

5 Keys to Quitting Smoking

1. **Get Ready!** Set a date and prepare your environment by disposing of all smoking related material.
2. **Get Support & Encouragement.** Seek out family, friends, health care providers and/or counseling services that can provide the support you need.
3. **Learn New Skills & Behaviors.** 4 D's rule! **D**elay, **D**istract, **D**rink lots of water and **D**eep Breathing. Identifying your smoking triggers or activities within your daily routine you associate with smoking can assist in identifying potential problem areas and allow you to modify your behaviors.
4. **Get and Use Medication Correctly.** Consult a health care provider for information and advice on proper use.
5. **Be Prepared!** Relapse can occur in the first 3 months. Avoid difficult situations and do not become discouraged.

Smoking Cessation Programs

Smoking Cessation Programs and support are available in the community and are available to staff and patients upon request.

Types of interventions include:

- ◆ Self help/self administered
- ◆ Minimal contact, which uses a program and a type of pharmaceutical
- ◆ Intensive counseling/contact groups or one on one
- ◆ Pharmaceutical use such as:
NRT (Nicotine Replacement Therapy (patch, inhaler or gum) or
Zyban – Prescription (non-nicotine))

The most common and effective intervention used is the minimal contact type.

Smoking Cessation Resources

Peel Public Health Quit Smoking Program
Tel: (905) 799-7700

Website: www.region.peel.on.ca/health

Centre for Addiction and Mental Health (CAMH)

Tel: (416) 535-8501
Toll Free: 1 (800) 463-6273
Website: www.camh.net

Quit for Life Clinic – St. Joseph's Health Centre

Tel: (416) 530-6860

The Quit Clinic

Tel: (416) 222-6160

Heart & Stroke Foundation of Ontario

Tel: (416) 489-7111
Toll Free: 1(888) 473-4636
Website: www.heartandstroke.ca

Ontario Lung Association

Tel: (416) 864-9911
Toll Free: 1(800) 972-2636
Website: www.on.lung.ca

Smokers' Helpline

Tel: (905) 387-8403
Toll Free: 1(877) 513-5333
Website: www.smokershelpline.ca

Toronto Public Health

Tel: (416) 338-7600
Website: www.toronto.ca/health

Cancer Care Ontario

Tel: (416) 971-9800

Canadian Cancer Society

Brampton/Peel Region
Tel: (905) 451-4460
Toll Free: 1 (866) 711-0111
Ontario Toll Free: 1-888-939-3333
Website: www.cancer.ca

Resources for Staff

Thinking of quitting? Take advantage of the assistance available to staff:

Employee Assistance Program (QuitCare):
Tel: 1(800) 268-5211

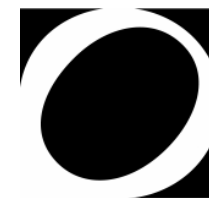
Occupational Health and Safety Dept.:
Tel: (416/905) 494-2120 ext. 62209

If you have extended health and dental benefits through William Osler Health Centre, contact **Sun Life Insurance at (416) 753-4300** for your coverage for Nicotine Replacement Therapy. If you are covered through another insurer check your plan coverage.

William Osler Health Centre
(416/905) 494-2120
williamoslerhc.on.ca

Etobicoke General Hospital
101 Humber College Blvd.
Etobicoke, ON M9V 1R8

Peel Memorial Hospital
20 Lynch Street
Brampton, ON L6W 2Z8



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Approved By:

Smoke-Free Task Force, January 10, 2007
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ETOBICOKE GENERAL HOSPITAL
PEEL MEMORIAL HOSPITAL
BRAMPTON CIVIC HOSPITAL

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Here for you... caring for you

Frequently Asked Questions About Our

Smoke-Free Policy



**“As of January 14, 2007,
William Osler Health
Centre proudly serves
the Etobicoke and
Brampton communities
as a smoke-free
environment.”**

Dr. Frank Martino,
Chief of Family Medicine,
Smoke-Free Champion



William Osler Health Centre is enhancing the patient/family experience by expanding its smoke-free policy currently in place across all its properties.

From January 14, 2007, smoking will not be allowed in Osler parking lots, garages, vehicles and exterior walkways, in addition to all hospital facilities, offices and off-site clinics.

Frequently Asked Questions

1) Why did Osler implement this policy?

