

Acute Inpatient Tobacco Dependency Service

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We are a Smokefree Trust

United Lincolnshire Teaching Hospitals NHS Trust went Smokefree in 2018. This means smoking is prohibited in all areas of the Trust, including all buildings, doorways, grounds and car parks.

Why Smokefree?

The purpose of being a Smokefree Trust is to protect and improve the health and wellbeing of all patients, employees, visitors and contractors. Smoking puts patients at risk of complications and delays their recovery after hospital procedures.

Smokefree hospitals and grounds create a Smokefree environment. This is helpful for people trying to stop smoking and also removes triggers that cause people to smoke or to relapse.

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. Research shows that most people who come into hospital who smoke, want to stop, but quitting on your own is hard. It's hard because smoking is an addiction to the nicotine in tobacco – an addiction that often starts in childhood. We now recognise that smoking is a chronic, relapsing medical condition not a lifestyle choice, which should be treated just like any other disease or illness. Fortunately, there are very effective treatments and through the Acute Inpatient Tobacco Dependency Service, these will now be offered to you, along with stop smoking support, when you come into hospital.

What to expect

A referral will be sent to the Acute Tobacco Dependency Service team.

At your first appointment

Your appointment is generally on a one-to-one basis. You will meet the Specialist Stop Smoking Advisor. There may be times when you will see someone else, for example if that advisor is away. The advisor will ask you about your health, including if you are on any medication or if you have any allergies. The advisor will ask you about your smoking history and smoking routines. You will be asked who you live

with and if they smoke. This is to build a picture of what you might face during your time with the service. Being open and honest about your needs helps the advisor to help you.

The advisor will go through the options available to you, discuss all Nicotine Replacement Therapies (NRT) and explain to you how they work. You will be asked to blow into a carbon monoxide monitor, if you are able to do so. The advisor will tell you how to do it. The result will be explained to you along with what it means. The advisor will ask you to think about preparing for your quit date. If you are not ready to quit yet, we can still support you with NRT and behaviour support during your stay in the hospital.

Those who consent for further support with a quit attempt will receive an onward referral to the local stop smoking service who will provide behavioural support and nicotine replacement therapy up to 12 weeks. You will be given the opportunity to ask questions and clarify anything you are not sure on. Your first appointment usually takes around 45 minutes.

Follow up appointments

The next appointment will usually be in a week's time if you are still in the hospital. Follow-up appointments give you a chance to update your advisor on things that are working well and also discuss anything that is proving challenging. Follow-up appointments last approximately 15 minutes. You will also have a chance to change NRT if it does not suit you. You will be asked to blow into the carbon monoxide monitor at each appointment if you are able to do so. Many find this helps them to stay motivated to quit.

What will happen when I'm discharged?

On discharge, patients will receive two weeks supply of nicotine replacement therapy. Patients can be referred to local stop smoking services for stop smoking support in the community. Patients who consent (agree) for a referral, will receive up to 12-weeks support including Nicotine Replacement Therapies (NRT) and one-to-one support to increase their chances of quitting.

Why Quit?

Everyone has their own reason to stop smoking. Stopping smoking is the best thing you can do to improve your overall health and boost your finances. There are many benefits associated with stopping smoking:

- Improves your mental wellbeing by reducing anxiety and discomfort caused by withdrawal symptoms
- Lowers your risk of getting a long-term smoking-related disease (such as heart disease, cancer, COPD, high blood pressure and stroke)
- You have more money to spend on you and your family (on average a 20-a-day smoker spends more than £3,500 a year)
- You get health benefits shortly after stopping smoking (e.g. your blood pressure will show improvements after just 20 minutes smokefree)

It's never too late to stop smoking, even if you have a long-term condition, such as heart or lung disease.

Whilst it isn't possible to reverse the damage caused by smoking, you'll gain numerous health benefits and feel better if you stop smoking. If you're over 35, the risk of developing a long term smoking-related health condition increases. The good news is, the sooner you quit smoking, the more likely you are to prevent the onset of diseases such as heart disease, stroke, etc.

Within days of quitting smoking you'll experience:

- a drop in heart rate
- carbon monoxide and oxygen levels in your blood returning to normal (similar to those who've never smoked)
- your sense of taste and smell improving

Within weeks you'll benefit from:

- a reduction in the risk of sudden death from a heart attack
- an improvement in lung function
- less coughing and shortness of breath
- fewer severe asthma attacks

Within a few months you'll experience:

- an improvement in symptoms of chronic bronchitis (phlegm, wheezing, shortness of breath)
- less risk of ulcers

Benefits within a year include:

- risks of coronary heart disease (CHD) cut by half
- an improvement in lung function among people with mild to moderate COPD

Giving up smoking could really change your life.

If you are pregnant and would like support to stop smoking

Ask your midwife for a referral to the STAAR team.

Email: staar@nhs.net

Useful links

[Quit smoking - Better Health - NHS](#)

Useful contact details

Further information is available on our website:

www.ulh.nhs.uk/services/tobacco-dependency-service

Lincoln County Hospital: Telephone 07701 214871 / 07907 863797

TDS_LCH@nhs.net

Pilgrim Hospital Boston: Telephone 07355 619189 / 07761 046875

TDS_PHB@nhs.net

United Lincolnshire Teaching Hospitals NHS Trust has worked with AccessAble to create detailed Access Guides to facilities, wards and departments at our sites.

www.accessable.co.uk/united-lincolnshire-hospitals-nhs-trust

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