

March 27, 2008

Smoke Free Policy

Introduction

We are implementing a Smoke Free Policy that will restrict smoking in all of our facilities, on our grounds and in corporate vehicles as of March 31, 2008. In addition, the sale and promotion of tobacco products on our premises will also be prohibited.

As a health care organization, we are committed to promoting the health and well being of our caregivers and the people whom we serve, and it is important that we model healthy practices.

Policy Highlights

What does the policy mean to employees, physicians and volunteers?

Employees, physicians and volunteers who choose to smoke will need to manage their tobacco addiction while at work since smoking will not be allowed on Fraser Health property once the policy is implemented on March 31, 2008.

Information on cessation programs is available in three ways:

- Occupational Health Nurse
- Call QuitNow at 1-877-455-2233
- Visit www.quitnow.ca

A Starter Kit providing Nicotine Replacement Therapy is available for employees who register with the QuitNow program. Please contact the Occupational Health Nurse.

What does the policy mean to employees working in shared lease premises?

Where a leased Fraser Health facility is the sole tenant of a building or the leased facility has grounds attached to the property lease, the Smoke Free Policy applies and no smoking is permitted on the grounds.

For leased facilities where Fraser Health shares the building or grounds with other tenants, our Smoke

Free Policy cannot be applied in the same way. Provincial tobacco laws that take effect on March 31, 2008 restrict the use of tobacco, in any indoor or substantially enclosed work or public space and within three meters of any doorway, window or air intake.

Fraser Health has adopted the LEED standard for its Smoke Free Policy, meaning that tobacco use is not allowed within 7.5 meters of any doorway, window or air intake on our premises.

Employees who work at shared lease facilities with other tenants (where we cannot apply a total grounds prohibition on smoking) and choose to smoke, must ensure they smoke at least 7.5 meters away from any door, window or air intake.

The Smoke Free Policy is intended to provide protection from tobacco smoke and to set a positive example in the community. Fraser Health is also advocating for smoke free bylaws that prohibit smoking on public patios and within 7.5 meters from a door, window or air intake.

What does the policy mean to patients, residents, clients, families and visitors?

Families, visitors and outpatients are expected to comply with our policy while they are on Fraser Health premises. While patients are in hospital, we will provide a variety of supports to manage their nicotine addiction. A Fraser Health-wide team of clinicians has established the necessary protocols.

We have recognized the special needs of mental health and addictions clients, patients in hospices, and individuals living in residential facilities. Mental Health and Addictions clients have the same needs for improving health as the rest of the population and will be supported in becoming smoke-free with cessation therapy and nicotine replacement. Most Mental Health and Addictions inpatient and outpatient programs are targeting to have smoke-free environments by March 31, 2008.

Keeping You Informed

Since residential facilities and hospices are essentially the home of residents and clients, we have designated suitable smoking areas outdoors at specific Fraser Health residential facilities to protect smokers and non-smokers alike. Employees are no longer allowed to accompany residents and clients to the smoking area, and are not able to smoke in those areas.

In order to provide enough time to fully implement the policy for residential facilities and hospices (including Mental Health and Addictions residential treatment facilities), we have extended the implementation date to March 31, 2009.

When You See Employees, Physicians, Volunteers and Visitors Smoking

Fraser Health expects all employees, physicians, volunteers, and visitors to comply with the policy. If you observe people smoking:

- Politely advise the person that smoking is not allowed on Fraser Health property.
- Ask the person to extinguish the cigarette or smoke on the sidewalk.
- Offer the person a QuitNow card describing smoking cessation supports.

Do not engage in a dispute. Your role is to inform. If the person becomes hostile or belligerent, you should immediately withdraw and advise Security.

When You See Hospital Patients Smoking

Upon admission, all patients will be informed that Fraser Health is a smoke free property and they, and their visitors, need to leave the property to smoke. Patients who smoke will be offered nicotine replacement therapy and cessation support by patient care staff.

- If you see patients smoking on the property, advise them of the policy. Ask them either to leave the property to smoke or to extinguish their cigarette.

- Under no circumstances should you put yourself at risk. If the patient becomes hostile or belligerent, withdraw and report the incident to your manager or Security.

Note: residents who live in residential care facilities have designated areas to smoke.

Benefits of Quitting Smoking

Here are some great reasons to stop smoking:

- In eight hours, the carbon monoxide level in your body drops, and oxygen in your blood increases to normal.
- In 48 hours, the risk of heart attack begins to go down, and taste and smell improve.
- In 72 hours, breathing becomes easier, and lung capacity increases.
- In two weeks to three months, your body circulation improves.

Resources

Visit the Fraser Health Intranet for more information on the Smoke Free Policy and available resources. Go to **Quick Links/Smoke Free** on the home page.

For information on Provincial tobacco laws, visit www.health.gov.bc.ca/tobacco.

Questions?

For local Human Resource questions related to the Smoke Free Policy compliance, please see your HR Representative. For other questions related to the policy implementation, please write to feedback@fraserhealth.ca.