



# Workshop 2: Smoke-Free Places

12.45pm

1.40pm

2.35pm



**Shane Faulkner**

*Service Manager – Tobacco  
Dependency Treatment  
Services*

**Blackpool Teaching  
Hospitals NHS FT**



**Lisa Halliday**

*Smokefree Lead*

**Smoke Free Lancashire**

Lancashire and Cumbria  
Smoke-Free Places  
Conference 2024

# Shaping our Smokefree future

A journey of two halves – hearts and minds





The background of the slide is a black and white photograph of cigarette smoke rising from a cigarette, with the smoke forming intricate, swirling patterns. A large, semi-transparent maroon rectangle is overlaid on the lower half of the image, containing white text and quotation marks.

**“ Failure to identify & treat smoking is  
no less negligent than failure to  
identify & treat cancer ”**

RCP Hiding in Plain Sight, 2018

# Build Blocks to Success

**Leadership**

**Strategy**

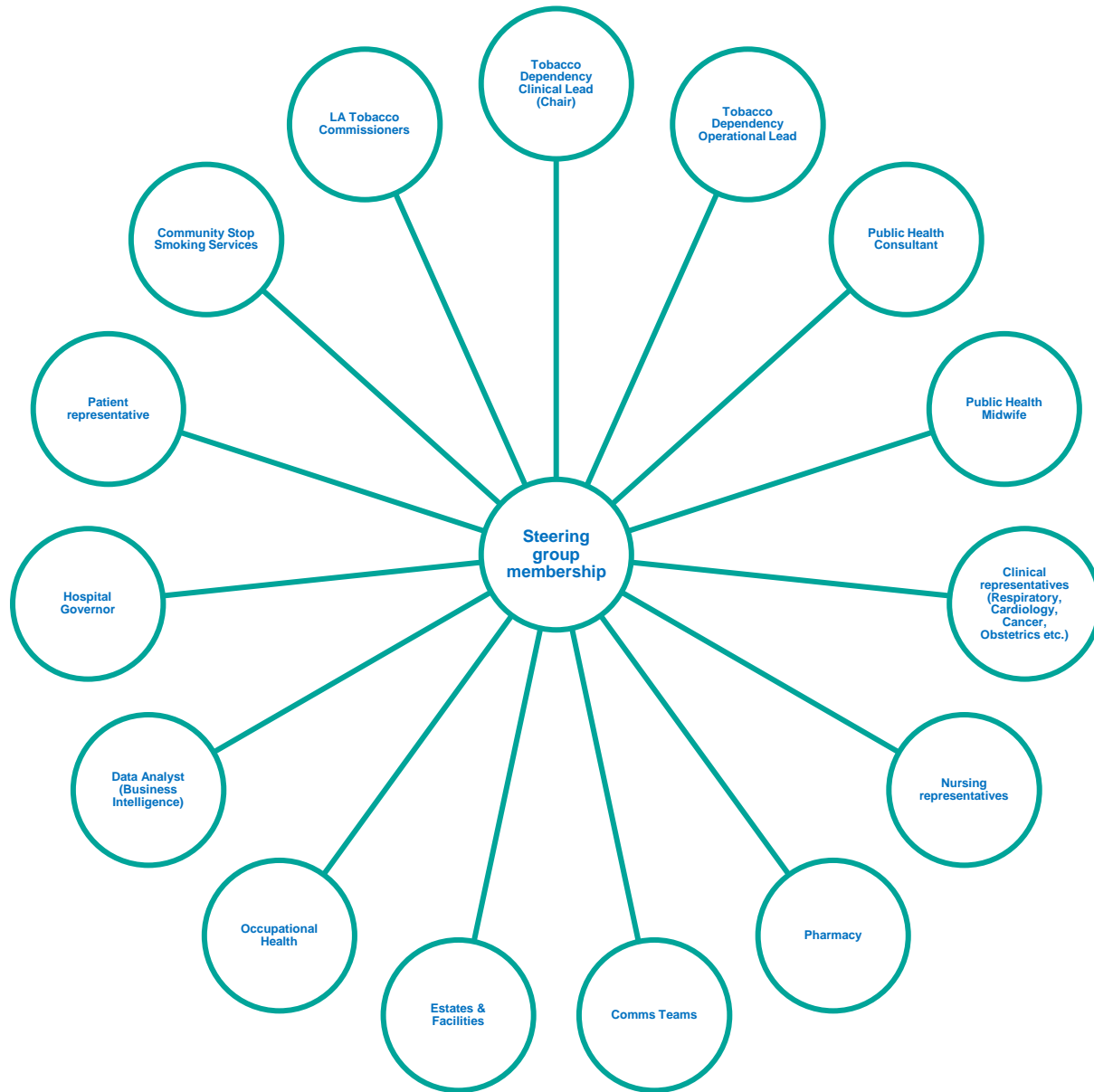
**Communication**

**Training**

**Treatment and  
Support**

**Safety and Security**

**Audit and Evaluation**



## Identifying Partners & Key roles

- Motivated, passionate
- Influence colleagues
- Multi-disciplinary
- Understand the principles of treating tobacco dependency (not a restrictive, forcing quitting upon people)

