

## We are a Smoke and Vape free Trust

### Other formats

If you need this information in another format such as audio tape or computer disk, Braille, large print, high contrast, British Sign Language or translated into another language, please telephone the PALS desk on 01271 314090.

Northern Devon Healthcare NHS Trust is a smoke and vape free Trust; this is for the benefit of all patients, staff and visitors.

### What does this mean?

On Monday 17 June 2019 we will become a completely smoke and vape free site. This means smoking will not be allowed on any of the grounds or buildings owned or leased by Northern Devon Healthcare NHS Trust. This applies to service users, staff, carers and visitors to Trust premises.

Making sure that NHS services are smoke free helps the health of people who use the Trust's services as well as the health of the people who work there.

If you smoke or vape on Trust premises you will be asked to stop by staff.

If you are coming in to hospital for an appointment or procedure, or are visiting someone in the hospital please do not bring any tobacco products, vaping equipment or lighters with you.

### Some key facts about smoking

- Smoking is the biggest single cause of ill health and premature death in the UK.
- Second hand smoke – breathing other people's smoke – has now been shown to cause lung cancer and heart disease in non-smokers, as well as many other illnesses and minor conditions.
- Being around smoke for a short time can make breathing problems like asthma worse.
- You can use nicotine replacement therapy instead of smoking. This will help you to stop smoking and also help with any withdrawal symptoms you may have.
- Stopping smoking helps to improve your mental health including reducing anxiety, depression and stress and may mean you are able to reduce the dose of certain medication.
- Stopping smoking will save you money. People who smoke 20 cigarettes per day could save around £2500 per year.

## What are the benefits of giving up smoking?

After 20 minutes	Your blood pressure and heart rate return to normal
After 8 hours	Nicotine and carbon monoxide levels in your blood half, oxygen levels return to normal
After 1 day	Your lungs start to clear mucus and carbon monoxide is eliminated from your body
After 2 days	Ability to taste and smell is greatly improved
After 3 days	Your breathing becomes easier and energy levels improve
After 3-9 months	Improvement with coughing, wheezing and breathing and lung function improves by around 10%
After 5 years	Risk of stroke returns to that of a non-smoker
After 10 years	Risk of lung cancer returns to that of a non-smoker

## What help can you expect from us and what we expect from you

Staff at Northern Devon Healthcare NHS Trust, your GP or community provider can give you information about where you can get help to quit smoking.

You can contact your local stop smoking service for support.

### For people using our services in the community

If you are receiving treatment at home or in a community setting, you will be expected to provide a smoke and vape free environment for staff who are visiting you.

Second-hand smoke or passive smoking can damage health. Please help by:

- Not smoking inside the house for at least one hour before the home worker comes to your house.
- Do not smoke during the visit.
- Open the windows and doors if you have been smoking.
- Do not let other people smoke in the house.
- Try to keep one room in the house smoke free at all times.

If your home is not smoke free when the staff member visits you they may have to arrange to visit you at some other place which is smoke free. The staff member will tell you about this.

### For people who are admitted to hospital

If you are admitted to hospital we can provide nicotine replacement products to help with the cravings for a cigarette, please ask one of the nursing staff. Nicotine replacement products, such as patches gum, lozenges and inhalators are available.

You will have the option to temporarily stop smoking during your stay, or you could have the option to take this opportunity to quit smoking with the support from a trained member of staff.

## Where can you get help and support to quit smoking?

You can access help to stop smoking by contacting one small step on [hello@onesmallstep.org.uk](mailto:hello@onesmallstep.org.uk) or speak to one of their wellness advisors on

0800 298 2654 (freephone)

01392 908 139 (local rate)

### **PALS**

The Patient Advice and Liaison Service (PALS) ensures that the NHS listens to patients, relatives, carers and friends, answers questions and resolves concerns as quickly as possible. If you have a query or concern call 01271 314090 or e-mail [ndht.pals@nhs.net](mailto:ndht.pals@nhs.net). You can also visit the PALS and Information Centre in person at North Devon District Hospital, Barnstaple.

## Have your say

Northern Devon Healthcare NHS Trust aims to provide high quality services. However, please tell us when something could be improved. If you have a comment or compliment about a service or treatment, please raise your comments with a member of the staff or the PALS team in the first instance.

'Care Opinion' comments forms are on all wards or online at [www.careopinion.org.uk](http://www.careopinion.org.uk).

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