



# **A Smoke-Free NHS Case Study**

**PAT SMITH**

**OCCUPATIONAL HEALTH  
NURSE ADVISOR**

**AIREDALE NHS TRUST**

# Excerpts from White Paper – Chapter 4



- ‘By the end of 2006, ... the NHS will be smokefree’
- ‘we will... consult widely... on the special arrangements needed for regulating smoking in certain establishments, such as hospices, prisons, and long stay residential care’

# Why the NHS needs to be smoke-free



- Workplace bans work:
  - Help smokers to quit
  - Reduces exposure of non-smokers to tobacco smoke pollution
  - Reduces consumption

# Our Smoke Free Hospital



**SmokeFree**  
Liberate the workplace!

## WHY?

- Because second-hand tobacco smoke and “side-stream” smoke is a serious health hazard causing diseases such as asthma, heart disease and cancer

## WHAT OUR SMOKE FREE HOSPITAL DOES....

- Protects the health of patients, staff and visitors
- Provides a clean and pleasant healthcare environment
- Improves the safety of the site
- Improves patient comfort and recovery

# Smoke Free Site



**SmokeFree**  
Liberate the workplace!

In addition to smoke free buildings the Trust is committed to a smoke free site because:

- as a hospital we should demonstrate our rejection of a behaviour which causes over 100,000 deaths each year
- it is difficult to ensure adherence to a smoking ban in the hospital unless the whole site is included
- it emphasises the incompatibility of smoking with the goal of securing health and wellbeing for our patients

# Health Development Agency's 5 stage approach:



- 1 Commit to the policy
- 2 Create the policy
- 3 Ensure cessation support is available
- 4 Communicate
- 5 Consolidate

# 1 Commit to policy



**SmokeFree**  
Liberate the workplace!

- Identify a 'Champion'
- Secure visible senior commitment
- Create a 'working group'
- Identify financial/human resources
- Consider smoke free options

## 2 Create the policy



- Draft policy
- Consultation
- Anticipate/deal with common challenges
- Finalise policy & approve
- Ensure achievable time-scale for lead-in period & full implementation

### 3 Ensure cessation support is available



- For staff
- For patients
- Training
- Access to pharmacotherapy

## 4 Communicate



- Adopt & advertise a firm date
- Communicate internally & externally
- Inform ancillary/contractual workers
- Ensure ownership

# 5 Consolidate



**SmokeFree**  
Liberate the workplace!

- Introduce working policy
- Deal with problems
- Regular enforcement
- Monitor
- Review

# Working and implementation group



**SmokeFree**  
Liberate the workplace!

Medical Director (chair)  
Smoking Cessation  
Respiratory Nurse  
Specialist  
Claims Manager  
Trust Board Secretary  
Fire Officer  
Director of Nursing  
HR Manager

Communications Manager  
Occupational Health  
Manager  
Pharmacist  
Union  
Staff smoker  
Service user (from PPF)  
PCT  
Health and safety manager

# Implementation of the policy - whose job is it?



**SmokeFree**  
Liberate the workplace!

“All employees, trainees and volunteers are asked to help the Trust implement this policy by alerting and encouraging employees, trainees, volunteers, visitors and service users to adhere to the policy”.

Staff are not required to put themselves at risk of harm from abuse.



# Key challenges?



**SmokeFree**  
Liberate the workplace!

Should grounds as well as buildings be smoke free?

- Avoids problem of deciding where smokers can smoke outside
- Saves money e.g. maintaining smoking shelters
- Avoids smoking drifting in through doors and windows
- Prevents patients from smoking whilst in hospital so reduced recovery periods and reduced treatment costs



*"I've set up a smoking section for you guys. If you look through that high-powered telescope, you'll actually be able to see it."*