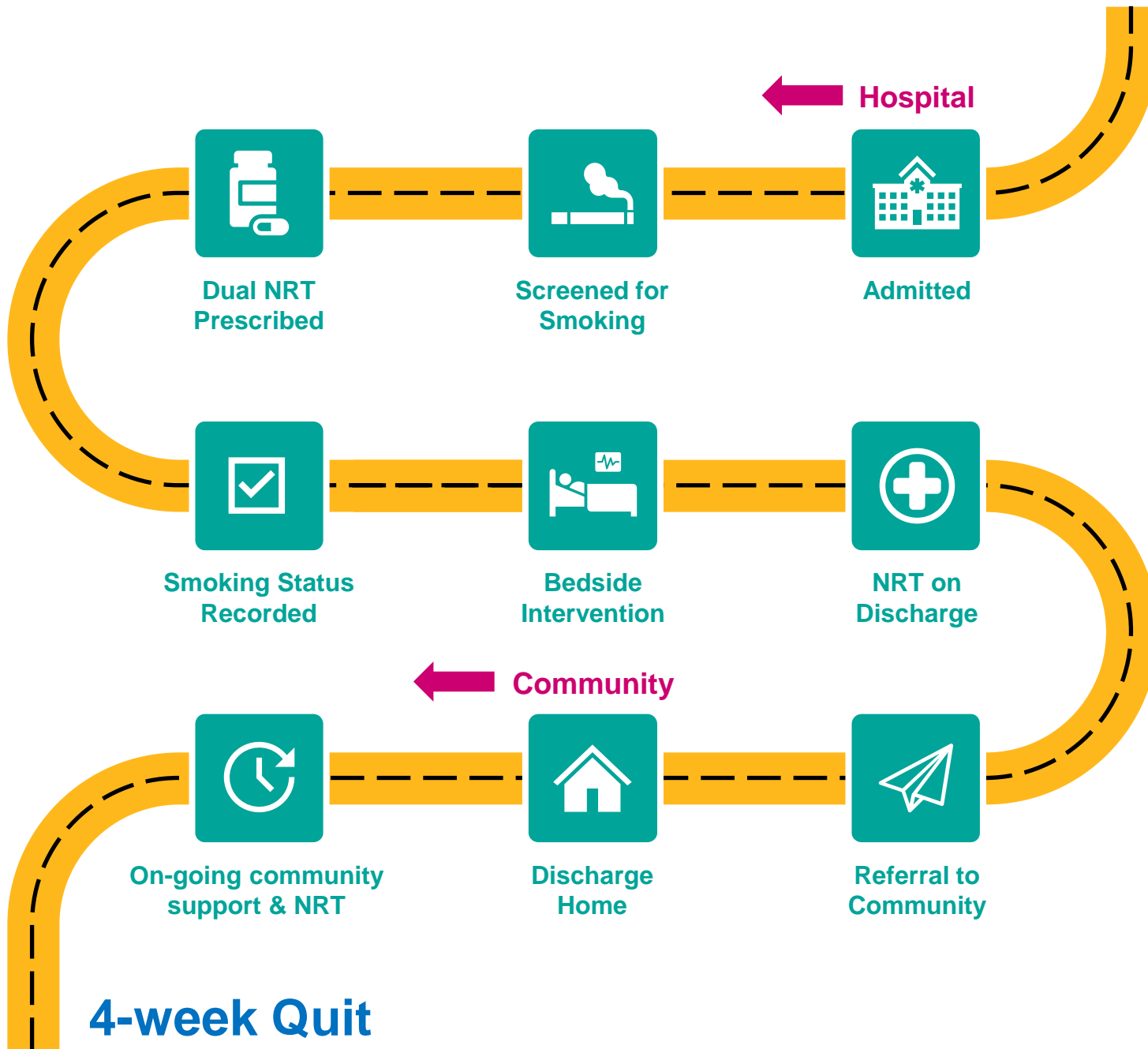


A photograph of two women standing outdoors in a garden. The woman in the foreground is wearing blue scrubs and has short dark hair. The woman behind her is wearing a maroon polo shirt with "ADVANCED PRACTITIONER" written on it and has blonde hair. They are both smiling. The background