

# SISTAQUIT®

Supporting Indigenous Smokers To Assist Quitting  
Implementation Phase

## What is iSISTAQUIT?

**iSISTAQUIT** “implement Supporting Indigenous Smokers To Assist Quitting” is a multi-component intervention aimed at improving health providers’ (HP) provision of smoking cessation care to **pregnant Aboriginal and Torres Strait Islander women**, funded by the Commonwealth Government.

iSISTAQUIT builds on the success of the ICAN QUIT in Pregnancy and SISTAQUIT programs that were co-developed and piloted with Aboriginal communities, and is being trialled nationally. iSISTAQUIT is associated with the Tackling Indigenous Smoking program.

## iSISTAQUIT components

Our program provides self-paced online training to health professionals via webinars, a treatment manual and patient resources to aid smoking cessation care. Services will receive a carbon monoxide breath meter and supplies of NRT. iSISTAQUIT will be accompanied by a social marketing campaign to support pregnant women to quit smoking.

## What are we doing?

iSISTAQUIT program is starting now, and we need your help and ideas. We are currently developing our training materials into an on-line format, making social media resources, and exploring effective ways of recruiting services. You can contribute with the program by: sending your resources, being part of our team as a Partner Service and/or becoming an Advisor.

## Send us your resources

To develop the media campaign, we are looking for resources that are provided to pregnant women to support smoking cessation (print, digital, video or social media). If you have developed resources or have examples that you give to pregnant women or ideas for messages for quitting in pregnancy, please contact us and/or send your resources to [iSISTAQUIT@newcastle.edu.au](mailto:iSISTAQUIT@newcastle.edu.au)

# SISTAQUIT<sup>®</sup>

## Supporting Indigenous Smokers To Assist Quitting Implementation Phase

### Become an Advisor

We are looking for Advisors to support us developing

- a) The online training format for Health Professionals and /or
- b) The social media campaign

### Register your interest as a Partner Service

We invite Aboriginal Health Services, Tackling Indigenous Smoking Sites, and Mainstream Health Services, that provides antenatal or usual care for pregnant Aboriginal and Torres Strait Islander women, to be Partner Services of the iSISTAQUIT team in implementing iSISTAQUIT.

As Partner Services you will provide valuable advice at an early stage and participate in this phase as partners of the intervention. Partner Services will be the first to receive training and materials for the iSISTAQUIT and will be able to contribute valuable insights to further implement the intervention.

Being involved at this early stage gives opportunities for two-way learning:

- Developing our engagement and implementation strategy for other services
- Digitalization of our training materials to on-line format (for us to gain valuable feedback on format suitable for different health professional)
- Possible contribution to our social marketing campaign for Indigenous pregnant women and families (i.e. storylines for short videos, filming in your local community)

### Next Steps

If you are interested and would like more information, please contact us on [isistaquit@newcastle.edu.au](mailto:isistaquit@newcastle.edu.au) to organise a call or zoom meeting.

Associate Professor Gillian Gould  
0403615563