

## Advice for CUH Staff

CUH staff are not permitted to smoke on campus during working hours. For staff who wish to suspend smoking behaviour, free NRT products are available, in addition to support from the Hospital's Smoking Cessation Service.

### QUIT TIPS

- Prepare to quit
- Set a quit date
- Ask family / friends for support
- Think positively, you can do this
- Watch what you eat
  - Be active
- Save money and spoil yourself
  - Take one day at a time



### STOPPING SMOKING

is the single most important thing a person can do to improve their health at any age!

## The Four D's Dealing with cravings

- Delay at least 3-5 minutes and the urge will pass
- Drink a glass of water or fruit juice
- Distract yourself. Move away from the situation
- Deep breaths. Breathe slowly and deeply

Thank you for helping us to ensure a healthier, safer and cleaner environment for all by:

- Not smoking on campus
- Leaving your cigarettes at home
- Using nicotine replacement patches & inhalers if needed, while in hospital
- Please note that Electronic Cigarettes are not permitted on CUH Campus

Help and advice on how to stop smoking is available on the:

Freephone Quitline on 1800 201 203

Free Text Quit to 50100

Visit [www.quit.ie](http://www.quit.ie) & sign up to quit plan  
Like at [facebook.com/HSEquit](https://www.facebook.com/HSEquit)

For CUH patients / staff members:

CUH Smoking Cessation Services  
Tel: 087 121 9633 (9.00am - 5.00pm Mon - Fri)



## Cork University Hospital INFORMATION LEAFLET



*A Smoke-Free Campus since May 2010*

# CUH

## A Smoke-Free Campus

Cork University Hospital (CUH) is a Smoke-Free Campus. Smoking, or the use of electronic cigarettes, is not permitted anywhere on the hospital grounds. As a health promoting hospital, and as a major provider of health care in the community, CUH strives to create a healthy environment for our patients, employees, students, visitors, volunteers and everyone who comes on our campus.

The introduction of the Smoke-Free Campus policy is in keeping with CUH's status as a Smoke Free Hospital, a health promoting hospital and its designation as one of eight Regional Cancer Centres nationwide.

Smoking is the leading preventable cause of disease and death in the world. Tobacco smoke harms every organ of the body.

There is no safe level of exposure to second hand smoke. Second hand smoke exposure contributes to a range of diseases including heart disease and many cancers. Smoking also delays wound healing and increases the risk of infection.

It is therefore imperative that CUH provides an environment that is committed to wellness and illness prevention and which also supports patients and staff to stop smoking.



## The Benefit of a Smoke-Free Campus is

- To protect and improve the health, safety and welfare of staff, patients, visitors, contractors and the wider community.
- To provide a healthier, cleaner, safer environment for all.
- To provide an environment committed to wellness and illness prevention.
- To provide better health outcome for patients and greatly improve the patients recovery.
- To prevent exposure to second-hand smoke.



## Information for Patients

### Prior to Admission

All patients are advised of the CUH Smoke Free Campus policy in advance of their appointment /admission to the Hospital through their appointment or admissions letter.

For advice and support on smoking cessation patients should to contact their GP to discuss options for nicotine replacement therapy (NRT) if being admitted to Hospital.

### On Admission

To suspend smoking while in hospital, patients can avail of free combined NRT (patches and inhalers) if they choose.

An individual smoking cessation care plan will be developed for patients who choose to avail of NRT.

Visiting family members are requested to respect our smoke free campus policy.



Ireland now has more **QUITTERS** than smokers!