

# Tobacco Free Campus Workshop

CHO 5

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**You can QUIT. We can help.**



**‘The cigarette is the only legally available consumer product which kills people, when used exactly as intended.’<sup>1</sup>**



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# Saint Otteran's Hospital, Brook House and Ard na Deise campuses are going tobacco free





# Farnogue Residential Health Care Unit



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**QUIT**



# St John's Community Hospital Enniscorthy



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# W.A.V.E



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# Springmount House Dungarvan.



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help.





# Donal



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Prevention matters and the purpose of this lifestyle intervention with Donal was to decrease his predicted risk of dying 15 to 20 years earlier than his peers.

This due to the fact that he has an intellectual disability, mental illness all combined with poor lifestyle choices of Smoking and no Physical Activity. When you factor in lack of managing skills for stress and anxiety a CVD event was the predicted outcome for Donal

- Donal was coping “getting by” but lacked resilience “the strengths” that help him with the pressure of life. He was also caught in that separation between primary and mental health services that challenge patient care.
- Working as a Cardiovascular Health Promotion Officer in the Health & Wellbeing Division, I was well placed to help Donal with the biggest threat to his health, Smoking Cessation.

#### Method/Intervention:

- This involved collaborating with many other integrated services, including Primary Care, Social Care and Mental Health to deliver the right service, at the right time, in the right place by the right team.
- Donal’s key worker approached me to support Donal to quit smoking. Having discussed and identified lifestyle choices that required an intervention, we used the ‘Stages of Change’ model and motivational interviewing techniques to guide Donal towards increasing physical activity initially. We resisted the “Righting Reflex”. When ambivalence became an issue for Donal wanting to run and not wanting to be breathless it was time to address his smoking.



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## Results:

- Paying particular attention to the language of change and letting Donal be the decision maker a Quit date was set and Donal transitioned into action, not a single puff of a cigarette.

## Conclusion:

- On the mental health Continuum Donal is now flourishing, is smoke free and physically active. Promoting Smoking Cessation is an important part of mental health treatment, if prevention matters and we want to avoid CVD events for this population group



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# Julie

You don't need to  
change to Believe  
in my love, for it  
will be your belief  
in my Love that  
will change you  
Mother Theresa.



100 q day

Dignity gone



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