

Let's clear the air

We are smoke free

Smoking is not allowed anywhere on our Trust premises or grounds. Please do not be surprised or offended if our staff ask you to put your cigarette out.

Why are we smoke free?

We have been a smoke free Trust since April 2015 and we are currently refreshing our campaign. Smoking is the main cause of preventable illness and premature death in the UK. People with a mental illness are 70% more likely to smoke than people without a mental illness. Stopping smoking is the single most important way to improve our health.

We are committed to improving the health and wellbeing of our patients, carers, staff and visitors. Our decision to go smoke free was in accordance with The Health Act, 2006 and The National Institute for Health and Care Excellence (NICE 2013) guidelines which state that all hospital sites, including mental health hospitals, should be 100 per cent smoke free.

What does this mean?

This means that you are not allowed to smoke in any KMPT buildings, grounds or vehicles. There are no designated smoking areas on our sites.

We understand that being a smoke free Trust can have impact on those that use our services. Before any admission to hospital, inpatient facility or clinic all patients will be advised of the Trust's policy on no smoking.

When patients are first admitted to any of our wards, they are asked not to bring tobacco, cigarettes, lighters or matches with them. If patients do have these items in their possession they will be asked to return the items to their home with family or friends. Staff will ask patients not to smoke.

We recognise that stopping smoking can be challenging at first and we will do what we can to support you to manage any withdrawal effects.

For inpatients, our clinical staff will provide treatment to those who wish to either quit smoking or reduce their use of tobacco. Patients who do not wish to permanently stop smoking are

offered Nicotine Replacement Therapy (NRT) to temporarily abstain from smoking whilst under the care of KMPT and are referred to a Smoking Cessation Advisor for ongoing support.

Patients in community settings are offered access to smoking cessation services and advice. Those who are receiving treatment in their own home will be asked to ensure that they do not smoke for one hour prior to or during their treatment session.

E-cigarettes are battery powered devices that deliver nicotine via inhaled vapour and can help some smokers manage their nicotine dependence. We will not supply patients with non-refillable e-cigarettes, but they may be brought in by visitors or purchased whilst on leave.

Rechargeable devices/vapes are not permitted under any circumstances due to the risks associated with electronic charging. We will support the use of single use e-cigarettes only after patients have been offered NRT and other licensed stop smoking medicines that are available.

Support available to you

People with a mental illness who smoke are more likely to be heavier smokers and more tobacco dependent than smokers in the general population. Smokers experience more severe mental health symptoms, require higher doses of some medication.

We understand that stopping smoking may be challenging at first. Smoking cessation has proved to be associated with improvements in mental health compared with continuing to smoke, in particular improving mood, self-confidence, and reducing levels of anxiety.

OneYou – Kent Stop Smoking Service

OneYou Smoke Free is provided by Kent Community Health NHS Foundation Trust (KCHFT). They can help you quit smoking with professional support and help when you need it most, free from the NHS. Their friendly and professional team offers local Quit Clubs and one-to-one sessions at a time and place to suit most people. They also offer specialist support to patients in hospital.

For free advice and support call them now on 0300 123 1220, text 'quit' to 87023 or find a local group by visiting: www.oneyoukent.org.uk

If you wish to discuss these services further, please contact them on:

Telephone: 0300 123 1220

Email: oneyou.kent@nhs.net

Website: www.oneyoukent.org.uk

Twitter: @KentQuit

Medway Stop Smoking Service

Medway Stop Smoking Service is a specialist team whose main role is to help local people to quit smoking. The service is completely free and there is a range of support options across Medway at a time and place to suit you. They recognise that every smoker is different and will make time to listen to your specific needs.

There are drop-in sessions all around Medway including their Smoke free Advice Centre at 2-2a Railway Street, Chatham, Kent, ME4 4JL.

If you wish to discuss these services further, please contact them on:

Telephone: 0800 234 6805

Email: medwaystopsmokingservice@nhs.net

Website: www.abettermedway.co.uk/