

Hospital visitors

Visitors must refrain from smoking or smoke only in an outdoor Nominated Smoking Place.

Staff will inform you where this is located.

Further information

Staff: Information is available on-line at <http://qhps.health.qld.gov.au/qhsmp>

Patients and visitors: Information is available from Queensland Health staff or on-line at www.health.qld.gov.au/atods

Hospital Patient and Visitor Information



Smoking Management Policy

Queensland Health facilities are smoke-free from 1 July 2006.

Smoking is not allowed at any Queensland Health facility, except in an outdoor Nominated Smoking Place.

Queensland Health is dedicated to keeping Queenslanders in their best possible health.

Over the last fifty years, more than 700,000 Australians are estimated to have died prematurely due to tobacco use. Smoking is known to cause many diseases both to smokers and non-smokers.

Please support us in creating a smoke-free environment, which is better for everyone's health.

If you are a patient coming into hospital and you smoke

On admission, your smoking will be assessed and you will be offered nicotine replacement therapy NRT (nicotine patches or gum) to help you not smoke during your hospital stay. The patches and gum will reduce any withdrawal symptoms such as cravings, irritability and anxiety.

You will be asked questions about your smoking such as:

- How many cigarettes per day do you smoke?
- How soon after waking do you have a cigarette?
- Have you tried or considered quitting in the near future?

This will help staff understand your level of nicotine dependence and whether you are likely to experience nicotine withdrawal when you stop smoking.

Good indications of nicotine dependence are:

- smoking within 30 minutes of waking
- smoking more than 15 cigarettes a day
- previous unsuccessful attempts to quit.

If you are assessed as nicotine dependent and your medical condition allows NRT, then you will be offered nicotine patches or gum for use during your hospital stay.

Reasons for not being offered nicotine replacement therapy include:

- you are allergic to nicotine
- you have recently had a stroke
- you have recently had a heart attack or have angina
- you are pregnant or breastfeeding.

Smoking is only allowed in an outdoor Nominated Smoking Place. Staff will inform you where this is located.

Interested in stopping smoking?

By deciding to quit, you'll soon notice many benefits. For a start, your body will begin to recover from the harmful effects caused by smoking. Other benefits include improved fitness, having the extra money you would normally spend on cigarettes, and having improved sense of taste and smell.

Support and practical help is available if you wish to quit smoking. NRT is proven to double your chances of being successful. Ask staff for assistance and self-help materials, or call **Quitline 13 QUIT (13 7848)**.