Did you know?

- Using Nicotine Replacement Therapy (NRT) (patches, lozenges, gum, etc) doubles your chances of quitting successfully compared to going ‘cold turkey’.

- NRT is used to help combat the withdrawal symptoms that people experience when they stop smoking.

- Using combination therapy (using more than one type of NRT) increases your chances of quitting successfully compared to using a single form of NRT.

- Nicotine is the only addictive chemical in tobacco but does not cause cancer and is not known to cause any other severe effects in the doses used to aid smoking cessation (even if people continue to smoke cigarettes at the same time).

Some benefits to stop smoking are:

- Your body will start to recover from the harmful effects of smoking
- Your level of fitness will improve
- You will save money
- Your sense of taste and smell will improve

Other support services

24 hour phone counselling:

- Quitline provides access to resources, advice, support and counselling to smokers who want to quit. Aboriginal and Torres Strait Islander advisors are available. 137848 (13 QUIT) is the cost of a local call (higher from mobiles).

Aboriginal and Torres Strait Islander support

- No Smokes is an interactive website developed specifically for Aboriginal and Torres Strait Islander people. Visit www.nosmokes.com.au

Health Professionals

- Your GP and pharmacist or other health worker can offer assistance, support and referral, including advice around which quit smoking aids would be best suited for your circumstances.

Online assistance

- Quit Coach - www.quitcoach.org.au
- ‘My Quit Buddy’ and ‘QuitNow!’ are free smart phone applications (apps) available for download through iTunes or Google Play online stores.

This patient information brochure supports a number of the National Safety and Quality Health Service Standards (NSQHS) including:

- Partnering with Consumers - Standard 2
- Provision of Care - Standard 12

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Tobacco smoking is the leading cause of preventable death and disease in Australia.

There are over 34,000 preventable deaths related to smoking in Queensland each year.

Many people in Australia have already quit smoking but people who have mental health issues often find it harder to quit because of higher levels of smoking and higher dependence on nicotine.

Research suggests that most smokers (including people who have mental health problems) want to quit smoking, but find it difficult to do so.

While it may not be easy, quitting smoking is possible and certainly worthwhile for both health and financial reasons.

Second-hand smoke is a known cause of cancer and as a result, all public hospitals in Queensland are now smoke-free to ensure the safety of all patients, staff and visitors.

Mental Health inpatient wards:

While you are in hospital you will not be able to keep tobacco products or cigarette lighters or matches with you.

Tobacco products and lighters will be kept in a secure place for you until you are able to access unescorted leave or are discharged from hospital.

Patients who have access to unescorted leave will be able to continue to smoke if they want to, but must leave Queensland Health property (i.e. off hospital grounds) to do so.

Smoking is not permitted if you are being escorted outside of the inpatient ward in the presence of staff or volunteers as this has the potential to expose them to second-hand smoke.

There are many products available now to help make quitting smoking easier. You will be offered nicotine replacement therapy (nicotine patches and gum) while in hospital, and will be provided with information and assistance to continue to quit when you are discharged from hospital.

Carbon monoxide monitoring:

You may be asked to do a test for the level of carbon monoxide in your lungs while in hospital.

The Smokerlyzer is a hand-held device which can provide an accurate reading of the level of Carbon Monoxide in your lungs with a simple breath test.

Carbon monoxide is present in the air in all smoke, including smoke from fires and from vehicle exhausts.

Smokers are exposed to much higher levels of carbon monoxide because they are inhaling large amounts of cigarette smoke directly into their lungs.

High levels of carbon monoxide reduce your body’s ability to transport oxygen, puts extra pressure on your heart and leads to increased risk of heart attack and stroke.