

Now's the time

How the
Tobacco Dependency Treatment Service
can help support your family or friend to be
smokefree, while they are in hospital



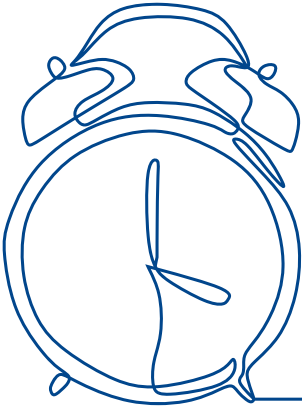
" I've tried to stop smoking in the past but started again. I was so pleased someone came to talk to me it was so helpful. I am looking forward to improving my health, you cant put a price on your health. "

Darren (Inpatient North Cumbria)

" It was better this time. Lisa used to come and check up on me and made sure I had what I needed. Having someone come to visit every week really helped. I was given a vape and patches. I really liked the vape and the patches helped. "

John (Inpatient South)

Why Stop Now?



There's never been a better time

Our NHS recognises the harm of smoking which is why all hospitals across the North East and North Cumbria now provide treatment for tobacco dependency to any patient who smokes, as part of their hospital care. All hospitals in the North East and North Cumbria are now completely smokefree which means no smoking anywhere on our hospital sites, including our grounds.

The good news is there are now very good treatments available to help our patients manage their nicotine dependency whilst they are in hospital.

Support to remain smokefree

With the right support, your relative is more likely to succeed

- Tobacco products and lighters are prohibited items and are not permitted on our wards.
- Tobacco products and lighters must not be brought into hospital.
- Any tobacco products or lighters brought in will be sent home with family, carers, or friends.
- If we are unable to give to family or friends we will store the tobacco safely until discharge, but lighters will be destroyed.

Please do not bring tobacco products or lighters for your relative or friend, as we will need to remove them immediately, which may cause unnecessary distress.

Any patient admitted to Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust (CNTW) who is a current smoker will be supported to remain smokefree whilst they are in hospital. We will offer them a free vape and/or nicotine replacement therapy to support their nicotine withdrawal. Alternatively, they can bring in their own vape if they prefer.

What support our patients receive when they are admitted to hospital

1

When your family member or friend arrives at the hospital, they will be offered a free vape or nicotine replacement therapy, whilst in hospital.

2

They will be referred to the in-house Tobacco Dependency Treatment Service for further assessment and support.

3

A member of the Tobacco Dependency Treatment Service will visit them and have a chat about what support they need to remain smokefree whilst they are in hospital.

4

If they choose to quit smoking, our Tobacco Advisors will provide guidance and support throughout the process.

Support to stop

If you smoke yourself and would like support to stop please ask to speak to a member of the Tobacco Dependency Treatment Service. The team can support you with access to your local stop smoking service.

You can also visit the Better Health website

www.nhs.uk/better-health/quit-smoking/

where you will be able to find information about your local stop smoking service. Or you can call the national helpline number **0300 123 1044** to speak to a trained advisor.

Support from family and friends is really important. Please try to support your family or friend while they are in hospital to remain smokefree, you can do this by:

- not bringing cigarettes, lighters or tobacco into the hospital
- not smoking around your family or friend, this makes it much harder to remain smokefree.

Stopping smoking increases your chances of living a longer life. It can take as little as 20 minutes for your body to start healing once you quit 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 48 hours

Carbon monoxide has left the body. Your ability to taste and smell is greatly improved.

After 72 hours

Your breathing becomes easier and energy levels improve.

After 2-12 weeks

Blood is pumping through the heart and muscles and circulation improves.

After 1 year

The risk of a heart attack has halved.

After 10 years

The risk of dying from lung cancer has halved.

- Stopping smoking improves your physical health
- Improves your mental health and wellbeing
- Reduces symptoms of stress, anxiety and depression.

If you wish to speak to a member of the Tobacco Dependency Treatment Service please ask a member of the nursing team to contact us or email us on **quitteam@cntw.nhs.uk**



Further information about the content, reference sources or production of this leaflet can be obtained from the Patient Information Centre. If you would like to tell us what you think about this leaflet please get in touch.

This information can be made available in a range of formats on request (eg Braille, audio, larger print, BSL or other languages). Please contact the Patient Information Centre Tel: 0191 246 7288

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