

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



Information for Patients

Frequently Asked Questions

What does Smoke Free mean?

Smoking or using e-cigarettes will not be permitted anywhere on South Eastern HSC Trust sites including buildings, entrances, exits, grounds, car parks and all vehicles.

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 in Northern Ireland per year. 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.

How is it different from the last Smoke Free Policy?

Smoking or using e-cigarettes will not be permitted anywhere on the South Eastern HSC Trust sites. Smoking will not be permitted in cars parked on Trust grounds.

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

Frequently Asked Questions

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.

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.

What happens if I am a smoker?

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

Where possible, patients being admitted for planned treatment will be informed in advance that all South Eastern HSC Trust sites have been **Smoke Free** from 9 March 2016.

It is recognised that attendance at hospital can be very stressful. Therefore inpatients (16+ years) will be offered free Nicotine Replacement Therapy (NRT) to help ease nicotine withdrawal symptoms.

Patients will also be offered referral to the Stop Smoking Service for help and support.

Frequently Asked Questions

What help is available for patients who wish to quit smoking?

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

South Eastern HSC Trust 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 a patient smokes on a South Eastern HSC Trust site?

We would ask that all patients comply with the **Smoke Free** policy.

Patients smoking on Trust sites may be approached by a South Eastern HSC Trust employee, who will draw their attention to the 'No Smoking' signs and explain that the Trust has a **Smoke Free** policy to ensure a healthy and safe environment for everyone. The employee will then ask the patient not to smoke and can be signposted to Stop Smoking Services for support.

Where a patient is advised not to leave the ward or department and chooses to do so in order to smoke, this will be recorded in the patient's notes.

If a patient becomes aggressive or abusive towards any member of staff, the incident will be recorded and managed in accordance with the Trust policy on management of violence and aggression.

Thank you for supporting our Smoke Free Policy