features green trees, white flowers, and a parking lot. A teal banner with white text is overlaid on the left side of the image.

# Prevent Promote Treat


Caring • Safe • Respectful





## Roadmap

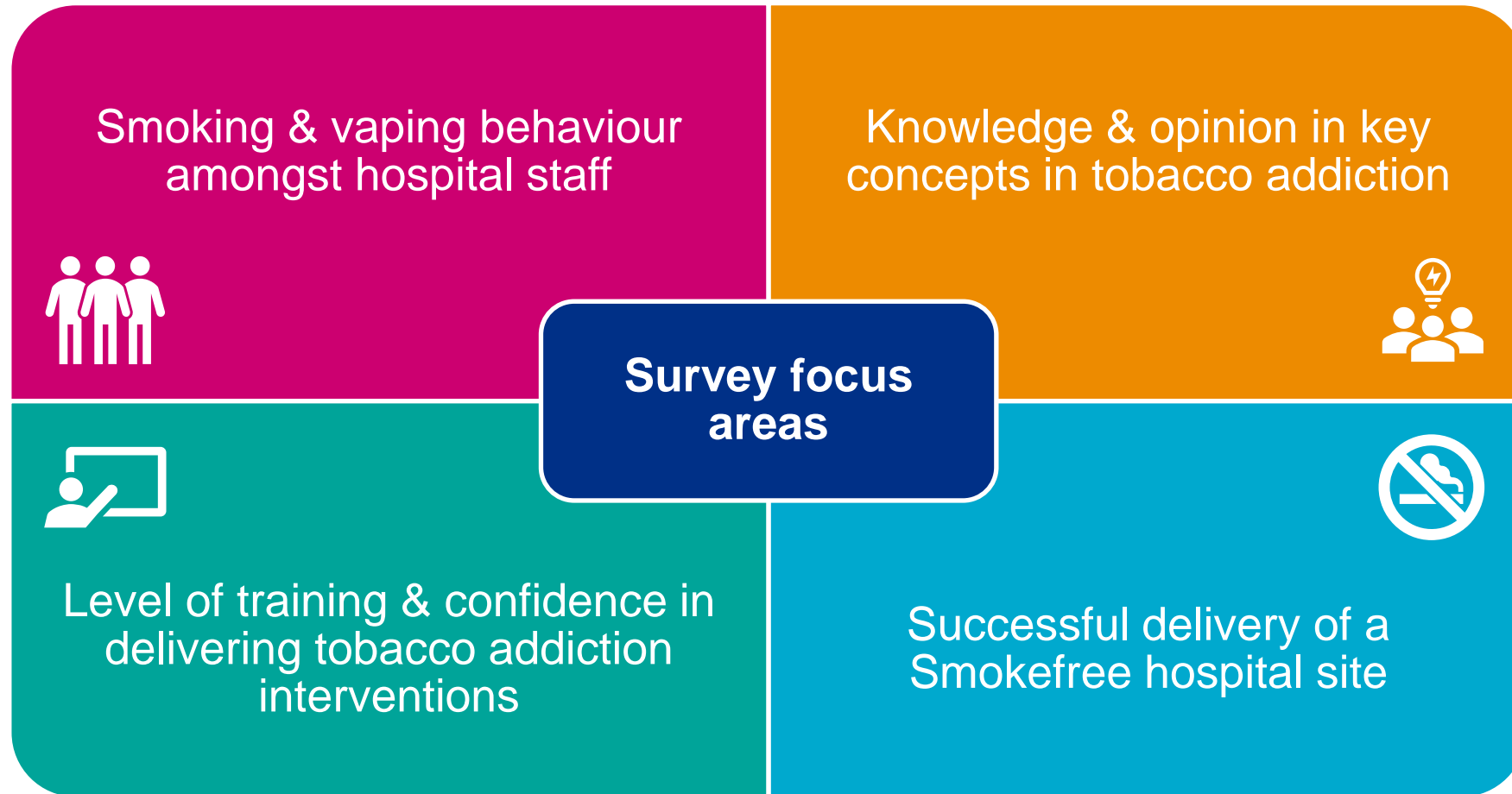
Treating tobacco dependency within acute inpatients – a roadmap to screen and treat

