

An integrated program led by nursing students as peer role models with robots to promote anti-cannabis messages in parents and their children

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Introduction

- Young population is a high-risk group for drug abuse (Narcotics Division, 2022a).
- Health promotion targeting the young population is of paramount importance.
- Cannabis is the most commonly abused drug reported by youngsters aged below 21 (Narcotics Division, 2022a).

Introduction

- The legalisation of cannabis in other countries and the wide availability of CBD products in the market can instil perceptions into the public that cannabis is not a dangerous drug, leading to the misconception that cannabis is less addictive or even not addictive and with limited consequences when compared with other dangerous drugs.
- These misconceptions can be particularly serious among youngsters who are likely to be less educated on drug harms. Comparing with adults, youngsters are more likely to develop such misconceptions.

AWARD model

- The AWARD (ask, warn, advise, refer and do-it-again) model (Chan et al., 2015; Li et al., 2020; Wang et al., 2017) that is widely used in smoking cessation can be used to assist individuals to make referrals for cannabis abusers.
- It focuses on delivering a strong warning message to increase people's awareness to seek help.
- Importantly, it is a simple technique that can be learnt by laypersons without intensive trainings and the warning message can be delivered to abusers within a few minutes (Wang et al., 2017).
- There is a significant importance to include this model in anti-cannabis work.

Involvement of parents

- The involvement of parents is demonstrated to have a significant effect to facilitate the promotion of anti-cannabis messages to youngsters and prevent youngsters from taking cannabis.
- Evidence shows that family relationship is an important factor for the prevention of drug abuse among youngsters. Youngsters who perceive low cohesion, poor support from family, and poor family communication are more likely to abuse drugs (Saladino et al., 2021).
- Parents are found to play an irreplaceable role in children's development. The behaviours of parents can create both protective effects and detrimental effects on their children.

Modern technology

- To further increase the attractiveness and interactive nature of the project, the involvement of modern technology such as robots can be helpful.
- Robotic technology has been used recently in health promotion (Howard, 2019).
- Importantly, robots can move around and interact with the participants, making the health promotions more informative, appealing and attractive.
- Robots can promote health information verbally or show participants important information by displaying the information on the robots' screens (Temi, 2022).
- Our team has used robots in our health promotion projects, such as projects for smoking cessation promotion, and received positive feedback from children and parents.



Nursing students

- Additionally, there is much evidence that children's and adolescents' behaviours are easily influenced by their peers.
- Peer influence remains to be the most common reason for youngsters aged below 21 to abuse drugs (Narcotics Division, 2022c).
- Nursing students as peers can act as role models to influence the youngsters (Ho et al., 2022).
- Moreover, hundreds of nursing students each year has already been educated with basic healthcare knowledge.
- Minimal amount of further training is adequate to mobilise them to deliver interventions to youngsters, which is a low-cost and sustainable strategy in health promotion.

Outline

- Given the above evidence, this project is designed to deliver an integrated program by nursing students with robots to clarify the misunderstanding about cannabis among parents and their children in Hong Kong.
- The project was delivered in 3 phases.

Phase 1. Establish a community-based network via training Anti-Cannabis Nurse Ambassadors (ACNAs) and provide educational workshops for youngsters and their parents

