

# Smokefree

## Rationale

Smoking and the use of tobacco products has been identified as the single most preventable cause of disease and death in New Zealand.

Te Whatu Ora – Health New Zealand Te Tai Tokerau (Te Whatu Ora) is committed to reducing the burden of disease, death and inequity caused by tobacco use and smoking and the vision of a Smokefree Northland 2025. This aligns with the Government’s vision of a Smokefree Aotearoa 2025.

A clear and definitive smokefree policy signals to our communities and staff our commitment to these visions.

## Purpose

This policy supports a number of initiatives aimed at reducing smoking prevalence and tobacco related harm and to promote Smokefree/Tupeka Kore as the norm. Te Whatu Ora:

- Is legally obligated to protect the health and safety of employees and to ensure the safety of patients, family/whānau, visitors and contractors from identified hazards which includes exposure to second-hand smoke
- Has an obligation to ensure patients receive a standard of care that is consistent with current evidence-based best practice which includes advice and support to stop smoking and management of nicotine withdrawal
- Requires that all contracted providers of services will address smoking and implement smokefree policies
- Support to stop smoking is the primary focus of this policy and this will be offered prior to any disciplinary action being taken

## Scope

This policy applies to all tobacco products or herbal smoking products, the use of electronic cigarettes/vaporisers and heated tobacco products. The policy applies to vaping while it is seen as a harm minimisation product, greater staff and public understanding is required to ensure there is not confusion between smoking and vaping onsite.

The smokefree environment provisions of this policy apply to:

- All Te Whatu Ora sites and services including buildings and grounds whether owned or leased by Te Whatu Ora. Onsite includes boundary fences, gardens and entrances
- All vehicles owned or operated by Te Whatu Ora
- All Te Whatu Ora employees, volunteers, contractors and other access agreement holders and others working on Te Whatu Ora sites
- All patients, visitors, family/whanau.

Te Whatu Ora – Health New Zealand Te Tai Tokerau	
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The contractual obligation provisions of this policy apply to:

- All providers of health and disability support services funded by Te Whatu Ora
- All other contracted service providers.

The treatment of patients for smoking provisions applies to:

- All clinical staff who have contact with patients

**Scope exclusions**

The Tumanako mental health inpatient unit is exempt from this policy **only** in relation to vaping and the use of specific approved vaping accessories. This exclusion criteria only relates to Tumanako patients and does not include staff or visitors to the Tumanako unit

**Policy statement**

Te Whatu Ora requires that:

- There will be no smoking, vaping or use of heated tobacco products (HTP) anywhere on any Te Whatu Ora sites or in Te Whatu Ora vehicles. A limited exemption may be made to this policy in order to allow some services to trial vaping as a stop smoking support tool. Applications for planned trials that would inform future vaping policy decisions must include robust evaluation
- Smoking in privately owned vehicles while on Te Whatu Ora sites is prohibited
- Employees are not to smoke, vape or use HTP while on paid Te Whatu Ora duty and/or in public, out of paid hours wearing any Te Whatu Ora uniform or any other means of identification that identifies them as an employee of Te Whatu Ora
- All Te Whatu Ora business and social functions will be smokefree and vape-free
- Staff may not purchase tobacco products or smoking paraphernalia, e-cigarettes/vapourisers, e-liquids or HTPs on behalf of patients (including whānau) or supply these products to patients
- The smoking status of all patients will be identified and documented in the clinical notes. Appropriate information/assistance will be provided to all smokers to manage nicotine withdrawal or to support those patients to become smokefree – using the ABC of smoking cessation
- All staff will receive smokefree education appropriate to their role
- Te Whatu Ora staff members are not to escort patients off Te Whatu Ora grounds for the sole purpose of smoking, vaping or using HTPs
- All funded providers of health and disability support services will establish, implement and maintain appropriate smokefree policies.

**Compliance**

**Breaches of this policy**

**Patients and visitors smoking, vaping or using heated tobacco products**

- All Te Whatu Ora employees are encouraged to bring this policy to the attention of people who smoke, use vaporisers/electronic cigarettes or HTPs within the hospital buildings or on hospital grounds and direct them to the nearest boundary if they wish to continue smoking/vaping

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- Security staff are required to enforce the Smokefree Policy
- Employees are not expected to get involved in any situation likely to lead to verbal or physical abuse. Security staff should be contacted if there are concerns about personal safety due to an aggressive response to being asked to smoke or vape off-site

**Employees, contractors and volunteers smoking**

- Managers/team leaders and contract managers are required to ensure that employees and contractors are aware of the Smokefree Policy
- If an employee observes another member of staff or a contractor breaching the Te Whatu Ora Smokefree Policy they are encouraged to convey the message that Te Whatu Ora is a smokefree and vape-free environment and they need to smoke/vape off-site
- They are expected to report the conversation to the direct line manager of the person who is observed smoking or vaping on-site.

