For Your Health

As a healthcare provider, St. Francis Memorial Hospital is committed to promoting good health practices and ensuring a safe, healthy and clean environment for everyone.

Effective May 31, 2012 smoking will not be permitted on SFMH property including our buildings, grounds, and parking lots.

Patients are asked to refrain from smoking during their hospital stay.

We recognize that this policy is a big change for some people. While you are in our care, we will assist you to find alternatives to smoking and to help minimize any discomfort you may feel from nicotine withdrawal.

As part of this our Hospital offers a smoking cessation program to all inpatients. On admission, you will be assessed regarding your smoking practices and assistance in the form of medication and/or counseling will be offered to you.

It's About Your Health!

Helpful Resources:

Canadian Cancer Society's Smoker's Helpline
1-877-513-5333 or
www.smokershelpline.ca

Renfrew County and District Health Unit Health Info Line
(613) 735-8666 or
1-800-267-1097 ext. 666

7 St. Francis Memorial Drive
PO BOX 129
Barry's Bay, ON K0J 1B0

Effective May 31, 2012

We Are A

SMOKE FREE PROPERTY

*We Thank You
For Not Smoking
While You Are Here!*

POLICY INFORMATION

In keeping with the directions other hospitals and healthcare facilities have taken, St. Francis Memorial Hospital will become a smoke-free property as of May 31, 2012.

This policy applies to all staff, patients, visitors, workplace parties, volunteers, students and the general public and prohibits smoking on Hospital property including parking lots, grounds and SFMH clinic building.

All patients are asked not to bring tobacco products or flame-producing articles into the hospital.

St. Francis Memorial Hospital provides a smoking cessation program for all patients who are addicted to tobacco products. The smoking cessation program is made available to patients on admission.

PURPOSE

To support the prevention of smoking related diseases and health hazards.

To provide a healthy, smoke-free environment for all.

To promote health and wellness in our community by being a smoke free site.

FREQUENTLY ASKED QUESTIONS

Is there any place I can still smoke?
Smoking is not permitted on Hospital property including parking lots, grounds and SFMH Clinic Building.

Are patients and staff expected to quit smoking?
This policy is about creating a smoke-free environment because tobacco is the leading cause of preventable disease and scientific evidence indicates there is no safe level of exposure to second-hand smoke. Quitting smoking is the single most important thing you can do for your health.

What happens if I smoke on Hospital grounds?
We are confident that we will have your cooperation in the matter and we thank you for it. However, there will be appropriate consequences for those who choose not to comply with the policy.

As a patient, I will have a difficult time not smoking while in hospital, is there help available?
Yes, our physicians may prescribe nicotine replacement therapy products such as the nicotine patch to control your cravings and make you comfortable. SFMH also has trained staff members available to offer smoking cessation treatment/counseling and a collection of self-help material is also available.

HOW CAN YOU HELP MAKE THIS POLICY WORK?

If you are a patient, please:
- Leave tobacco products at home.
- Ask a friend or family member to take the tobacco products home.
- Use Nicotine Replacement Therapy while in hospital.

If you are a visitor, please:
- Leave tobacco products in the car or at home while you are visiting.
- Do not smoke while you are here.

WHY QUIT?
- Within 20 minutes your blood pressure drops and your pulse returns to normal.
- Within 8 hours, your carbon monoxide levels drop and oxygen levels in your blood increase to normal.
- Within 24 hours of quitting smoking, your chance of having a heart attack decreases.
- Within 48 hours, your sense of smell and taste begins to improve.
- Within 3 months, your circulation improves and lung function may increase up to 20%.
- Within 1 year of quitting, the risk of heart disease and stroke is reduced by half.

✚ **SFMH**
ST. FRANCIS MEMORIAL HOSPITAL

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