

# PROUD TO BE **SMOKEFREE**

**INFORMATION LEAFLET - COMING INTO HOSPITAL**



## **WHY HAS THE UNIT GONE SMOKEFREE?**

We want to reduce harm to people who come into our units. We want to create healthy environments that promote wellness.

## **WHAT DOES GOING SMOKEFREE MEAN?**

People are not permitted to smoke anywhere in the unit or on its grounds. There are no designated areas where smoking is permitted. If you smoke, we will support you to quit or abstain while you are in hospital and have a number of ways you can do this.

## **HOW ARE WE SUPPORTING PEOPLE WHO SMOKE?**

We recognise that coming into hospital can be a stressful time and that giving up smoking can also be stressful, so as a unit we will do the most we can to support you.

We routinely ask people before they come into hospital and as soon as they come into hospital if they smoke or not, so that we can offer support to those who may need it.

We have specially trained clinicians who can assess nicotine dependency and offer a range of nicotine replacement therapies, and provide access to behaviour change support to anyone wishing to stop smoking permanently or to abstain temporarily.

We will offer the use of an electronic cigarette as an alternative to smoking and have a number of reading materials available on the unit which might be helpful, as well as staff who are available to support you.

## **CAN PATIENTS USE E-CIGARETTES ON LIVEWELL SOUTHWEST SITES?**

E-cigarettes are available on the unit and can be brought in by visitors. There is a branded type available on the unit, however if

you use your own, we will check that this is safe before it can be used on the unit. We do allow people to use their own in the main, and won't prevent this unless we feel it is unsafe. If you bring in cigarettes, tobacco products or lighting materials we will ask that these are kept safely in a property store until you go home.

The use of e-cigarettes will be limited to the garden area of the wards and should not be used in communal indoor areas of the wards.

## **HOW SHOULD E-CIGARETTES BE STORED AND DISPOSED OF?**

People who use e-cigarettes must store their device safely and securely. Each ward has a room available for charging these devices. We do not promote the sharing of these items for infection control reasons and people should not use these near oxygen / naked flames.

E-cigarettes must be disposed of in a designated bin so that the battery and plastic can be recycled, in line with EU regulations.

## **ARE E-CIGARETTES SAFE TO USE?**

Experts suggest that e-cigarettes are much less harmful than tobacco cigarettes.

## **HOW CAN I GET FURTHER ADVICE AND SUPPORT?**

If you would like advice and support to quit smoking please contact the Wellbeing Team on 01752 437177. You can also email via [oneyou.plymouth@nhs.net](mailto:oneyou.plymouth@nhs.net) or visit [www.oneyouplymouth.co.uk](http://www.oneyouplymouth.co.uk).

## HELPFUL APPS - ANDROID

### Smoke Free - Stop Smoking Now

This is the stop smoking app that science built. Over 20 different, evidence-based, techniques to help you become - and stay - smoke free. See how much money you've saved, how many cigarettes you've not smoked, how long you've been smoke free, how much life you've regained and how your health is improving.

### Smoking Virtual Cigarettes

Simulation of smoking a virtual cigarette for free! Now you can smoke as many cigarettes as you want! It's totally healthy and available for free. It's the best game when you want to quit smoking. Instead of a real cigarette grab a virtual one and stay more healthy without losing money.

### QuitNow!

QuitNow! offers you real-time stats, anytime, to help you cope with anxiety:

- The time (days, hours, minutes) since the last cigarette of your life
- How many cigarettes you have avoided
- The money and time you have saved

### 101 Days To Quit Smoking For Good Free

Thanks to our free app, get rid of the poisonous addiction that also destroys your finances. Gain back your control over your life and quit smoking now. The initial period will seem hard, and you will be tempted - which is why you need us!

## **Stop Smoking in 2 Hours**

Addiction and health author Jason Vale ran a “Stop Smoking” clinic for 9 years and successfully helped thousands of people to become smoke-free. Jason used to smoke 40-60 cigarettes a day himself, until he learnt the secret to stopping in 1995, and hasn’t smoked since! Now, YOU can learn Jason’s secret from his tried and tested programme.

## **Stop Tobacco Mobile Trainer. Quit Smoking App Free**

Would you like to quit smoking? If your answer is yes, you are making one of the best decisions in your life. Download the Stop Tobacco Mobile Trainer for free and start a new life!

## **Compassion Today!**

Compassion Today! is a portal to “3D” compassion (caring for others, self, and the Earth). Enter and transform yourself and your world! Note, post, and share your insights, discoveries, and acts of daily compassion.

## **Easy Way To Quit Smoking**

Do you want to quit smoking? Easy Way Quit Smoking is an application that helps you stop smoking, by giving help and encouraging messages, and providing statistics about your finances and health to help you get motivated to smoking cessation. Get data about money saved to quit smoking and data about your health and stop smoking tips.

## HELPFUL APPS - IOS

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### Gotta Smoke?

The path to stop smoking and stay quit is as individual as the smoker themselves and it's incredibly important to arm oneself with the right tool for a successful outcome. Starting with small, achievable steps Gotta Smoke? builds your confidence and helps you reach your ultimate goal - A smoke-free life!

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### **Phone Smoker - Stop Cigarette And Cigar Smoking Simulator**

If you are planning to leave smoking then this is a perfect app for you. You can smoke as many cigarettes as you want with this app without having any danger.

Inhale and exhale (blow) at your device's mic and see the real smoke with virtual cigarette.

### **Vapor Cigarette Simulator**

Completely replaces the cigarette or other tobacco product.

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### **Cigarette Tracker App**

Want to keep track and record your day to day smoking habit? Then have this useful Cigarette Tracker App application. Cigarette smoking is injurious to health, in spite of knowing this, many of us have a habit of smoking daily. To get out from this problem we have developed “Cigarette Tracker App”, which can count your daily, monthly or you can even set the range of dates for which you want to check the number of smoked cigarettes.



Public Health  
England

# HOW ARE YOU?

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Search **One You Plymouth** and take the free health quiz to see how you score.

**TEL** 01752 437177

**EMAIL** [oneyou.plymouth@nhs.net](mailto:oneyou.plymouth@nhs.net)

**WEB** [www.oneyouplymouth.co.uk](http://www.oneyouplymouth.co.uk)

**ONE YOU PLYMOUTH**

**Livewell**  
Southwest