

# TOBACCO FREE FUTURES

## GENERAL POLICY ORIENTATION FOR STAFF

### ALBERTA HEALTH SERVICES TOBACCO AND SMOKE FREE ENVIRONMENTS POLICY

Effective April 1<sup>st</sup>, 2011.

Alberta Health Services is committed to promoting a tobacco and smoke free environment at all sites including: properties owned, operated, leased as well as those that receive 50% of their funding from AHS to provide service.

A site is defined as buildings, grounds up to the public sidewalks and roadways and parking lots. The policy also covers vehicles owned by AHS and vehicles parked on AHS property.

The purpose of the policy is to prevent patient, visitor, and staff exposure to second hand smoke and to ensure support is available for patients and staff who use tobacco products.

The policy prohibits use of tobacco products on sites by all AHS employees; members of the medical, dental, podiatry and midwifery staff, students, volunteers, other persons acting on behalf of AHS, patients/clients, visitors and general public.

Use of electronic smoking products is prohibited indoors on AHS property; outdoor use is currently under review. Smoking of medical marijuana is prohibited on AHS property.

For more information on the policy, special considerations including ceremonial use of tobacco, use of electronic smoking products and medicinal marijuana, visit <http://insite.albertahealthservices.ca/9783.asp>

### SUPPORT FOR PATIENTS/CLIENTS

It is important to recognize that tobacco use is not a 'bad habit' or 'lifestyle choice'; it is a chronic relapsing condition that is associated with nicotine addiction. Patients that use tobacco may need support to minimize the discomfort of withdrawal while they are on AHS property.

Frontline health care staff will provide support for patients/clients who use tobacco using a 5 A's approach.

For more information visit [www.albertaquits.ca](http://www.albertaquits.ca)

ask	Ask every patient about tobacco use.
advise	Advise to quit with a personalized message. Inform of Tobacco and Smoke Free Environments Policy.
assess	Assess readiness to quit and interest in pharmacotherapy support for withdrawal.
assist	Assist with pharmacotherapy for withdrawal, including ordering and monitoring. Link to behavioural support.
arrange	Arrange further support by completing referral to AlbertaQuits or other services. Arrange for continued pharmacotherapy.

### SUPPORT FOR STAFF

Medication and counselling will increase the successful quit attempts when used alone or in combination. Medication can also be used in the short term to manage nicotine cravings when at work.

Many employees' health benefits will cover the cost of cessation medications. For those who don't have coverage nicotine replacement therapy (NRT) costs may be subsidized through AHS Workplace Health and Safety.

Counselling is available through a variety of providers:

- The AHS Employee and Family Assistance Program (EFAP) provide telephone and online cessation counselling. Visit [www.workhealthlife.com](http://www.workhealthlife.com) or call 1.877.273.3134
- AlbertaQuits has free, convenient, personalized support available by phone, online or through groups. Visit [www.albertaquits.ca](http://www.albertaquits.ca) or call 1.866.710.QUIT (7848).
- Other options may include: Primary Care Networks (PCN), your family physician or community pharmacist.
- For more information visit <http://insite.albertahealthservices.ca/9784.asp>