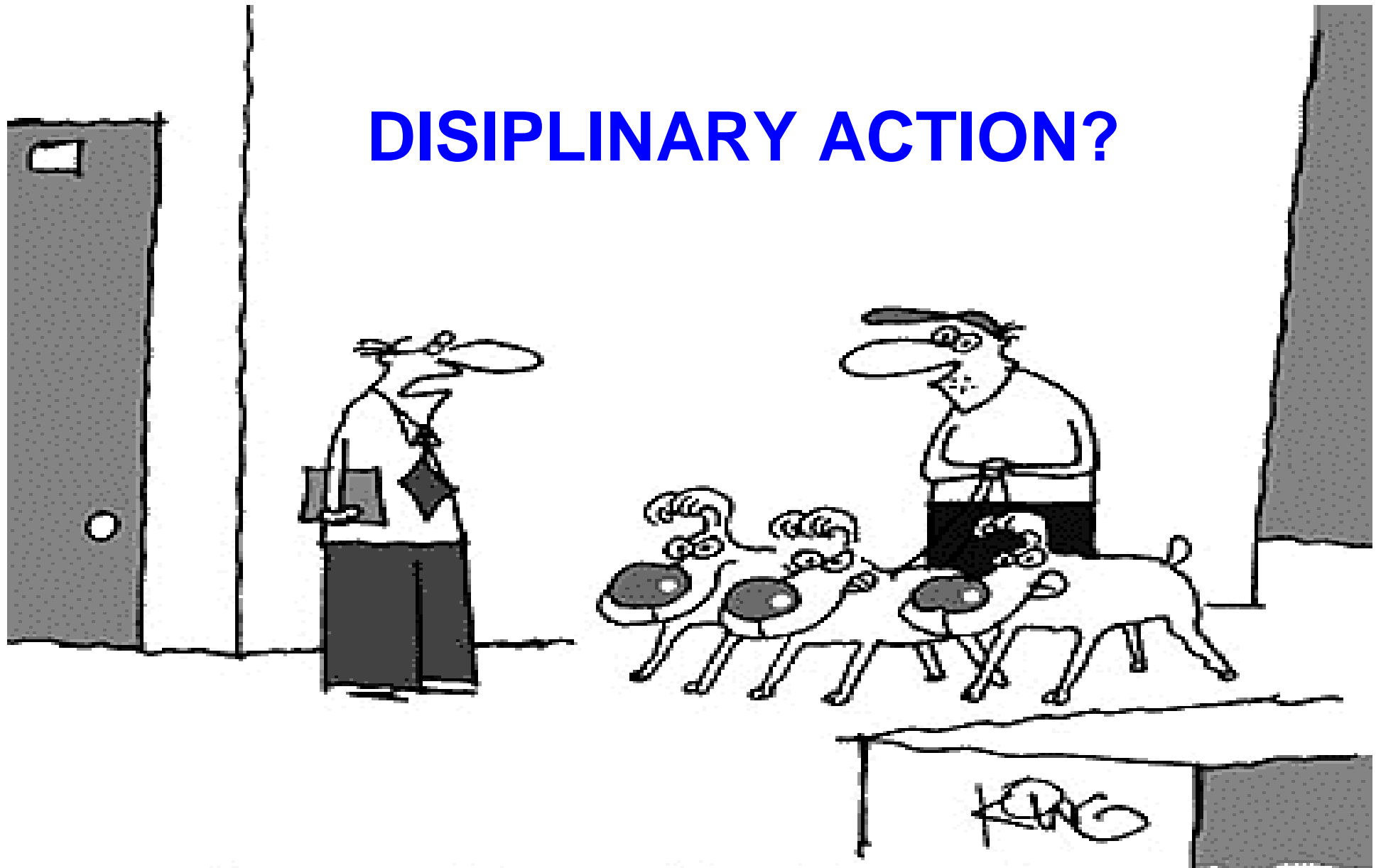
# Potential Problems

- Policing
- Fire risk
- Disciplinary procedures
- Exemptions
- Funding
- Maintaining momentum



**SmokeFree**  
Liberate the workplace!

## DISCIPLINARY ACTION?



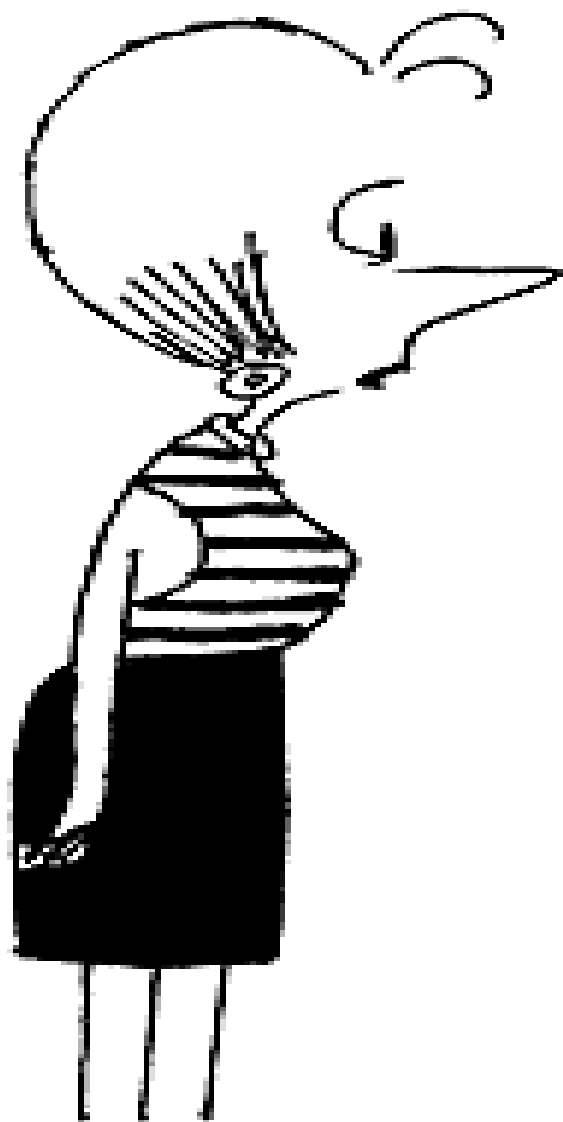
*"Someone's smoking in section three. Release the hounds."*

# SMOKE FREE BUILDINGS/SMOKE FREE GROUNDS



**SmokeFree**  
Liberate the workplace!

- lower fire risks
- reduced insurance premiums
- better staff morale
- more productive working time
- reduced cleaning and redecoration costs
- reduced staff sickness
- happier and healthier customers
- improved business image
- ‘Policing’ who’s responsibility
- Enforcing and reporting
- disciplinary action?
- Smoking shelters (cost, cleaning)
- Signage (needs to be visible, cost involvement)
- Support for staff who want to stop smoking
- Support for temporary abstinence?



**"It took 279 nicotine patches, but I  
no longer have the urge to smoke."**

# NHS HELPLINE TELEPHONE NUMBERS



- **NHS Smoking Helpline: 0800 169 0 169**
- **Gail Stringer – Bradford District Health development Partnerships**  
**01274 363592**  
**Email [gail.stringer@bradford.nhs.uk](mailto:gail.stringer@bradford.nhs.uk)**
- **<http://www.gosmokefree.co.uk/>**
- **<http://www.smokefreeengland.co.uk/>**