



## Meet some of our members

### Nightingale Profile: Joan O'Connor RN



Since Jan/08 Canadian RN Joan O'Connor, one of our founding RN2Q1 members, has been keeping stats on every cigarette not smoked (even before complete cessation has been achieved) by members of her 'Tobacco Fighters and Survivors Club,' a smoking reduction and cessation group for people living with mental illness. Stats are based on weekly self reports of clients. As of Feb 2, 2011 the number of cigarettes not smoked was 473,124, representing 23,656 packs not bought, approximately \$236.562 not spent (cigarettes where she lives are \$10 per pack), 473,124 butts not in the environment, and approximately 30 pounds of tar not in human lungs.

With these numbers Joan's group members are honored on a weekly basis for every effort and step made toward permanent cessation - thus gaining confidence and motivation to continue the process of quitting. Numbers are posted publicly in her workplace, helping to motivate other staff and clients. The running total number of cigarettes not smoked by the group rises quickly, and provides validation for all concerned - for Joan, for the group members, for Joan's employer, and hopefully for policy and government decision makers down the line. The group spans the gamut - from people just starting to consider quitting to many formerly heavy smokers who have successfully quit for long periods.

"If one nurse can help to effect that much change, think of what nurses all over the world could accomplish if we put our minds, hearts and souls into it," says Joan. "Ruth Malone started the Nightingales Nurses in order to live up to the "formidable foe" image the tobacco industry tentatively assigned us, and I want to be part of that image becoming a formidable reality."..

If you wish to adopt Joan's practice of keeping track of every cigarette not smoked, or if you are looking for entertaining videos to use in educating people about tobacco, please visit her blog, [www.outsmarttobacco.org](http://www.outsmarttobacco.org) and share your numbers so she can proudly report them to tobacco executives when she joins other Nightingales Nurses at tobacco industry annual shareholder's meetings.



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**Nightingale Profile: Sophia S.C. Chan PhD, MPH, MEd, PRDHCE, DNA, RN, RSCN, RTN, FFPH, FAAN**



Sophia Chan is currently Professor of Nursing, Head of the Department of Nursing Studies and Assistant Dean of the Li Ka Shing Faculty of Medicine at the University of Hong Kong. Having trained in and practiced pediatric nursing in Hong Kong and London, Chan subsequently specialized in health promotion with a particular focus on the management of tobacco dependency. She read her Masters of Education at the University of Manchester, Masters of Public Health at the Harvard School of Public Health, and completed doctoral studies at the University of Hong Kong. Chan is awarded a Fellow of the Faculty of Public Health (through distinction), Royal College of Physicians of United Kingdom (FFPH(RCP)(UK); and the first nurse in Hong Kong to be awarded Fellow of the American Academy of Nursing (FAAN). Chan's research portfolio explores comparative ethno-cultural differences between Chinese and other smokers through the synthesis of epidemiological and social science methodologies. It also examines professional role differentiation among health and social care workers in the delivery of smoking cessation services. Chan pioneered the first smoking cessation counseling program (both clinic-based and via telephone quitlines) locally and has been training medical, nursing, pharmacy, and social work professionals in tobacco dependency treatment interventions throughout China. Most recently, she developed a Women Against Tobacco Taskforce (WATT) in Hong Kong to help women smokers quit, and had also initiated the first Youth Quitline in Hong Kong in 2005.



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## **Nightingale Profile: Carol Southard RN MSN**



Carol Southard, RN, MSN, an American Lung Association certified instructor with over 20 years experience and proven success, is a pioneer in the field of smoking cessation. Carol serves as a Tobacco Cessation Consultant for Chicago area hospitals and has published articles and presented numerous workshops and seminars for health professionals as well as for community groups on smoking cessation throughout the nation. Carol served on the expert panels of both the Illinois Academy of Family Physicians and the Illinois Academy of Pediatrics each of which produced CME presentations entitled “Adult Smoking Cessation: Intervention Strategies for Primary Care Providers” and “Adolescent Tobacco Use - Prevention and Cessation:

Strategies for Primary Care Providers” respectively. Carol was the Project Consultant for the Smoking Cessation Initiative of the American Dental Hygienists’ Association and currently serves as a Study Therapist for the Chicago STOP Smoking Research Project (C-STOP), at the University of Chicago.

Carol is an active volunteer for the American Lung Association and co-founded Chicago Second Wind: A Chicagoland Smoking Cessation Initiative. Carol was a founding member of the Nightingales Nurses.