The primary goal of the smoke-free initiative is to ensure that everyone is protected from exposure to the detrimental effects of tobacco. Creating a smoke-free facility is a basic element in doing that.

2) Doesn't the hospital already have a "no smoking" policy?

Yes. Prior to January 14, 2007, smoking was not allowed inside the hospital buildings except in designated rooms in the Mental Health program. People could smoke outdoors, 9 metres away from the entrances.

Effective January 14, 2007, our new Smoke-Free Policy goes a step further, expanding on the provincial government's Smoke-Free Ontario Act dated May 31, 2006 which bans smoking in enclosed public areas and workplaces. Osler's expanded policy means that smoking is not allowed anywhere in an Osler environment, including those properties where Osler leases space, such as the Airport Road site or in cars parked on Osler property. For details on where you can't smoke, please refer to the Smoke-Free Policy posted on OslerNet.

3) What is defined as a "tobacco product"?

Tobacco products are defined as any product made with tobacco, including but not limited to snuff, chewing tobacco, cigarettes, cigars, pipe tobacco or any other product intended for smoking or burning such as herbal cigarettes or incense.

4) Why can't I smoke outside?

Any exposure to second hand smoke, is harmful. As a health care facility, Osler has a duty to provide a healthy environment for everyone.

5) Can I smoke in bus shelters, my car or a visitor's car on the grounds?

No. Smoking is not allowed anywhere on hospital grounds.

6) How do I know where property lines are?

Permanent smoke-free signage is available throughout Osler property. To determine where Osler property ends, identify where the property line meets city sidewalks adjacent to city streets.

7) What will happen if I am caught smoking on Osler property?

The overriding intent of the policy is to be supportive and to promote a healthy and safe environment. You will be advised of Osler's smoke-free policy and asked to extinguish the tobacco product. You may also be advised of available smoking cessation supports.

Staff members who violate the policy repeatedly will be subject to progressive disciplinary action.

8) Does this policy violate my right to smoke and personal choice?

No. Exposure to second-hand smoke is harmful. Osler, as a property owner, has the

right and responsibility to establish rules and regulations ensuring a safe and healthy environment for everyone. An increasing number of Canadian municipalities, institutes (including hospitals), and businesses are adopting smoke-free policies.

9) Are patients and staff expected to quit?

No. The change is not about asking people to quit smoking, but rather asking people to not smoke on Osler property.

10) What happens if I need to smoke but cannot or do not want to leave the property?

We offer a number of supports for people who are on site and can no longer smoke. Patients requiring Nicotine Replacement Therapy (NRT) during their hospital stay should speak with their nurse or physician. The NRT may be prescribed by the physician where appropriate.

Visitors and hospital staff should come prepared with their nicotine gum, inhaler or patch as it is not available for sale in the hospital Gift Shop. Some of these products can be purchased over the counter without prescription at pharmacies.

11) Who do I speak to if I want to quit smoking?

Patients can speak to their nurse or physician while in hospital for smoking cessation information and assistance, or consult their family physician when they return home.

Hospital staff should contact the Occupational Health and Safety Department for support and information on smoking cessation programs. On-site programs will be offered based on demand. Eligible staff can also access EAP smoking cessation counseling at 1 (800) 268-5211. We encourage you to consult your family physician for advice.

12) Are there resources available to help me quit smoking?

Yes. There are a number of community-based programs and services available. Please see the resources listed in this pamphlet. An extensive list of smoking cessation resources and information can be found on OslerNet. Also, consult your family physician for advice.

13) If I quit smoking will my medication needs be affected?

Nicotine, the active agent absorbed into the body from tobacco products, is known to affect the potency of many medications, including some used in psychiatry.

If you are taking prescription medications and are planning to quit smoking, you should discuss the impact with your pharmacist and/or physician to determine how your changing needs should be monitored.

Benefits of Quitting Smoking

At 20 minutes after quitting:

- Blood pressure decreases
- Pulse rate drops
- Body temperature of hands and feet increases

At 8 hours:

- Carbon monoxide level in blood drops to normal
- Oxygen level in blood increases to normal

In 24 hours:

- Chance of heart attack is reduced
- Oxygen level in blood increases to normal

In 1-3 months:

- Circulation improves
- Lung function increases up to 20 percent

In 10 years:

- Risk of stroke is reduced

In 15 years:

- Stroke risk is reduced to that of someone who has never smoked