**Failure to comply with the Te Whatu Ora Smokefree policy could be considered as misconduct and may be considered liable for disciplinary action in accordance with the Te Whatu Ora Disciplinary Policy.**

- Staff who wish to leave Te Whatu Ora facilities to smoke, vape or use HTPs may do so only during designated meal/tea breaks and are required to change into personal clothing or wear a jacket to cover staff uniform and remove any reference to them being identified as a Te Whatu Ora employee or contractor while smoking. ID badges must be removed

**Smokefree support**

**Information and support - patients and parents/caregivers**

- While not every smoker wants to stop smoking, most will benefit from advice and support to quit. Treatment will be offered to all smokers using the ABC of smoking cessation:
  - **Ask** - smoking status will be identified for **all patients**. All smokers will be given - **Brief** advice and support encouraging them to stop smoking and offering a **Cessation** referral for stop smoking support
- Whether or not they wish to stop smoking all patients that smoke will be recommended and (if accepted) supplied with nicotine replacement therapy (NRT) to manage their nicotine withdrawal
- Parents/caregivers of children in ward 2 and the Special Care Baby Unit (SCBU) will be offered and provided with NRT to manage their withdrawal and offered support to stop smoking
- The ABC of smoking cessation will be documented for all patients
- Referrals for Stop Smoking Support can be made to ext 3560
- Staff training on the ABC of smoking cessation is available by contacting the Smokefree Hospital Facilitator - call ext. 3560

**Information and support – employees and contractors**

- All employees will be screened for tobacco use during their recruitment process and informed of the Te Whatu Ora Smokefree Policy and offered support to stop smoking. Screening is for the purpose of monitoring tobacco dependence and to ensure that the expectations of this policy are understood before employment
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- Te Whatu Ora employees who smoke will be made aware of opportunities to stop smoking and will be offered advice and support to stop smoking by their managers/team leaders
- Te Whatu Ora staff and contractors are able to access free stop smoking support through the Hospital Smokefree Service which includes:
  - Provision of free NRT products for the purpose of stopping smoking or withdrawal management while at work call ext. 3560
  - Free access to stop smoking support – call ext. 3560

### Home visits

- Staff visiting patients in their own homes are able to advise the patient to refrain from smoking for the duration of that visit. This should be negotiated at the time the appointment is made

### Associated documents

Type	Title/description
Legislation	<a href="#">Smokefree Environments Act 1990 and Amendments 2003</a> <a href="#">Health and Safety at Work Act 2015</a>
Te Whatu Ora policies	<a href="#">Uniform and Professional Presentation</a> <a href="#">Fleet and Vehicle Usage</a> <a href="#">Disciplinary Policy</a> <a href="#">Drug Protocol - Nicotine Replacement Therapy</a>
Te Whatu Ora IPU Mental Health Policy	<a href="#">Tumanako Smokefree Policy</a>
Te Whatu Ora Associated Documents	<a href="#">Tupeka Kore/Auahi Kore Te Tai Tokerau 2025 Strategic Plan 2015-2018</a>

### References:

- Te Whatu Ora: [Tupeka Kore/Auahi Kore Te Tai Tokerau 2025 Strategic Plan 2015- 2018](#)
- [Ministry of Health: New Zealand Guidelines for Helping People to Stop Smoking, 2014](#)
- [Ministry of Health: Implementing the ABC Approach for Smoking Cessation: Framework and Work Programme, 2009](#)
- [Ministry of Health: Better Help for Smokers to Quit 2016](#)
- [Ministry of Health: Position Statement – E-Cigarettes Oct. 2017](#)
- [Wilson, Hoek, Thomson, Edwards: Should e-cigarette use be included in indoor smoking bans?](#)
- Bull. World Health Organ 2017;95:540–541 | doi: <http://dx.doi.org/10.2471/BLT.16.186536>

### Acknowledgments:

Thanks to the following DHBs for sharing their Smokefree/Tupeka Kore Policies: Waitemata, Waikato, Auckland, Hawkes Bay, Mid Central and Hutt Valley District Health Boards.

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