

## **KNOWLEDGE TRANSLATION IN ACTION: IMPROVING SYSTEM-WIDE SMOKING CESSATION ACTIVITIES FOR PREGNANT ABORIGINAL AND TORRES STRAIT ISLANDER WOMEN IN THE ACT**

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**Introduction/Issues:** Using a knowledge translation approach, this project synthesised and disseminated on-the-ground knowledge and research evidence to inform system-wide practice improvement in the Australian Capital Territory (ACT) to reduce smoking-related harm among Aboriginal and Torres Strait Islander women who are pregnant or who have young children.

**Method/Approach:** This project collated different types of knowledge using a variety of methods: consultations with stakeholders from the Aboriginal and Torres Strait Islander and mainstream community, non-government and government sectors; a comprehensive review of the literature; and a scope of current initiatives. Other key components of the approach were:

- buy-in from, and on-going collaborations with, these stakeholders
- a non-linear process including feedback sessions and regular content revision
- a focus on practical impact-oriented outcomes.

**Key findings:** In the ACT, best practice smoking cessation activities are being delivered through the community-controlled sector. While some elements of best practice are available through mainstream services, these are generally not offered alongside on-going, targeted and comprehensive psychosocial support and follow-up, and there are significant barriers to accessing this support. Developing and enhancing smoking cessation supports is shaped by complex social dynamics that influence smoking cessation and treatment-seeking behaviours in the Aboriginal and Torres Strait Islander community in the ACT.

**Discussion and Conclusions:** Based on a comprehensive synthesis of research and practical knowledge, this project has disseminated clear and realistic recommendations for system-wide improvements in smoking cessation supports for Aboriginal and Torres Strait Islander women who are pregnant or who have young children in the ACT context.

**Implications for Practice or Policy/Translational Research:** This project is an example of the successful application of knowledge translation that engages various government and non-government stakeholders, and achieves successful policy and practice outcomes. Stakeholders across the ACT health system have accepted and acted upon recommendations from this project.

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