

# BLUE HILL MEMORIAL HOSPITAL

Approval: \_\_\_\_\_

APP# **1.006**

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Origin Date: **02/05/2004**

Policy Name: **TOBACCO FREE CAMPUS**

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## **Reference Note:**

Smoking Cessation/Education Options attached

## **Purpose**

Tobacco use has been shown to cause or contribute significantly to many kinds of cancer, cardiovascular and other diseases. Tobacco use and second hand smoke pose serious health/safety risks and undermine medical treatment.

## **Policy**

The use of tobacco products (cigarettes, cigars, pipes, and smokeless tobacco) is prohibited on hospital-owned property and grounds where Blue Hill Memorial Hospital employees work.

## **Procedure**

1. This policy applies to employees, physicians, volunteers, patients, visitors, vendors, contracted workers, and students.
2. Patients will be informed about the policy and be given information regarding smoking cessation/education options during a hospital stay.
3. Employees should inform any visitor who is using tobacco that BHMH is a tobacco- free campus and offer the informative brochure available at the registration area.
4. Adherence to this policy is a condition of employment and/or volunteering at the hospital. Violation of this policy will be treated like any other policy infraction.
5. It is the responsibility of BHMH personnel and medical staff to educate patients about the tobacco-free policy before and during their admission and/or at other times patients are on BHMH grounds.
6. If a patient violates this policy, hospital employees will remind the patient about the policy, ask the patient to stop using tobacco, and document the non-compliance in the medical record.
7. If a patient continues to violate the policy after being reminded, the charge nurse will contact the physician. The physician will visit the patient within 24 hours after the incident occurs to enforce the policy.



## **Smoking Cessation/Education Options During Your Hospital Stay**

Stopping the use of tobacco products may very well be the single most important thing you do in your life to prevent illness and improve your health. We at Blue Hill Memorial Hospital recognize that this is not an easy step to take. We would like to take the first step with you while you are a patient in our hospital.

**Nicotine Replacement Options** are available with a physician order here in the hospital.

- The first choice at this hospital is a nicotine patch.
- Other choices can be discussed with your physician.
- You may speak directly to your physician about these options or you can ask your nurse to speak to your physician on your behalf.

There are other options available to you during your stay at the hospital to help you succeed on this first step.

### **Video Option**

- “Butt Out – The Proven Quit Smoking Plan” This video can be viewed in your room.

### **Smoking Cessation Education/Counseling Options**

- **Self-Quit Kit**  
This American Cancer Society kit provides basic printed information on smoking cessation for use on your own. Includes Blue Hill Memorial Hospital’s smoking cessation brochure and resource list.
- **Inpatient: Am I Ready?**  
A one-time session with a nurse educator.
- **Telephone Follow-up**  
After you go home, a nurse can call you to review your options and/or schedule a health education appointment with you.

**If you are interested in any of these options, please inform your nurse or doctor.**