

# Mount Alvernia, Mallow

## Smoke Free Camus Nov 1<sup>st</sup> 2016



# Mental Health Residential Setting

- Registered for 55 in-patients
- Mount Alvernia is a large red brick building consisting of 4 floors built by the American Franciscan Nuns as a private general hospital in 1952. Taken over by the SHB in 1973.
- Mount Alvernia now provides care for residents with Alzheimer's, Dementia and Enduring Mental Health illness.

# Steps towards Tobacco Free Campus

- July 5<sup>th</sup> 2016, Hospital Committee set up to facilitate the process of Tobacco Free Campus (TFC).
- I presented an overview to the Director of Nursing and Health care Staff re the steps that needed to be taken in order to implement a TFC.
- Advised that Smoking was to be treated as a health care issue and our duty of care to the patient.
- 6 week Smoking Cessation Course facilitated to support patients to reduce and quit smoking.

# Further Steps

- Tobacco Free Campus Signs were ordered by the DON.
- All Service users and the patient's relatives were informed of the pending Policy and concerns addressed
- Staff acting as patient advocates had their concerns addressed.
- In-door Smoking room times reduced gradually.
- NRT for each patient was discussed with Staff and prescribed for patients by GP.

# Date of Policy Agreed

- It was agreed by Staff at their Committee Meeting that the 1<sup>st</sup> Nov was implementation day.
- Advocacy Officer rang me with concerns on behalf of 1 patient as requested by a relative of the patient. They expressed a wish for their relative to continue smoking regardless of Policy.
- The relatives of another patient contacted the DON and I to say that they did not agree with the Policy and that they would bring in cigs for their brother who did not want to quit.

# Progress Report

- Nov 1<sup>st</sup> In-door smoking room closed, policy enacted.
- No cigs ordered by Staff for patients or dispensed by Staff to patients.
- Smokers are advised to go to the back of the Hospital campus out of sight of other patients and relatives.
- 1-2 patients continue to smoke at the back door on occasions.

# Progress to date

- 8 patients smoking July 2016 + 1 using ecig
- 3 female patients quit smoking with NRT + (1 Ecig)
- 1 patient transferred to another unit.
- 3 male patients continue to smoke, 1 chronic smoker (20 a day) ,1 smokes 4-5 a day and 1 patient smokes butts and borrows cigs.
- 1 female occasional smoker

# Challenges

- No Exemption form signed by Consultant for patients who continue to smoke.
- Some patient (1-2) still smoking at back door.
- 1 patient who has his cigs supplied by his relatives is smoking more now because the Nurses are no longer supervising his smoking.



# Benefits of TFC

- Reduction in number of patients smoking.
- Reduction in number of cigs most patients smoke.
- Cleaner air indoors, no smell of smoke in lift and corridors.
- More Nursing time now to do Nursing duties not having to dispense cigs.