A photograph of four healthcare professionals in a meeting room. Three women and one man are standing around a table. One woman in a purple blazer is leaning over the table, pointing at a document. The others are looking towards the camera. The room has large windows in the background.

**“ We will never again refer to smoking as a lifestyle choice, or a bad habit. Tobacco dependence is a powerful addiction and a chronic relapsing condition. ”**



# Survey focus areas



## Key take aways

Many have a relatively high knowledge base of tobacco addiction – **chronic, relapsing condition**

Although we know that the training we offer is effective, **widening access to training** remains a fundamental issue

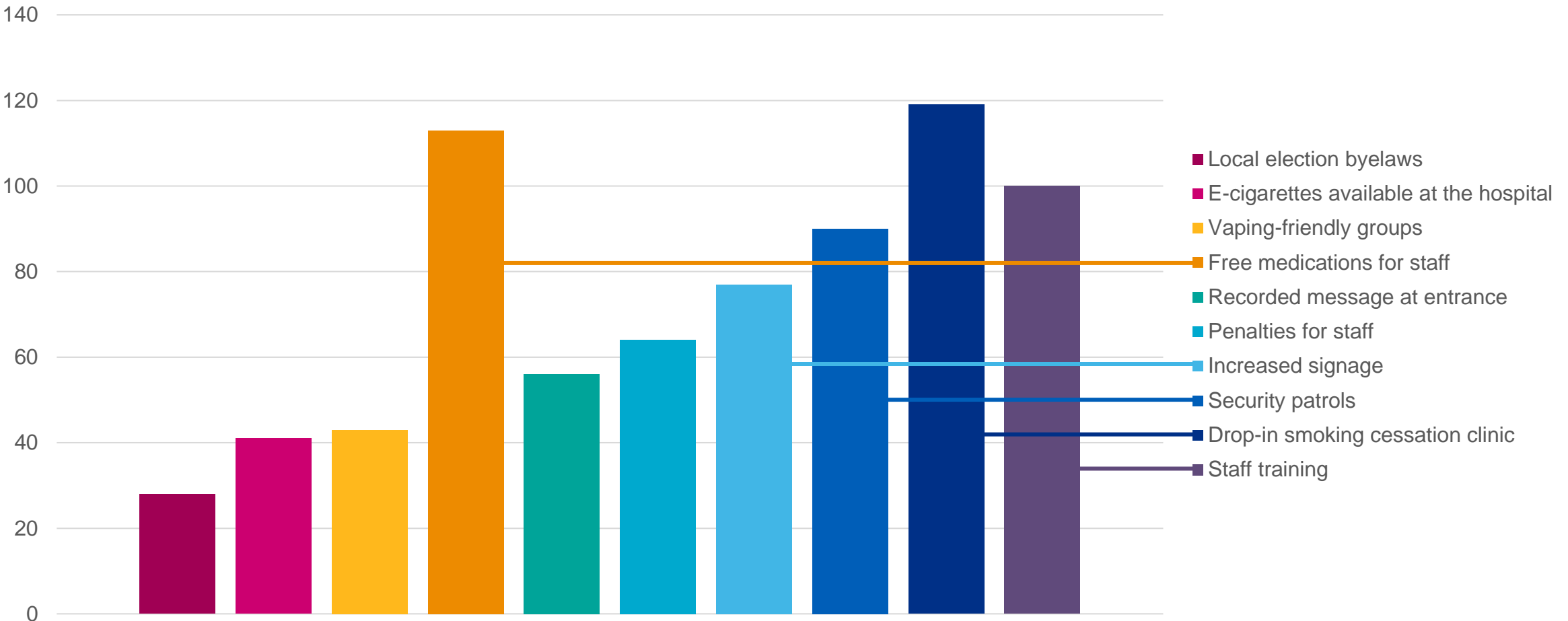
We continue to have a significant gap in staff awareness and education around **e-cigarettes and vaping**

Vast majority say **NO to smoking or vaping** on hospital grounds

Our Trust's Smokefree Agenda aligns with the **top 5 interventions** that staff feel would be successful



# Top 5 Interventions





Becoming a Smokefree Champion  
Helping us share a smokefree future

I'm a  
**SMOKEFREE  
CHAMPION**

Caring • Safe • Respectful





