

Advice for CUH Staff

The hospital is committed to supporting staff in abstaining from smoking during working hours or, if they choose, to support them with smoking cessation. Free nicotine replacement products are available to staff as well as 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 products 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 1800201203

Free Text Quit to 50100

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

For CUH patients / staff members:

CUH Smoking Cessation Services

Tel: 087 1219633 (9.00am - 5.00pm Mon - Fri)



Cork University Hospital INFORMATION LEAFLET



A Smoke-Free Campus from 31st May 2010



CUH A Smoke-Free Campus

Cork University Hospital (CUH) is a Smoke – Free Campus from (31st May 2010). From that date, smoking, or the use of electronic cigarettes, is not permitted anywhere on the hospital grounds, inside or out.

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 new Smoke-Free Campus policy is in keeping with CUH's status as a Smoke Free Hospital, a Health Promoting Hospital and it's designation as one of eight regional cancer centres nationwide.

With smoking being the leading preventable cause of disease and death in the world, it is important that hospitals are at the forefront of providing an environment that is committed to wellness and illness prevention and which supports patients and staff to stop smoking.

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 can also delay wound healing and increase a risk of infection. Electronic cigarettes are not currently devices safe for use.

Benefits of a Smoke-Free Campus

The benefits of a Smoke Free Campus include:

- protecting and improving the health, safety and welfare of staff, patients, visitors, contractors and the wider community
- providing a healthier, cleaner, safer environment for all
- providing an example of an environment committed to wellness and illness prevention sends a clear powerful message to the general public that CUH supports positive health initiatives
- providing better health outcome for patients as smoking cessation greatly improves the chances of patients' recovery, which is the aim of being in hospital
- creating a supportive environment for patients, staff and others to stop smoking
- protecting both smokers and non-smokers from exposure to second-hand smoke

**25% of people
stop smoking
if it is promoted by a
health professional**



Advice for Patients

Prior to Admission

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

Patients are requested to contact their GP for advice on smoking cessation support and to discuss options for nicotine replacement therapy if being admitted to Hospital.

On Admission

To help and support patients to manage their smoking cessation during their stay in hospital, free nicotine replacement therapy (patches or inhaler) will be prescribed on admission.

An individual smoking cessation care plan will be developed for patients who wish to avail of this free service.

