

# Smokefree - Frequently Asked Questions

**Will those that use e-cigarettes be treated the same way as smokers? I understand that people who attend smoking cessation groups will be encouraged to use e-cigarettes to help them stop smoking.**

A smoker is someone who smokes combustible tobacco. So if you are using an electronic cigarette you would be defined as an ex-smoker. The policy however will apply to electronic cigarette and tobacco alike. Meaning you will only be able to use it in your own time during designated breaks. As far as encouraging electronic cigarettes for those wanting to quit at this time this will not happen however if you choose to try this as an aid to stopping smoking you will not be discouraged from this. Those attending smoking cessation will be offered a personalised plan with different options for nicotine replacement therapy to aid with their quit attempt.

**How does the smokefree work for service users who are sectioned under the Mental Health Act?**

The Smoke Free policy will apply to everyone including service users and family/carers/visitors/contractors. It will work the same as it does in the general hospitals where smoking is not permitted on any site. Those that are on a section of the MHA will be offered nicotine replacement therapy on admission. We are currently exploring the option of allowing disposable electronic cigarettes which will have to be purchased by the service user or carer and will be treated in the same way as smoking is now so they will only be allowed to use these devices outside. We are taking our guidance from other trusts around the country some of which have been smoke free for a couple of years now. With their support we can minimise any stress caused to the service user whilst an inpatient on any of our lodges.

**I'm wondering if NAViGO could point out to our female staff the risks of harm to babies when smoking while pregnant.**

Smoking is an individual decision and everyone who smokes knows the risks and although they are aware of this, quitting is one of the hardest things to achieve. Smoking advice is available for everyone and it would be advisable to encourage anyone to discuss options with the smoking lead. There is a big drive to tackle pregnancy and smoking in NEL, so I am sure the midwife will have discussed options and dangers with this lady.

**I am a counsellor and wondered how/what we were doing to help people stop smoking if they were asking for support or counselling to stop? Over the years it has been recognised that people with mental health issues are more prone to addiction and smoking is one of the highest.**

You will need to register on the level 3 smoking cessation training. This will give you the skills and knowledge needed to effectively support individuals during their quit attempt. To book onto this training, please contact the training team:

E: NAV.TrainingTeamMentalHealth@nhs.net T: 01472 583044