# Blackpool Teaching Hospitals NHS Foundation Trust

**TO PROTECT BABIES, CHILDREN AND PATIENTS FROM HARM SMOKING IS PROHIBITED IN ALL AREAS OF THIS SITE INCLUDING BUILDINGS, DOORWAYS, GROUNDS AND CARPARKS**

**PLEASE DON'T SMOKE!**

**WE HAVE THE KIT TO HELP YOU QUIT**

*Caring • Safe • Respectful*

Drop off only  
Maximum Stay  
15 mins

**BLACKPOOL VICTORIA HOSPITAL AND ITS SITE IS A COMPLETELY SMOKE AND VAPE-FREE AREA**

**PLEASE DON'T SMOKE!**

**WE HAVE THE KIT TO HELP YOU QUIT**

Our experts have the help, advice, tips and techniques to help you stop smoking. For more information, and to receive a free pack, please visit [www.bfwh.nhs.uk/our-services/stop-smoking-service](http://www.bfwh.nhs.uk/our-services/stop-smoking-service) or telephone 0800 990 4324

*Caring • Safe • Respectful*

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*Caring • Safe • Respectful*

**BLACKPOOL VICTORIA HOSPITAL AND ITS SITE IS A COMPLETELY SMOKE AND VAPE-FREE AREA**

**PLEASE DON'T VAPE!**

**WE HAVE THE KIT TO HELP YOU QUIT**

Our experts have the help, advice, tips and techniques to help you stop smoking. For more information, and to receive a free pack, please visit [www.bfwh.nhs.uk/our-services/stop-smoking-service](http://www.bfwh.nhs.uk/our-services/stop-smoking-service) or telephone 0800 990 4324

