

Assistance for people who smoke

This flyer contains important information about how we can assist you while you are in hospital in our smokefree environment. It aims to answer commonly asked questions and provide some useful tips.

Barwon Health is a SmokeFree environment

All Barwon Health grounds and buildings are smoke free. There are also smoke free zones on the footpaths near the building entrances.

This is consistent with our aim to provide a healthy environment for all our patients, visitors and staff.

Is there anywhere I can smoke while I am an inpatient at Barwon Health?

You can leave the hospital grounds to smoke, however, you do so at your own risk. Barwon Health staff are not permitted to accompany patients outside of the hospital to smoke.

But I'm not ready to quit! How will I cope?

We understand that you might not be ready to quit and you may have withdrawal symptoms and cravings. We can discuss this with you on admission.

Staff will offer assistance to help you not smoke while you are on hospital grounds, including nicotine replacement therapy (NRT). Additional support options are included on the next page.

How will staff know if I really need a smoke?

Our staff will check with you regularly about how you are feeling. If you are not coping and need further assistance, please let the nursing staff know. You can use the visual scale at the bottom of this page to communicate how you are feeling.

Available support

Some people want to utilise the support provided while they are in hospital to help them stop smoking. Support includes discussions with staff, and receiving information about services in the community, such as our **'Be Smokefree' clinics**, for when you are discharged.

Additionally, you can talk to someone from the **Quitline** (between 8am and 8pm). This is a free call from any of the inpatient phones. The number is written on the phone stickers - **57848 (5QUIT)**. If you are calling the Quitline from outside the hospital the number is 13 78 48.

Quit also has some great online resources which you can find at www.quit.org.au or via the **My QuitBuddy app**. You can use the free Barwon Health wifi while you are a patient. You can also ask staff for a **Quit book**.

How would you describe your urge to smoke?

<p>None (Score = 0)</p>  <p><i>"Not thinking about smoking"</i></p>	<p>Slight (Score = 1)</p>  <p><i>"Might feel like a smoke soon"</i></p>	<p>Mild (Score = 2)</p>  <p><i>"I need a smoke"</i></p>	<p>Moderate (Score = 3)</p>  <p><i>"Really need a smoke"</i></p>	<p>Severe (Score = 4)</p>  <p><i>"Desperate for a smoke"</i></p>
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Managing cravings and withdrawal symptoms

In addition to craving a cigarette, you may experience withdrawal symptoms, including: irritability, frustration, anxiety or difficulty concentrating.

What can I do to stop cravings?

There are a number of strategies that you can use to manage your cravings.

- **Deep breathing** is useful – focus on your breath and take long slow breaths in and out
- **Drinking water or chewing gum** can also help, or nibbling on healthy snacks such as small pieces of apple
- **Doing something else** provides a distraction – reading a magazine, doing crosswords or puzzles, doodling, listening to music, phoning a friend...

What sort of nicotine replacement is available when I am in hospital?

Most people will use the nicotine patches that are applied to the skin to provide a continuous amount of nicotine.

We also provide NRT that acts more quickly to help with breakthrough cravings. Lozenges, gum and inhalers are examples of this sort of product. Staff can talk to you about the product that best suits your needs. They will also explain how to use the products so that they are most effective.

Do I get charged extra for nicotine replacement therapy?

Like all other medication provided during your stay, nicotine replacement therapy is provided at no charge. You can also receive NRT on discharge if you wish to continue your effort to quit and are planning to discuss this with your doctor. This is charged at the same rate as other discharge medications.

Remember:

- ✓ Barwon Health buildings and grounds are Smoke free.
- ✓ You will be supported to manage your smoking while you are an inpatient at Barwon Health.
- ✓ We can help you manage cravings with nicotine replacement therapy or other strategies.
- ✓ There is free access to the Quitline from your inpatient phone and free wifi to help you access online smoking resources.
- ✓ Let the clinical staff know if you are having cravings or other withdrawal symptoms.



Think this document can be improved?

Email wise@barwonhealth.org.au

Your health and wellbeing improve from the day you quit smoking

After 48 hours

Your ability to taste and smell is greatly improved

After 1-2 weeks

Your circulation improves and your lung function increases

After 5 years

Your risk of heart attack and stroke falls dramatically

After 8 hours

The carbon monoxide level in your blood returns to normal

After 72 hours

Your breathing becomes easier and your energy levels increase

After 1-9 months

Coughing and shortness of breath decreases

After 10 years

Your risk of lung cancer falls to about half of that of a smoker

