

# Information about the smokefree policy.

*This information applies to all Health and Social Services buildings and grounds.*

## What is Smokefree?

Smokefree means that there is no smoking allowed anywhere within our hospital or any other clinical and non-clinical buildings or grounds belonging to Health and Social Services. This applies to patients, visitors, all staff and contractors.

## Why Smokefree?

We want to protect the health of our staff, service users, visitors and contractors from the known harms caused by tobacco and exposure to second hand smoke.

We are committed to leading by example in providing smokefree environments and to offer more opportunities for smokers to quit.

We know that Smokefree will also help towards the overall management of fire risk in our buildings and grounds.

## When I am in your care what help will you offer me to stop smoking?

We know that being in hospital or residential care can be a stressful time. This can be more so if you are a smoker. However, we also know that over 70% of smokers in Jersey have thought about giving up smoking at some point. We hope that many of our patients and clients will use this as an opportunity to stop smoking for good.

All patients will be advised of the health benefits of stopping smoking. Those that choose to quit smoking will be offered referral to our Help2Quit stop smoking service. As far as possible all in-patients wanting to quit will be seen for their first appointment while in hospital.

A further 8 weeks of follow on appointments of 15 mins will be provided either in hospital or as an outpatient. Those wishing to quit will have a range of treatments available including different nicotine replacement therapy options (NRT) as well as one-to-one support from a trained stop smoking advisor.

You are four times more likely to quit with support from our Help2Quit stop smoking service. We have a 50% success rate with all the smokers we see.



## Health effects of smoking

Smoking causes almost 90% of deaths from lung cancer, around 80% of deaths from lung conditions like bronchitis and emphysema, and around 17% of deaths from heart disease. Smoking is the biggest preventable cause of early death and chronic ill health in Jersey.

We know that, for you as a patient, smoking is likely to lengthen your recovery time and increase the chances of needing a longer stay in hospital.

## Smokefree areas

Smoking will not be allowed in any of our buildings, grounds, car parks or on areas outside the grounds that allow smoke drift back into the hospital or other health service buildings.

## What if I still want to smoke?

Our patients and clients who feel they are unable to stop smoking when they are in our care will be offered support including nicotine replacement therapy (NRT) to manage the symptoms of coping without smoking.

Patients and clients will not be able to smoke on our premises. We would also ask that patients and clients do not smoke at the entrances or outside our grounds where smoke would drift back into our buildings. Smoke alarms are fitted throughout our buildings for your safety and will be set off by smoking.

## What if I leave the hospital grounds to smoke?

Whilst you are in our care you will have access to high quality care and supervision from our professional staff. This level of care cannot be provided if you leave our grounds. We advise that you do not leave our grounds to smoke. If you do, we would ask you to complete a temporary discharge form.

## Smokefree and visitors

If you have friends or family that are smokers they will not be allowed to smoke anywhere in our buildings or on our grounds during any visits to you. If you are concerned about any of your friends or families smoking behaviour and its health effects on them, you can encourage them to contact our Help2Quit stop smoking service.

We can provide information resources on the Help2Quit service and further information on stopping smoking for good. Just ask your nurse or key worker for more information.