

check that storytellers are reporting accurately and honestly, and 2) to provide an opportunity to gather more detailed information about events seen as especially significant. If conducted some time after the event, the visit also offers a chance to see what has happened since the event was first documented.

For those people wishing to find out more about MSC, there are several resources. The User Guide can be downloaded for free from www.clearhorizon.com.au, this web site also provides the details of the e-group. Clear Horizon also offers a 2-day training program for MSC in October and February each year in Melbourne (details also on this web site).

References

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Quit Victoria's smoking cessation training at the local, national and international level

Quit Victoria is a joint initiative of The Cancer Council Victoria, VicHealth, Department of Human Services and the National Heart Foundation which provide funding and considerable health promotion expertise to assist Quit's work. Quit provides a range of smoking cessation intervention training for health professionals at the local, regional, national and international level. In June 2005, Quit was invited by The Secretariat of the Pacific Community to provide tobacco control training and support to the newly appointed Smoking Cessation Adviser (SCA) in Kiribati, and to provide brief smoking cessation intervention training to the Ministry of Health's professional staff.

Quit's training and smoking cessation advice comprises core theory and practice. It is evidence based and designed to increase the confidence and participation of health

professionals in smoking cessation intervention to increase quitting behaviours among their patients.

Health professionals are ideally placed to deliver time-effective smoking cessation advice and support to their patients as part of routine care. Even brief advice given by a health professional can encourage and help smokers to quit successfully.

Quit Victoria has tailored training for settings with particular issues and needs, for example, for Aboriginal health workers, staff in prisons and for mental health professionals. Health professionals are encouraged to draw on their own expertise and experience, and present the information to smokers in a manner that reflects and respects the needs of the group/s with whom they are working.

The training provided in Kiribati and with Kiribati's SCA used the core research based smoking cessation intervention model – the 5As – and provided scope for examples, case scenarios, discussion and group work that resulted in the content being culturally appropriate for the group and the setting in which they worked.

The training included information on tobacco and health; understanding smoking behaviour; quitting and mental health; motivational interviewing, the 5As international framework and the stages of change model. Twenty health professionals including nurses, lecturers from the nursing school, the local dentist and representatives from the Pacific Action for Health Project participated in the day. Discussion about Kiribati and tobacco provided the opportunity for participants to incorporate training themes and ideas into their daily routine practice and role-plays with the SCA helped to put the 5As framework into practice.

Quit's training sessions were received positively by the health professionals in Kiribati and by Kiribati's SCA who reported that the training helped to improve their knowledge, and gain the confidence and skills to encourage and support their smoking patients to quit.

Quit's visit and work in Kiribati also helped to better understand tobacco control in that country and how Quit can continue to support the SCA to use the smoking cessation information in a practical sense for her situation and people, as well as look at the potential for change, such as helping to help raise awareness about the effects of smoking and passive smoking, reduce smoking rates and encourage and support smokers to quit.

Collaboration between Quit Victoria's Training Manager and Kiribati's SCA will continue, with Quit providing ongoing assistance, support and information to help the Kiribati community reduce their smoking rates and protect the community from the effects of tobacco smoke.

For further information about Quit's programs,

please visit Quit's website

www.quit.org.au.