



PURPOSE

To ensure patients/ clients who are admitted to Bay of Plenty District Health Board (BOPDHB) inpatient services are screened for smoking risk, offered brief advice and recommended support to stop smoking.

STANDARDS TO BE MET

1. On admission patients must be given the ABCs of smoking cessation (refer to protocol 0). Consider the use of interpreters for patients who do not speak English as a first language.
2. Patients must be informed that BOPDHB hospitals, vehicles and grounds are smokefree as per policy 5.4.2 protocol 1 Smokefree - Facilities Standards.
3. Helping patients who smoke. Best practice is:
 - 3.1 Recommend Nicotine Replacement Therapy to manage tobacco withdrawal (faster acting products such as gum, lozenges or inhalator may be preferred initially). Instruct the patient on how to use the product.
 - 3.2 Provide Smoking Cessation ABC intervention.
 - 3.3 Offer patients, parents / carers of admitted child nicotine replacement therapy (NRT) and recommend a community referral to cessation provider. Clearly document the parent / carer is receiving the intervention.
 - 3.4 QuitCards may be issued for 8 to 12 weeks supply of subsidised NRT (\$5 per product type)
 - 3.5 Recommend a referral to a cessation provider or General Practitioner (GP)
 - 3.6 Document as per usual ward / unit practice:
 - a) Green Smokefree Assessment & Treatment form; or
 - b) Medical Day Stay Admission to Discharge Planner; or
 - c) Medical Admission Proforma; or
 - d) Green ED sticker.
4. Patients who insist on smoking
 - 4.1 If the patient is clinically unstable and it is unsafe for them to leave the area the senior nurse on the ward and medical staff must be informed that the patient is wishing to leave ward against medical advice to smoke
 - 4.2 Clinical staff must document in the patient's health record:
 - a) That the patient is insisting on smoking against medical advice
 - b) Offers of NRT and outcome to therapy. Consider use of Nicorette inhalator to improve compliance.
 - 4.3 Patients will be advised to notify staff when leaving the ward to go outside and smoke and that they must go outside the hospital boundaries to smoke.
 - 4.4 The patient is to be advised if they are about to receive treatment and asked to delay going outside to smoke. Reinforce offer of NRT to delay frequency or need to go for a smoke.
 - 4.5 If a patient is unable to leave the clinical area unaccompanied due to reduced mobility they are to be advised that family / friend will be required to take them outside hospital boundaries.
 - 4.6 An employee may choose to consider accompanying a patient outside only if significant risk to the patient's immediate health is present and the patient has declined the above actions to pursue cessation of tobacco use. The employee is to take positive action to protect them from exposure to exhaled tobacco smoke if

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accompanying a patient off site to smoke. This includes covering uniform and positioning yourself at a safe distance from the smoking patient / client.

- 4.7 Employees who smoke are not permitted to smoke themselves when accompanying a patient off site to smoke as this contravenes employee responsibility to provide healthy role modelling.

REFERENCES

- Smoke-free Environments Act 1990, amended 2003
- New Zealand Health Strategy 2000
- [NZ Guidelines for Helping People to Stop Smoking, 2014](#)
- [Health & Safety at Work Act 2015](#)

ASSOCIATED DOCUMENTS

- Bay of Plenty District Health Board policy 5.4.2 Smokefree / Auahi Kore
- Bay of Plenty District Health Board policy 5.4.2 protocol 0 Smokefree – Smoking Cessation ABC's
- Bay of Plenty District Health Board policy 5.4.2 protocol 1 Smokefree - Facilities Standards
- Bay of Plenty District Health Board policy 5.4.2 protocol 2 Smokefree – Employee and Contractor Standards
- Bay of Plenty District Health Board policy 5.4.2 protocol 3 Smokefree - Mental Health & Addiction Services (MH&AS) Inpatient Units Standards
- Bay of Plenty District Health Board policy 5.4.2 protocol 5 Smokefree – Management of Nicotine Dependence
- Bay of Plenty District Health Board Clinical Practice Manual protocol CPM.M3.3 Medication – Registered Nurse (RN) Initiated Medications (Adult)
- Bay of Plenty District Health Board Clinical Practice Manual protocol CPM.M3.19 Medication – Nicotine Replacement Therapy – Nurse Initiated (Adult)
- Bay of Plenty District Health Board Medication Practice Manual protocol MED.N2.1 Nicotine Dependence Therapy - Inhalator (Nicorette)
- Bay of Plenty District Health Board Medication Practice Manual protocol MED.N2.2 Nicotine Dependence Therapy - Gum, Lozenge, Patch (Habitrol)
- Bay of Plenty District Health Board Medication Practice Manual protocol MED.N2.3 Nicotine Dependence Therapy - Tablets (Bupropion Hydrochloride)
- Bay of Plenty District Health Board Medication Practice Manual protocol MED.N2.4 Nicotine Dependence Therapy - Tablets (Nortriptyline)
- Bay of Plenty District Health Board Medication Practice Manual protocol MED.N2.5 Nicotine Dependence Therapy - Tablets (Varenicline as Tartrate)
- Bay of Plenty District Health Board policy 1.3.1 Complaints Management
- Bay of Plenty District Health Board policy 3.50.02 protocol 9 Investigation Process
- Bay of Plenty District Health Board policy 3.50.02 Protocol 15 Disciplinary Process
- Bay of Plenty District Health Board policy 5.1.6 Transport – BOPDHB Fleet Vehicle
- Bay of Plenty District Health Board Reportable Event form
- Bay of Plenty District Health Board Form FM.R4.6 Referral Smokefree Community

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