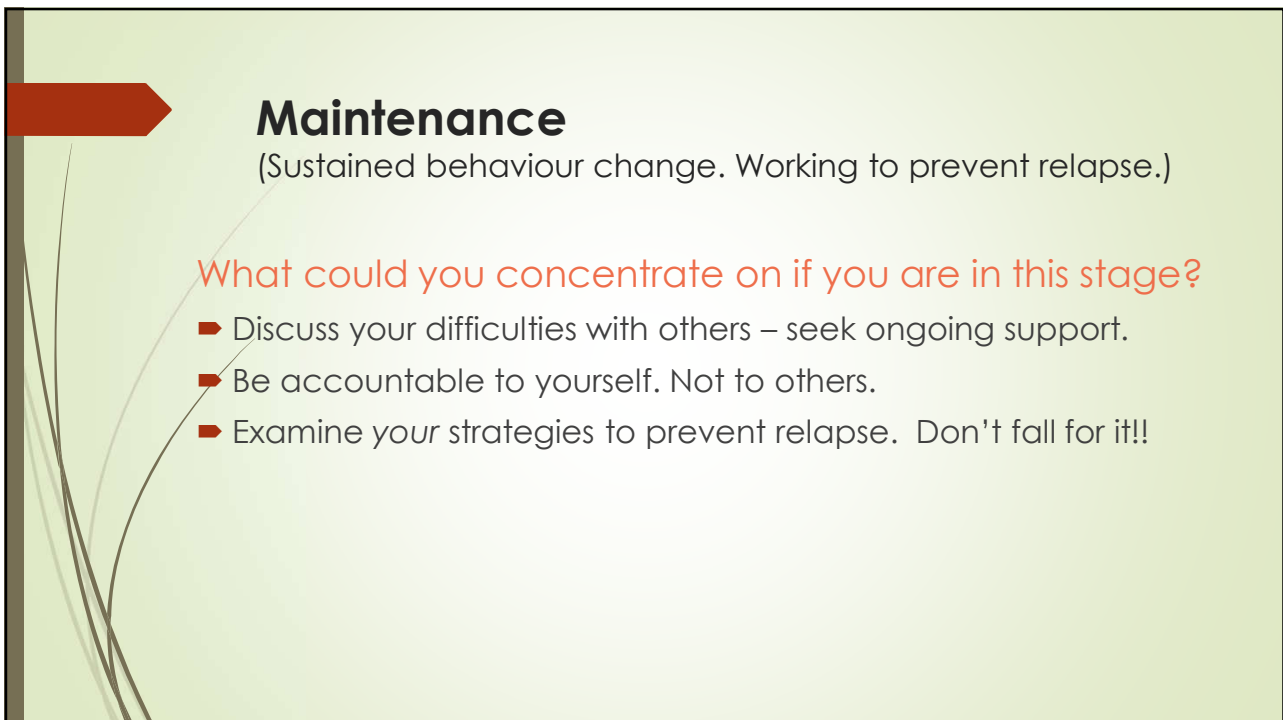


Action

(Recently changed behaviour, through modification or the acquisition of a new, healthier, behaviour)

What could you concentrate on if you are in this stage?

- ▶ Positive self talk and observations of self
- ▶ Affirmations (from others as well, inclu app!)
- ▶ Tick the box everyday – sense of accomplishment needs to be felt

