



**HSC** Western Health  
and Social Care Trust

**HSC** Public Health  
Agency

[www.stopsmokingni.info](http://www.stopsmokingni.info)

# Smoke Free

## Patient Information Leaflet

Speak to one of our healthcare professionals  
or call our Smoking Cessation team.

**0800 9179388**



**Welcome to the Western Health and Social Care Trust (WHSCT) a smokefree organisation. This means that smoking and vaping is prohibited in all areas of the Trust, including all buildings, doorways and entrances, grounds and car parks, Trust owned vehicles and privately owned vehicles.**

### **Why Smokefree?**

The purpose of the smokefree policy is to protect and improve the health and well-being of all patients, employees, visitors, volunteers, contractors and other people entering The Western Trust Premises. Smokefree hospitals and grounds comply with smokefree legislation to create a clean, pleasant and smokefree environment for everyone including people trying to stop smoking and reduces triggers that cause many to smoke or relapse to smoking. Smoking increases patients risk of complications and often delay their recovery. If smoking occurs at entrances to the hospital and windows, the smoke will drift back in through doors and windows and pose a further hazard to health and well-being of inpatients.

### **Stop Smoking Support for Patients**

If you have a planned procedure in the hospital, stopping smoking weeks or even months before your stay in hospital will really help your recovery. Time in hospital can be a great opportunity to quit smoking and research shows hospitalised patients

are more successful at stopping smoking than other smokers. Our staff are here to help and support you throughout both your hospital stay and when you go home. All patients who smoke will be prescribed Nicotine Replacement Therapy (NRT) and referred to our Smoking Cessation Team. They will provide advice, support and treatment following discharge from hospital. Family and friends who wish to stop smoking will also be welcomed to attend our community Stop Smoking Clinics, where an assessment of individual Smoking Behaviour is carried out and appropriate treatment is prescribed by a Specialist Smoking Cessation Nurse.

### **What will Happen if I Don't Comply?**

Patients will be given every opportunity to comply with the smokefree policy, offering support and prescribed Nicotine Replacement Therapy (NRT) to ease withdrawal symptoms when stopping smoking during their stay in hospital. Anyone smoking on site will be asked not to smoke. Staff are expected to remind patients and visitors of the smokefree policy highlighting that there is no designated area to smoke on any trust site.

**Smoking can seriously damage your health – breathing tobacco smoke can kill. We care about your health and as a health care organisation, we do not encourage smoking. There are no smoking facilities on site.**

