

How do I quit smoking?

Most people need help to quit smoking.

For more information and assistance, there are many excellent resources currently available to assist you if you decide to quit smoking.

FOR HELP TO QUIT SMOKING CONTACT:

NSW Quitline on 13 7848 for full counselling service available 24 hours or to get a copy of the Quit kit.

Reasons to quit smoking

- Tobacco smoking is a proven risk factor for a range of fatal and debilitating diseases and conditions such as heart disease, stroke and cancer.
- Most of the health problems from smoking decline rapidly after quitting:
 - Just 20 minutes after stopping smoking the heart rate reduces
 - After 12 hours blood levels of carbon monoxide reduce dramatically
 - After one year the risk of coronary heart disease is halved, and
 - 10 to 15 years after quitting the risk of coronary heart disease and stroke is the same as someone who has never smoked.
- Smoking is an expensive habit. Smoking one \$10 pack of cigarettes per day, will cost \$3,650 per year, and over five years that is \$18,250.

HUNTER NEW ENGLAND
NSW HEALTH

© Hunter New England Health 2008. All rights reserved.

Smoke-free Health Service Policy

Information for Patients & Visitors



'Let's clear the air'

HUNTER NEW ENGLAND
NSW HEALTH

 **Quitline 13 7848**

Smoke-free Health Service policy

All Hunter New England Health facilities including hospitals, grounds, car parks, buildings and vehicles are completely SMOKE-FREE.

Under this policy visitors, patients and staff are not permitted to smoke anywhere on any health service sites.

Hunter New England Health is asking patients, visitors and staff not to bring cigarettes onto any of our sites.

It is a condition of entry that visitors, staff and patients do not smoke on any Hunter New England Health grounds, car parks, buildings and in our vehicles.

Your questions answered...

WHY IS PROVIDING A SMOKE-FREE ENVIRONMENT IMPORTANT?

Smoke-free sites help reduce the harm associated with breathing in other people's smoke as well as improve the health of staff, patients and visitors by encouraging them not to smoke.

Smoking is recognised as the single largest preventable cause of death and disease in Australia. Medical evidence has confirmed that tobacco smoking and passive smoking are harmful to your health and are a cause of heart disease, stroke, several forms of cancer, bronchitis and can worsen the effects of asthma.

WHAT SUPPORT WILL BE AVAILABLE FOR PATIENTS THAT SMOKE?

Because tobacco is addictive inpatients might have withdrawal symptoms while they are in hospital.

Smokers will be offered nicotine replacement therapy (NRT) to manage their nicotine withdrawal symptoms during their hospital stay. Please speak to your nurse about NRT patches.

Patients wishing to use their stay in hospital as an opportunity to commence a quit attempt will be offered referral to the Quitline telephone counselling service and three days worth of NRT patches on discharge.

WHAT IF A VISITOR/PATIENT DOES NOT COMPLY WITH THE SMOKE-FREE POLICY?

It is a condition of entry that visitors, staff and patients do not smoke on any Hunter New England Health grounds, car parks, buildings or in our vehicles. Visitors and patients not complying with the policy will be asked to either put out their cigarettes or move off the Health Service site.

If the person refuses to leave, the normal processes for managing people who refuse to leave when requested to do so, will be followed. Under the Inclosed Lands Protection Act 1901 (NSW) a person who remains on hospital premises after being requested to leave by the owner commits an offence. Patients wishing to leave our sites in order to smoke will not be allowed to take any equipment belonging to Hunter New England Health.