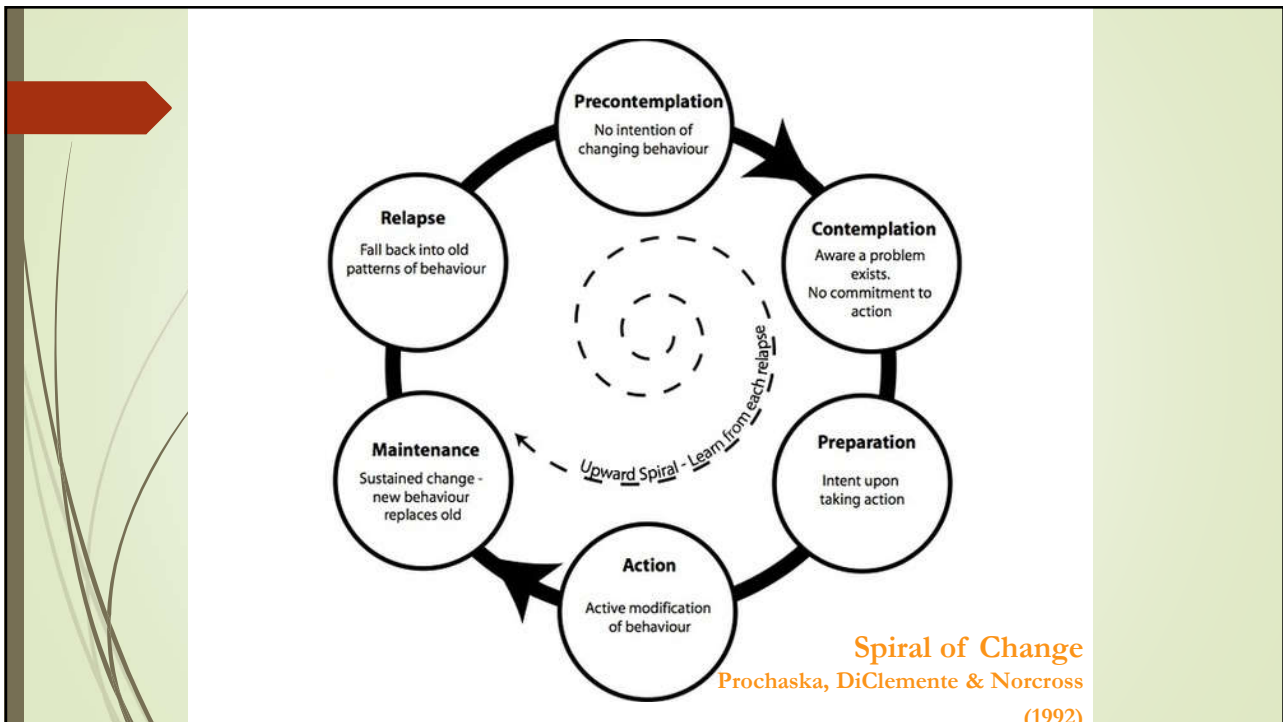


Maintenance

(Sustained behaviour change. Working to prevent relapse.)

What could you concentrate on if you are in this stage?

- ▶ Discuss your difficulties with others – seek ongoing support.
- ▶ Be accountable to yourself. Not to others.
- ▶ Examine *your* strategies to prevent relapse. Don't fall for it!!



Stages of Change Model

The three most important broad considerations when assessing if you are ready for change:

- Readiness to Change
 - Do you have the resources and knowledge needed to make a lasting change successfully?
- Barriers to Change
 - Is there anything preventing you from quitting?
- Examination of Risks
 - What might trigger a return to smoking?

Aim to move through the stages – one at a time - so that you are set up for success when you are ready to move to the next stage of change. It is a process not an event!!

Working to Effect Change

Ask yourself some questions?

- Do I believe quitting smoking would improve my health?
- How would life improve if I quit?
- What do I think will be the hardest part of quitting?
- What are some strategies I could use to plan for that?



Quit Resources – Knowledge/Support

- quit.org.au
 - Videos
- Paper Resources, e.g.
 - Quit because you Can
 - Choosing the Best Way to Quit
 - Helping Others Quit
 - Quit and Save
- Apps!
- GP – patches/gum etc & refer you to 'Quit'



Poll Question #4

Has involvement today...

