

Tobacco Dependency Service

Living Well Group



What to expect when you come into hospital

Stopping smoking is one of the best things people can do to improve their physical and mental health and wellbeing.

It is hard because smoking is an addiction to the nicotine in tobacco.

We now recognise that smoking is a chronic, relapsing medical condition not a lifestyle choice, which should be treated just like any other disease.

Fortunately, there are very effective treatments and through the Tobacco Dependency Service support, these will now be offered to you, along with stop smoking support when you come into hospital.

Smokers are addicted to the nicotine within tobacco but the major harm to health is caused by the 5,000 chemicals that are released when cigarettes burn.

Nicotine Replacement Therapy (NRT) provides you with the nicotine without the other poisonous chemicals in tobacco smoke.

If you are a patient who smokes, the Tobacco Dependency Service is here to help.

The hospital site is now SMOKE FREE, which means you cannot smoke on the hospital site.

Through the Tobacco Dependency Service, all patients aged 12 and over admitted into hospital who smoke will be offered NRT along with specialist advice and support as part of their routine care.

NRT, such as nicotine patches, gum, lozenges, are highly effective and will help with withdrawal symptoms during your hospital stay. This will be available on all our wards and offered to you free of charge.

Our specialist Tobacco Dependency Advisors will offer you support and information whilst you are in hospital.

NRT will also be available to people who usually vape, this will help prevent nicotine withdrawal symptoms if you are unable to vape whilst in hospital.

The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.

What happens when I leave hospital?

Following your assessment with the Tobacco Dependency advisor, they will support you with NRT while you are in hospital and will also provide you with 2 weeks of NRT when you are discharged.

The Tobacco Dependency advisor will offer continued support when you go home by offering you a referral to a Community Pharmacy or Community Stop Smoking Service for ongoing support for up to 12 weeks.

Further information

RWT Tobacco Dependency Service

rwh-tr.tobaccodependency@nhs.net

Contact number: 074427 50145

Hours of service: Monday- Friday 08:00- 17:00

Self-Help options

Patient Title, Forename, Surname:	
Selected Community Pharmacy:	
Selected Local Stop Smoking Service:	

Text Support

Text 'TIPS' to 63818.

Right for you if: You would like to receive free daily messages proven to help keep you motivated.

Email Support

Search 'NHS Smokefree' online for free sign up.

Right for you if: You would like a daily email to keep you on track to stop smoking for good.

Smokefree App

Search 'NHS Smokefree' in Google Play or Apple App Store to download the free app.

Right for you if: You have got a smartphone and want to track your progress, see how much you are saving, and get daily support wherever you are.

Chat Tool via Facebook Messenger

Search 'NHS Quit Smoking' on Facebook Messenger.

Right for you if: You want instant support when cravings strike plus loads of tips, motivation and advice to help keep you smoke free.

E-cigarettes

To quit smoking.

Right for you if: You want help to manage your nicotine cravings and join over million people who have successfully stopped smoking using e-cigarettes. They carry a fraction of the risk of cigarettes and can be very effective when combined with extra quitting support. E-cigarettes can be bought from vape shops, pharmacies and other retail outlets. E-cigarettes are not currently available from the NHS on prescription. For more information on e-cigarettes visit: <https://bit.ly/2q1v461>

Stop Smoking Medicines

Right for you if: You would like help to beat nicotine cravings. Stop smoking medicines give you some of the nicotine you would have received from cigarettes but without all the harmful stuff like tar and carbon monoxide. Seek advice from your pharmacy team to help you decide which is right for you and purchase over the counter.

English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਆਰੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。