*Caring • Safe • Respectful*



**This is Area 8**

NHS Blackpool Teaching Hospitals NHS Foundation Trust

	Delivery Suite	→
	Fyle Coast Birth Centre	→
	Neonatal Unit	→
	Children's Assessment	→
	Children's Wards	→
	Ward C	→
	Ward D	→
	Ward E	→
	Victoria Centre	

THIS HOSPITAL IS A SMOKEFREE SITE

Welcome to Blackpool Victoria Hospital

NHS Blackpool Teaching Hospitals NHS Foundation Trust

THIS HOSPITAL IS A SMOKEFREE SITE

Emergency Department (ED)  
Accident & Emergency (A&E)

Whinney Heys Road Car Park

CPD Car Park

Areas 1, 2 & 3 →

Areas 5, 6, 7, 8, 9 & 14

← Main Outpatients

← Reception A

Reception B →

← Orthotics

← Physiotherapy

← Discharge Lounge

Lancashire Cardiac Centre

NHS Blackpool Teaching Hospitals NHS Foundation Trust

THIS HOSPITAL IS A SMOKEFREE SITE

BLACKPOOL VICTORIA HOSPITAL IS A SMOKEFREE SITE

Please do not smoke in the hospital buildings, main entrances or grounds.

Main Entrance Car Park →



# Internal Signage



**Blackpool Teaching  
Hospitals**  
NHS Foundation Trust

**NHS**  
Blackpool Teaching  
Hospitals  
NHS Foundation Trust

## GOOD THINGS HAPPEN WHEN YOU STOP SMOKING

**IF YOU'RE HAVING AN OPERATION...**

- Stopping smoking beforehand improves circulation and wound healing
- There's less chance of infection for non-smokers
- Non-smokers recover more quickly
- Smokers are more likely to need higher doses of anaesthesia

For free support to quit smoking, call 0808 196 4324



**NHS**  
Blackpool Teaching  
Hospitals  
NHS Foundation Trust

## GOOD THINGS HAPPEN WHEN YOU STOP SMOKING

**IT'S GOOD FOR YOUR HEART...**

- Stopping smoking for 12 months reduces the risk of heart attacks by half compared to a smokers
- Risk of disease and death from cardiovascular disease is significantly reduced
- May reduce risk of atrial fibrillation

For free support to quit smoking, call 0808 196 4324



**NHS**  
Blackpool Teaching  
Hospitals  
NHS Foundation Trust

## GOOD THINGS HAPPEN WHEN YOU STOP SMOKING

**IT'S BETTER FOR YOUR EYES...**

- Age Related Macular Degeneration is four times more likely to develop if you smoke
- Smokers are more likely to develop nuclear cataract and thyroid eye disease

For free support to quit smoking, call 0808 196 4324



**NHS**  
Blackpool Teaching  
Hospitals  
NHS Foundation Trust

## GOOD THINGS HAPPEN WHEN YOU STOP SMOKING

- Taste and smell return
- Lower risk of Chronic Obstructive Pulmonary Disease (COPD)
- Improves health and increases life expectancy
- You'll be fitter and have more energy
- SAVE MONEY  
20-a-day smokers spend around £4,356 per year

For free support to quit smoking, call 0808 196 4324



A large, semi-transparent blue rectangular box is overlaid on the center of the image. Inside this box, a quote is written in white, bold, sans-serif text. The quote is enclosed in large white quotation marks. The background of the image is a photograph of a modern hospital building with a curved glass facade and a paved courtyard in the foreground.

“ A **Smokefree Trust** is one that **prohibits smoking anywhere on-site**, in addition to offering **evidence-based treatment for tobacco dependence** for **all** who smoke, as **core** to its **everyday business**. ”



# The aims of our Smokefree Policy



To contribute to reduced smoking prevalence locally and nationally.



To protect and improve the physical and mental health and wellbeing of all who use, work, or visit our Trust, through reduced exposure to second hand smoke and associated triggers.



