

**The South Eastern HSC Trust
has been SMOKE FREE
across all sites from 9 March 2016**



**Information for
South Eastern HSC Trust Employees**

Frequently Asked Questions

What does Smoke Free mean?

Smoking or using e-cigarettes will not be acceptable anywhere on South Eastern HSC Trust sites including buildings, entrances, exits, grounds, car parks and all vehicles. The **Smoke Free** policy is available on the Trust iconnect site.

Who does this apply to?

This applies to everyone using South Eastern HSC Trust facilities and services; patients, employees, contractors, visitors, volunteers and members of the public.

Why we are a Smoke Free Trust?

In 2015 the NI Health Minister announced that all Health and Social Care Trusts will be **Smoke Free** from 9 March 2016.

Smoking is the single greatest cause of preventable death, resulting in over 2,300 deaths per year in Northern Ireland. The purpose of this policy is to protect and improve the health and wellbeing of patients, employees and visitors by:

- Assisting patients and employees who wish to stop smoking
- Setting an example of best practice
- Providing a healthy environment.

In a recent survey of those engaging with the Trust 70% were in favour of a **Smoke Free** South Eastern Health and Social Care Trust

How is it different from the last Smoke Free Policy?

Smoking or using e-cigarettes will not be permitted. Smoking will not be permitted in cars parked on Trust grounds.

What about e-cigarettes?

E-cigarettes are battery operated devices that supply nicotine along with other chemicals, usually propylene glycol and flavourings. However, other chemicals can also be in e-cigarettes.

Frequently Asked Questions

There is a lack of rigorous research studies to date to support using e-cigarettes as a safe and effective Nicotine Replacement Therapy (NRT). They are also monitored under limited regulation and are not licensed as a medicine in the UK.

Therefore, the South Eastern HSC Trust has decided to prohibit the use of e-cigarettes as part of the **Smoke Free** policy.

As a Trust employee, how can I contribute to implementing a Smoke Free site?

All Trust employees are expected to actively promote and implement this policy.

Staff should act as **Smoke Free** role models for patients and visitors.

If you see someone smoking on Trust sites you should take the following actions, in a polite and sensitive manner:

- Draw the individual's attention to the 'No Smoking' signs
- Explain that the Trust has a **Smoke Free** policy to ensure a healthy and safe environment for everyone and ask them not to smoke on the Trust site
- Signpost to Stop Smoking Service support.

Trust employees are not expected to get involved in conflict situations to enforce the **Smoke Free** policy and should only approach individuals when satisfied it is safe to do so.

If, after respectfully asking the individual to refrain from smoking, the situation escalates, staff should immediately and politely withdraw/walk away and seek support from their line manager.

Any difficulties with implementation of the policy should be reported to the relevant line manager, for adverse incident reporting.

Frequently Asked Questions

What happens if I am a smoker?

Trust employees will no longer be able to smoke on South Eastern HSC Trust sites.

If an employee chooses to smoke during designated breaks, then they must do so off site and not be identifiable as a Trust employee. South Eastern HSC Trust staff do not have any official smoke breaks.

Employees who experience difficulty in adjusting to the **Smoke Free** policy should:

- Discuss the issue with their immediate line manager
- Access support through the South Eastern HSC Trust's Stop Smoking Service.

What support is available for employees who wish to quit smoking?

The Trust offers a free Stop Smoking Service for staff. Trust employees who wish to quit smoking can contact our South Eastern HSC Trust Stop Smoking Service for advice and support which may include a free 12 week supply of Nicotine Replacement Therapy (NRT).

For more information please contact the Trust's Stop Smoking Service:

Ulster/Ards and Bangor Tel: **(028) 9041 3855**

Downe and Lisburn Tel: **07725 218 345**

email: smoking.cessation@setrust.hscni.net

Alternatively, you can contact your GP or local pharmacy.

Or go online to: <https://www.stopsmokingni.info>



What happens if employees breach the Smoke Free Policy?

Managers should ensure that employees fully understand the policy and are aware of the availability of support for staff through the Stop Smoking Service and accommodate them to attend. If the policy is breached by an employee, managers should highlight the importance of compliance and that future breaches are likely to lead to action through the disciplinary procedures.

Thank you for supporting our Smoke Free Policy

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