- A. Helped you to understand more about the risks of smoking and multiple sclerosis
- B. Prompted you to examine your supports and barriers to change
- C. Helped you make a date to quit
- D. Reinforced the efforts you have already made towards quitting smoking
- E. Not change the way you view your smoking at all



Poll Question #5

If you are a smoker at the moment, do you aim to quit:

- A. Today
- B. In the next month
- C. In the next 6 months
- D. Next year (2020)
- E. Never/Undecided

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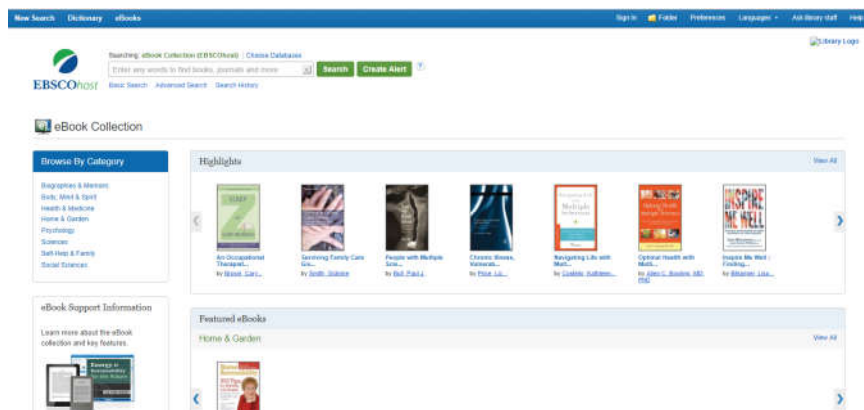
Questions



MS Connect
1800 042 138
msconnect@ms.org.au

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Free E-books



Contact MS Connect to obtain login details
1800 042 138

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Get Your Act Together



- Online Tool – designed to help you better manage your multiple sclerosis symptoms
- Focuses on some of the common symptoms of MS – emotions, fatigue, continence, cognition, pain and heat sensitivity
- Designed for people living in the ACT but includes useful information for all people living with MS
- Complete the tool to receive a personalized report (listing services, resources, tips etc)

Visit www.ms.org.au and search **Get Your Act Together**

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The National Disability Insurance Scheme



A major change to the way disability supports and services are funded and delivered

- Available to people who are: under 65, satisfy residency requirements and are able to demonstrate that their disability substantially affects daily living
- Promoting choice, control and social and economic participation
- Providing a whole-of-life approach
- It is not means tested
- Providing reasonable and necessary supports and services
- Ensuring equity of access

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We can help you to



- understand the eligibility requirements
- understand the pathways to access the NDIS
- prepare for a planning conversation
- understand your current supports and any unmet need
- develop your goals

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We are a 'Registered Provider'



MS is a registered NDIS provider in NSW, ACT, Vic and Tas. MS is approved to provide:

- Preplanning prior to your conversations (All areas)
- Support Coordination/Connection – assistance to help make your plan active (All areas)
- Short term accommodation (Vic)
- Community Participation (NSW)
- Exercise physiology and personal training (NSW)
- Specialist Continence Assessment (NSW and Vic)
- Physiotherapy and Occupational Therapy (NSW and Vic)

Want to learn more?
Please call
MS Connect
1800 042 138

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My Aged Care



My Aged Care is an Australian Government initiative, website and phone line to help you find about aged care services.

Available to people who are 65 years of age and over.

Why Contact My Aged Care?

- ✓ Information
- ✓ Assistance in mapping out your needs
- ✓ An assessment for further supports

Phone: 1800 200 422 Free call Australia wide

Website: <https://www.myagedcare.gov.au>

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Other Services



MS Financial Assistance program

MS Financial Assistance program provides one-off funds for those facing financial hardship. The funds can be used to purchase equipment or air conditioners to promote quality of life and help with health related matters

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RESEARCH

Are you part of the MS community and interested in volunteering in a study ?

We are looking for adults who:

- *Have a confirmed diagnosis of Multiple Sclerosis*
- *Are able to walk 50m with or without a walking aid*
- *Are able to stand 1 minute unaided*
- *Have had no worsening of MS symptoms in the past 30 days*

Interested, please contact Anna Butler on 0408368244 or ifims.melbourne@neura.edu.au

www.neura.edu.au/clinical-trial/step-training-ms/



Thank you



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Thank you for your time.

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