To provide an environment which promotes a culture of non-smoking.



To ensure that all staff, service users including outpatients, and visitors who wish to stop smoking have access to the best support to enable them to do so.



To support all who smoke but are not motivated to stop, to manage nicotine withdrawal and, to remain abstinent whilst on our premises.

# Division of Content

**Responsibilities**

**Smokefree  
Enforcement**

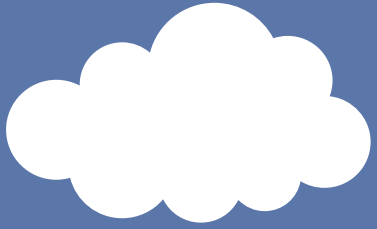
**Training**

**Communication**

**Treating Tobacco  
Dependence &  
Support**

**Breaches of the  
Smokefree Policy**

**Monitoring  
Compliance &  
Effectiveness**



# Smokefree Lancashire

## Smokefree Places

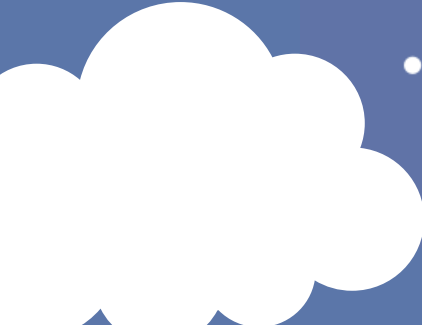






# What Are **Smokefree** Places?

A smokefree place is somewhere that actively discourages or disallows smoking and encourages others to make healthy choices around smoking, with the aim of:

- Denormalising smoking so that younger generations don't ever start to smoke
  - Creating healthier environments for everyone, free from the harms of second-hand smoke
  - Helping to reduce wildlife and environmental damage from toxic cigarette litter and waste
  - Supporting those who are trying to quit to become, and stay, smoke free
- 



Commit to Quit



# Smokefree Scheme Concept

Smokefree   
Families

Smokefree   
Workplaces

Smokefree   
Spaces

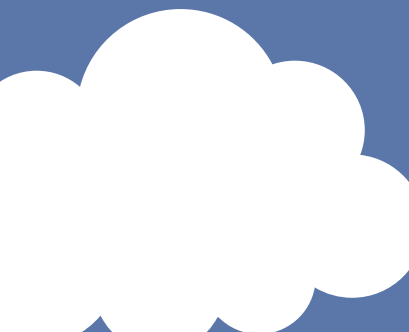





# Supporting workplaces to be Smokefree



We have focussed on:

- Building relationships with local hospital trusts
  - Developing a staff offer within Hospital trusts
  - Providing promotional materials including leaflets, posters and QR code cards
  - Reviewing and learning from what works well
  - Taking a proactive approach in engaging organisations outside of the health & social care sector
- 
- 



# Supporting Workplaces – case study

- We approached a large organisation with a view to start a specific session for their employees
- They did respond, however a date to start the session was not provided.
- We contacted them regularly to agree a date – we gave them a date of when we would be there.
- We provided marketing materials to promote the session.
- The sessions will be regular to incorporate all shift patterns of workforce
- The organisation has agreed to open the sessions to support family members too!





Lancashire and  
South Cumbria  
Integrated Care Partnership



Lancashire and  
South Cumbria  
Integrated Care Board

# Workshop 2: Smoke-Free Places Discussion

Lancashire and Cumbria  
Smoke-Free Places  
Conference 2024



## Questions:

1. How do we ensure people adhere to workplace smokefree policies?
2. What can we do with people who do not follow the policy?
3. How do we make it easy for staff to be able to access tobacco addiction support?





## Questions:

4. Do you think smokers and non-smokers have equal opportunities in the workplace? Please provide examples if they don't.

5. What additional support is required to deliver a smokefree environment beyond the policy itself (e.g. funding for signage)?