

Cork University Hospital Smoke Free Campus *from* 31st May 2010

Q: Why is CUH going smoke-free?

A: 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. It is also in keeping with the designation of CUH as a Smoke Free Hospital, and one of the eight designated regional cancer centres. In addition, non-smoking patients, visitors and staff deserve smoke free, litter free areas surrounding the hospitals entrances, and other public spaces.

Q: What does smoke-free mean?

A: With effect from 31st May 2010 Cork University Hospital will become a smoke free campus. This means that there will be no smoking inside or outside any buildings or place on the hospital campus. This includes outside doorways, walkways, car parks, roads and bicycle sheds. It also includes inside cars that are parked on the property of CUH.

Q: Why now?

A: Since the abolition of indoor smoking following legislation, the provision of outdoor facilities gives the impression that smoking is a normal and indeed highly visible activity, which is not in keeping with the ethos of a health care institution. It is also a requirement of the hospitals membership and commitment to the European Network of Smoke Free Health Services.

Q: Are patients and staff expected to quit smoking?

A: This is not an initiative to get people to stop smoking (but assistance is available from CUH if they chose to do so) but rather to ask people not to smoke while on Cork University Hospital grounds.

Q: What are the benefits of going totally smoke free?

A: The benefits are threefold;

- A smoke free campus provides a healthier, safer, workplace with reduced hazards, and risks for all employees.
- Smoking cessation improves the chances of patients' recovery, (which is the aim of being in hospital).
- Providing an example of an environment committed to wellness and prevention sends a clear powerful message to the community that the hospital supports positive health initiatives.

Q: What is so harmful about smoking?

A: Smoking is the leading preventable cause of disease and death in the world. According to the World Health Organisation over 5 million people world wide, died last year as a result of smoking related diseases. Statistics from the Office of Tobacco Control report that in Ireland in 2009 over 6,000 people died as a result of smoking related diseases. Smoking is linked to several medical conditions including cancer, heart, lung and vascular diseases. In

addition, smoking is harmful to those who are near the person engaging in the behaviour through second and third hand smoke.

Q: What kind of support is CUH providing for employees who smoke?

A. The hospital has a Smoking Cessation Support Service available. One-to-one counselling service, group smoking cessation support, smoking cessation literature, and free nicotine replacement therapy are readily available.

The national smoker's quitline and the [www.giveupsmoking .ie](http://www.giveupsmoking.ie) website are available for staff through the HSE intranet service

Q: What kind of support is CUH providing to inpatients who smoke?

A. All inpatients will have been advised of the new smoke free policy prior to their admission to hospital. It is hoped that prior to coming into hospital patients will have met with their GP and, if necessary, will have commenced a course of NRT. On admission to hospital patients who smoke will be offered NRT and smoking cessation support as part of their treatment. The hospital has a Smoking Cessation Support Service available. One-to-one counselling service, group smoking cessation support, smoking cessation literature and free nicotine replacement therapy are also available.

Q: What if someone does not comply with the policy and continues to smoke?

A. CUH staff are empowered and expected to communicate this policy with courtesy and diplomacy to other employees, patients, visitors, contractors and other stakeholders. If an individual continues to breach the policy, management will be contacted for additional advice / assistance.

Q: Why not provide a designated smoking area?

A: CUH is committed not just to healing illness but to promoting wellness. Allowing smoking on our campus, even in designated areas, is not consistent with this commitment.

- Providing a space to smoke does not assist patients with quitting, or provide a healthier environment for them.
- Having a smoking shelter sends a message of approval for smoking.

CUH management thank staff, in advance, for their co-operation with the smoke free policy.