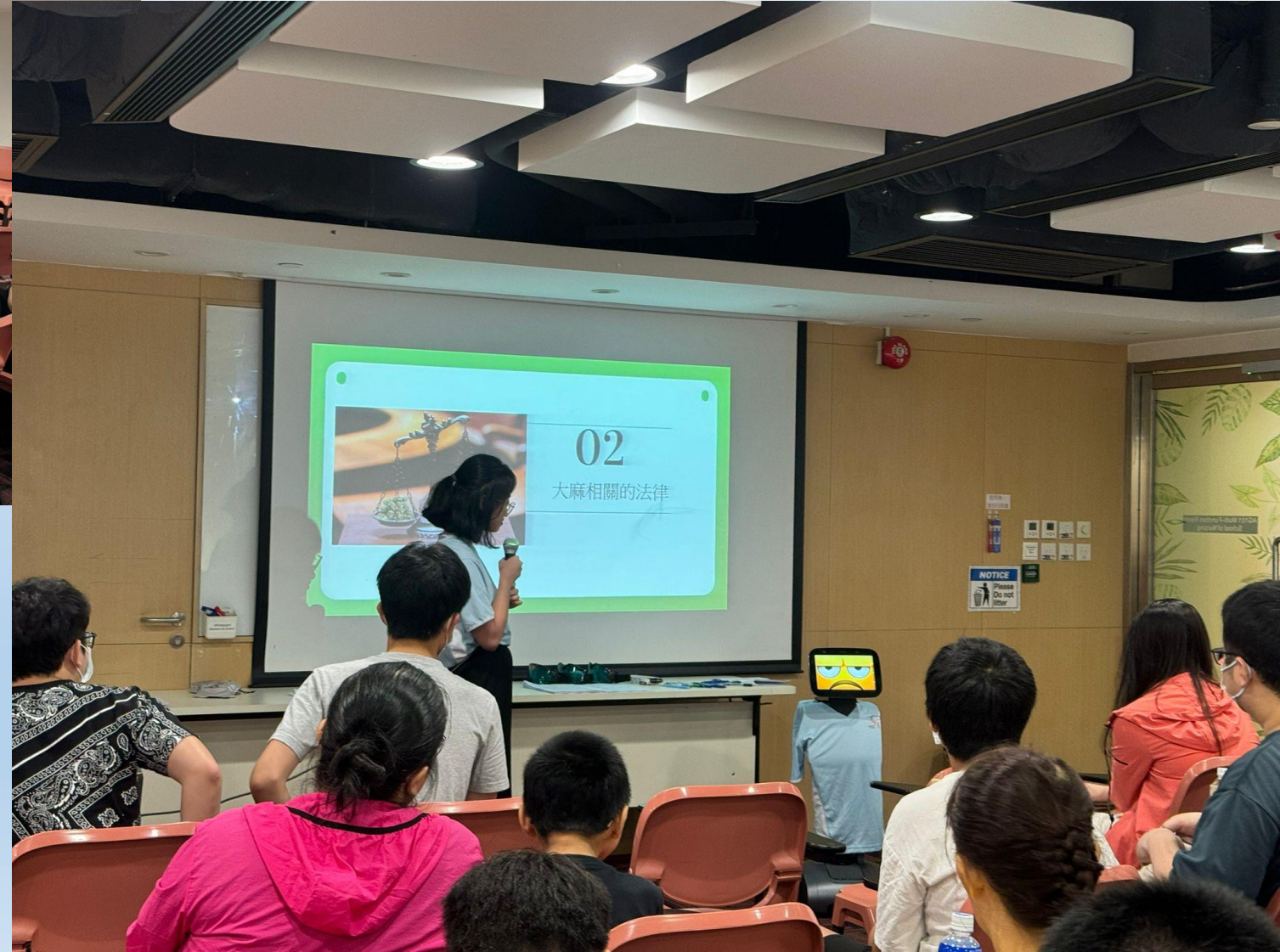
- This phase aimed to establish a community-based network for anti-cannabis work.
- We trained (1) ACNAs, (2) youngsters and their parents on anti-cannabis knowledge.
- 50 ACNAs (Nursing students in the bachelor program who are in year 2 or above in PolyU).
- They were required to attend a half-day training in PolyU, which equipped them with anti-cannabis knowledge, in particular cannabis harm and the legal issues. They also learnt to conduct outreaches, deliver educational workshops to parents and youngsters and basic operations of the robots.
- They were assessed by a written test with 20 multiple-choice questions and a demonstration test.

- Participants: 150 parent-child-dyads.
- The criteria include: (1) children who are aged 13 – 20, (2) children who have a parent willing to attend with the child, and (3) parent-child dyads who are able to speak in Cantonese and write in Chinese.

Educational workshops

- The educational workshops for the parent-child dyads last for 3 hours.
- Elements included: (1) introduction to the drugs, (2) health consequences of cannabis, (3) simulation of cannabis effects, (4) legal consequences of cannabis, (5) discussion on different legal scenarios, (6) anti-cannabis services, (7) the AWARD model and (8) introduction to the video competition in Phase 2.

- This AWARD model includes: (1) Ask about cannabis/drug abuse, (2) Warn about the hazardous effects of cannabis/drug abuse, (3) Advice to quit immediately or progressively, (4) Refer abusers to C.H.O.I.C.E. or Narcotic Division's anti-drug telephone enquiry service 186-186 (or other anti-drug organizations based on the abusers' preference), and (5) Do-it-again until abusers quit successfully.
- "According to the Department of Health, drug abuse lead to irreversible damages in your brain, liver, lung, kidney and heart. Recent medical evidence has shown that the risk of mortality of drug abusers is 11 times higher than the general populations. Evidence shows that CBD products can be decomposed into THC or may also contain THC which is a dangerous drug to destroy your own future. You have to stop abusing drugs immediately as doing so is good for you".







Phase 2. A video competition

- This phase aimed to disseminate anti-cannabis messages to the community through a video competition.
- Each participated dyad were required to produce a maximum of a 3-minute video on one of the following themes:
 - (1) the difference and relationships of cannabis, CBD and THC,
 - (2) health consequences of cannabis,
 - (3) legal consequences of cannabis,
 - (4) the AWARD model on cannabis abusers,
 - (5) encouraging messages to cannabis abusers, and
 - (6) existing anti-cannabis services.
- Each video was assessed in terms of content, creativity and presentation. All videos will be uploaded to our project's YouTube account to enable public access.

Champion

- <https://youtu.be/sX6kuW4jstU>

Phase 3. Video promotions

- Also, participants who produced videos with the highest number of viewers are the promotion champions.

- <https://www.youtube.com/watch?v=F491k9m5VZ8>

Impact of drug-related preventive education on tertiary school nursing students and general public

- Increased their awareness on the harm of cannabis.
- Trained them with anti-cannabis knowledge, reduce their permissive attitude towards smoking cannabis.
- Established a community-based network for the anti-cannabis work.
- Enhanced parent-child relationship.
- Disseminated the anti-cannabis message to participant's social circles.
- Nursing students could adopt the anti-cannabis knowledge in their career.
- Incorporated the training content into nursing curriculum.

Impact on anti-drug sector/NGOs

- Increased their awareness on the negative impact of cannabis.
- Trained their staff with anti-cannabis knowledge.
- Provided anti-drug resources (e.g. BDF website) to their colleagues.
- Strengthened the university-anti-drug sector/NGOs connections and collaborations, establishing a strong network for anti-drug work.

Thank you

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