



Nicotine Management and Smoke Free

From 31 May 2016

Information for Service Users



Smoke
Free

A HEALTHIER PLACE FOR EVERYONE

Why are we smoke free?

- Tobacco smoking is the largest cause of early deaths and preventable illnesses in England.
- One in two long-term smokers will die early from smoking related diseases.
- 42% of all tobacco smoked in this country is smoked by people with mental health problems.
- In 2014 in Sheffield, 66% of people admitted to our in-patient wards smoked, compared to 23% in the general Sheffield population.
- Research shows that 60% of people with mental health problems want to stop smoking, and with the right support can stop smoking.
- Men and women with severe mental illness die 15 to 20 years earlier than the national average. Smoking is the biggest single reason for this difference. Going smoke free will help us to reduce this unacceptable inequality.

Going smoke free the NICE way

SHSC is fully implementing NICE (National Institute for Health and Care Excellence) Guidance published in 2013.

This Guidance states that all NHS sites should provide a safe, smoke free environment for all.

Implementing the Guidance will enable us to meet our duty of care to protect both the health of all our service users and staff.

Our new Nicotine Management and Smoke Free Policy

- From 31 May 2016, SHSC is 100 per cent smoke free.
- Smoking is not permitted in any Trust sites, including wards, buildings, entrances, grounds, gardens, and vehicles parked on Trust grounds.
- This applies to all service users, staff, visitors and contractors.
- Nicotine Replacement Therapy (NRT) is available to help people to manage not smoking while in hospital or on Trust grounds (temporary abstinence).
- NRT includes nicotine patches, inhalers, gum, and lozenges that help to take away the urge to smoke.
- Activities will be offered to help to replace the activity of smoking.
- E-cigarettes cannot be used on our premises by Trust staff and service users who are not in-patients.
- If you are an in-patient and prefer to use an e-cigarette, we will support you to do so. Please see the leaflet on e-cigarettes.
- Support is available to service users and staff who wish to stop smoking permanently.

Yorkshire
Smokefree

SHEFFIELD

What does this mean for service users in hospital?

- If you smoke and are admitted to hospital, you will be introduced to a person trained to assess need and issue Nicotine Replacement Therapy. We pledge to achieve this within 30 minutes of admission.
- You will be closely monitored to ensure that any withdrawal side effects are limited and addressed.
- As well as NRT, activities will be offered to help to take the place of smoking.
- If you wish to stop smoking for good we will support you.
- Cigarettes, tobacco, tobacco related products, lighters and matches are not allowed on our wards.
- If you would like to use e-cigarettes, please see the leaflet Guidance on the use of electronic cigarettes: in-patient units.

Please also see our leaflet on Clozapine and Smoking.

What does this mean for carers and visitors?

If your friend or loved one is in hospital, we ask you to support them by not bringing tobacco or related products on to SHSC premises. If you would like support to stop or reduce your smoking, please contact your local stop smoking service.

What support is available for all service users?

SHSC has invested in training staff so that they can help you adjust to changes that come with this new Policy. We also have over 50 staff trained as smoking cessation practitioners.

- Service users, friends, family, carers, and visitors can also receive support and advice from our local smoking cessation service.

Telephone Yorkshire Smoke Free Sheffield 0800 612 0011 (free from landlines). **0330 660 1166** (free from most mobiles).

What does this mean for service users seen at home or in the community?

- You will be asked if you smoke, and if you would like help to stop. If you do you will be offered a referral for specialist support.
- If you are likely to need admission to hospital you will be encouraged to try NRT, and consider what support you may need to manage your tobacco dependency during your stay in hospital.

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If you smoke and are visited by a member of staff at home, please can you help us?

- We have a duty of care to protect our staff from harm caused by breathing second hand smoke. You can help keep staff smoke free by:
 - Not smoking during the visit
 - Where you can, asking other people in the house not to smoke during the visit
 - Providing a smoke free room or ventilating the room for an hour before the visit, if you can (for example, by opening the window or door)
 - If you unable to do the above, please discuss with a member of staff, as we may be able to make an alternative arrangement.
- Service users receiving home visits will be asked to make a room available that is smoke free or that has been ventilated for an hour before the visit. The service user and others in the home will be asked not to smoke for the duration of the home visit.

The Trust recognises that smoking or not smoking is a matter of individual choice. Being smoke free presents an opportunity not an obligation to stop permanently.

For further information

Please talk to a member of staff or email:
smokefree@shsc.nhs.uk

The following leaflets are also available:

- Easy read information for service users: nicotine management and smoke free
- Guidance on the use of electronic cigarettes: in-patient units
- Clozapine and smoking
- Activities on the ward: a guide with lots of activities to improve the ward environment
- Nicotine management and smoke free: frequently asked questions



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Feedback

We welcome feedback. Please send your feedback to smokefree@shsc.nhs.uk or see the address and phone number below.

We also welcome any feedback you may have about our services in general. Please send your comments, concerns, complaints and compliments to:

Post: Corporate Affairs, SHSC, Fulwood House,
Old Fulwood Road, Sheffield S10 3TH

Email: complaints@shsc.nhs.uk

Tel: 0114 2718956

Find out more at: shsc.nhs.uk/about-us/smoke-free

For information email: smokefree@shsc.nhs.uk

