

Information for the Public

Free NRT is available to anyone who wishes to engage with Smoking Cessation Services via the Quit Line on 1800 201 203 which is open to all.

Advice for CUH Staff

CUH staff are not permitted to smoke on campus during working hours. For staff who wish to suspend smoking behaviour, free NRT products are available, in addition to support from the hospital's Smoking Cessation Services.

QUIT TIPS

- **Prepare to quit**
- **Set a quit date**
- **Ask family/friends for support**
- **Think positively, you can do this**
- **Watch what you eat**
- **Be active**
- **Save money and spoil yourself**
- **Take one day at a time**



STOPPING SMOKING

is the single most important thing a person can do to improve their health at any age!

The Four D's Dealing with cravings

- Delay at least 3-5 minutes and the urge will pass
- Drink a glass of water or fruit juice
- Distract yourself. Move away from the situation
- Deep breaths. Breathe slowly and deeply

Thank you for helping us to ensure a healthier, safer and cleaner environment for all by:

- Not smoking on campus
- Leaving your cigarettes at home
- Using nicotine replacement patches and inhalers if needed, while in hospital
- not using electronic cigarettes and/or vaping while on campus



Cork University Hospital INFORMATION LEAFLET

Help and advice on how to stop smoking is available on the:

Freephone Quitline on 1800 201 203

Free Text Quit to 50100

Visit www.quit.ie & sign up to quit plan
Like at [facebook.com/HSEquit](https://www.facebook.com/HSEquit)

For CUH patients/staff members:

CUH Smoking Cessation Services

Tel: 087 121 9633 (9.00am - 5.00pm Mon - Fri)



A Smoke-Free Campus since May 2010

Cork University Hospital: A Smoke-Free Campus

Cork University Hospital (CUH) is a Smoke-Free Campus since May 2010. Smoking and the use of electronic cigarettes and/or vaping is not permitted anywhere on the hospital grounds. As a health promoting hospital, and as a major provider of health care in the community, CUH strives to create a healthy environment for our patients, employees, students, visitors, volunteers and everyone who comes on our campus.

The introduction of the Smoke-Free Campus policy is in keeping with CUH's Smoke-Free hospital strategy, a health promoting hospital and its designation as one of eight Regional Cancer Centres in Ireland.

Smoking is the leading preventable cause of disease and death in the world. Tobacco smoke harms every organ of the body.

There is no safe level of exposure to secondhand smoke. Secondhand smoke exposure contributes to a range of diseases including heart disease and many cancers. Smoking also delays wound healing and increases the risk of infection.

It is therefore imperative that CUH provides an environment that is committed to wellness and illness prevention and which also supports patients and staff to stop smoking.



The Benefit of a Smoke-Free Campus is

- To protect and improve the health, safety and welfare of staff, patients, visitors, contractors and the wider community.
- To provide a healthier, cleaner, safer environment for all.
- To provide an environment committed to wellness and illness prevention.
- To provide better health outcome for patients and greatly improve the patients recovery.
- To prevent exposure to second-hand smoke.
- Visitors, patients and staff are all requested to respect our smoke free campus policy.



Ireland now has more
QUITERS
than smokers!

Smokers spend
**2 DAYS LONGER
IN HOSPITAL**
than non-smokers



Information for Patients

Prior to Admission

All patients are advised of the CUH Smoke-Free Campus policy in advance of their appointment /admission to the hospital through their appointment or admissions letter.

For advice and support on smoking cessation patients should to contact their GP to discuss options for nicotine replacement therapy (NRT) if being admitted to hospital.

On Admission

To suspend smoking while in hospital, patients can avail of free combined NRT (patches and inhalers as pictured).

Patients can also avail of the CUH smoking cessation services (contact details are overleaf) An individual smoking cessation care plan will be developed for patients who choose to avail of NRT. Please see products available as an inpatient:

