

Easy read information

Going smokefree

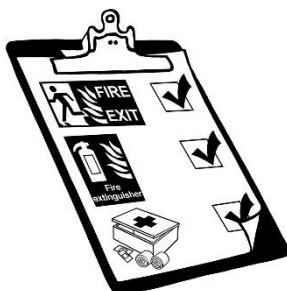
Information for service users, families, carers and supporters



Why are we smokefree?



Smoking is bad for your health and other people around you.



We want to make sure we provide a safe environment for service users, staff and visitors.

What does smokefree mean?



Smokefree means you cannot smoke in any buildings or grounds owned or leased by the Trust.

When you come in to hospital



When you come in to hospital, a specially trained member of staff will:

give you advice and support about not smoking help you choose a nicotine replacement product for example, patches or medication



you **will not** have to wait more than thirty minutes following admission for a nicotine replacement product



write a plan together to help you while you are smokefree – this will say how often you will use nicotine replacement products



help you access more social activities to keep you busy.



Staff are here to help you and will make sure you are comfortable while you are in hospital. If you need support, please ask.



Staff will store any tobacco products, cigarettes, lighters or matches you may have brought into hospital with you. These will be given back to you when you are discharged.



If you would like, staff can give these to a family member or carer to take home for you.

Community services



If you are treated at home or in a community setting you will be asked not to smoke:

- directly before staff visit you
- during their visit.



Staff can help you get support to stop smoking.



Or you can contact your local stop smoking service:



Many pharmacies and GPs are also trained to help you stop smoking.

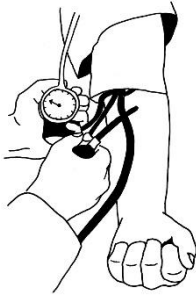


If you feel you cannot or do not want to stop smoking in your home, you may be offered a harm reduction approach.

This may involve starting to use nicotine replacement products to help you smoke less.



Stopping smoking increases your chances of living a longer life.



Other benefits are:
Your blood pressure and pulse will go back to normal.



Your lungs start to clear out mucus and harmful chemicals.



You will find it easier to breathe; coughing and wheezing will also get better.



Your sense of taste and smell will improve.



You should have more energy.



You will be at less risk of having a stroke, developing lung cancer or having a heart attack.



Your overall physical and mental health will improve.

Electronic cigarettes

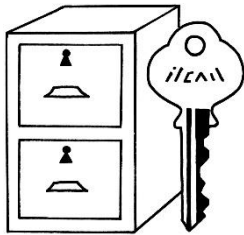
Electronic cigarettes or e-cigarettes are safer than cigarettes and we support their use:



Staff will advise you as to where you can use your e-cigarette.



They should not be used in communal or shared areas.



They should be stored safely and securely and disposed of appropriately.



You will need a risk assessment to use a rechargeable or tank model e-cigarette.

We will not offer e-cigarettes to some individuals including those:



- in secure services or areas where there may be security risks



- under the age of 18



- who are pregnant but if you come in to hospital using an e-cigarette we will offer support for you to continue to do so.

What happens if I smoke within the grounds?



You will be asked to stop smoking.

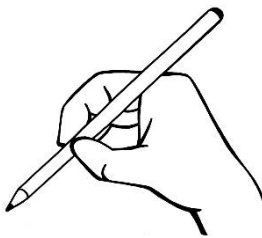


We can work together and offer you more support to help you stay smokefree.



They will talk to you about the risks of smoking while using nicotine replacement products.

Any effect this may have on your medication.



This discussion will be recorded in your notes.



If you feel the need to have a cigarette, please ask staff for more support with nicotine replacement.



If you are unhappy about our services...



Please tell a member of staff.



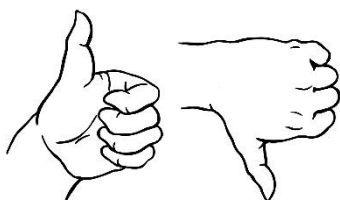
Freephone 0800 052 0219 or



Email tewv.pals@nhs.net.

Feedback

We'd like to know if you thought this information was



- good or bad
- if anything was missing you wanted to know
- if there was anything you didn't understand.

Let a member of your care team know.

Leaflet reference	L918E
Date created	17/08/2021
Archive date	16/08/2024