

have nicotine in your bloodstream. NRT comes as gum, patches, tablets, lozenges, nasal spray or inhalers and is usually used over 10-12 weeks. There are also medicines which can be prescribed to help cravings.

If you have smoked for a long time, it can be really hard to get used to not smoking. Meeting with others who are trying to quit can give you useful support and keep you on track. You can get in touch with groups which can support you in quitting smoking from your GP practice or in local centres. You can find information about groups happening in your local area from the local PCT websites:

[www.newhampct.nhs.uk](http://www.newhampct.nhs.uk)

[www.thpct.nhs.uk](http://www.thpct.nhs.uk)

[www.chpct.nhs.uk](http://www.chpct.nhs.uk)

For more information call the East London NHS Smoking Helpline on 0800 169 1 943

The NHS Smoking Helpline on 0800 169 0 169, open 7am-11pm every day.

**Quit** on 0800 00 22 00 between 9am and 9pm or e-mail [stopsmoking@quit.org.uk](mailto:stopsmoking@quit.org.uk)



## SMOKEFREE IN EAST LONDON

### Information for Service Users and Carers



**From 1 July 2008, it is a legal requirement that all NHS organisations have to comply with the Smoke Free regulations.**

**This applies to community and in-patient settings and means that the Trust cannot provide smoking rooms on its wards.**

## **People Receiving Services in Hospital**

The Trust has agreed to a partial ban on smoking on its sites. Arrangements have been made to provide designated smoking areas outside the wards for service users who have been sectioned under the Mental Health Act (1983) and those whose care arrangements mean they have to remain within Trust premises.

These arrangements vary depending on the design of the hospital site. Where possible, canopies and shelters have been put up in garden areas and courtyards. On some sites, balconies are being added to buildings to provide a safe external space for people to smoke.

Service users will need to be accompanied by staff to the smoking area. Visits will depend on health and safety assessments and the prevailing circumstances of the ward. You can only smoke in the designated areas between the hours of 8.00am and 20.30pm. The Trust regrets that visits to the smoking areas cannot take place at night as staff need to be available on the wards. Nicotine Replacement Therapy, sometimes called 'NRT' and medication which can reduce nicotine cravings can be given. Read on for more information about this.

People who are allowed unescorted leave can leave the hospital site if they need to smoke or use these designated outside smoking areas. It is illegal for anyone to smoke anywhere else on Trust premises or grounds. This includes the smoking of cigarettes, roll ups and piped tobacco. The smoking of illegal substances is prohibited.

## **People Receiving Services in the Community**

Smoking is not allowed anywhere on Trust community premises. If you receive visits from a staff member to your home, may we ask that you do not smoke during the visit. This is to protect the health of our staff.

## **The Benefits of Stopping or Reducing smoking**

People smoke for different reasons and often feel it calms them down when they are feeling stressed or distressed. The real reason for craving smoking is because the body is used to nicotine being in the bloodstream. When the amount of nicotine in the blood drops, the person feels the urge to raise it again by smoking a cigarette.

There has been a lot of research about the negative affects of smoking and health problems associated with. The Trust is keen to support service users in becoming healthier and getting more out of their lives.

## **Getting Help and Support to Quit**

A number of our staff have had training in ways to support people who wish to reduce or stop smoking altogether. Your doctor, GP and pharmacist need to be involved. If you are taking prescribed medication, the dose may need to be adjusted as you smoke less. (A separate leaflet is available about this.) For further information, talk to your named nurse or care co-ordinator .

People who have managed to give up smoking have found different methods have worked. You need to work out which method is best for you.

Many find Nicotine Replacement Therapy (NRT) helpful. NRT can help because you will crave nicotine less. NRT has been shown to double your chances of giving up smoking. It keeps the amount of nicotine in your blood similar to if you were smoking, so you get out of the habit of smoking. It reduces the urge to smoke because you