Wrightington, Wigan and Leigh Teaching Hospitals
NHS Foundation Trust

Help for Smokers in Hospital

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Help for Smokers in Hospital

Patient Information

WWL Stop Smoking Team

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Smoke-free Hospital Sites

Since the 1st October 2010 all hospital sites: Royal Albert Edward Infirmary, Leigh Infirmary, Wrightington Hospital, Thomas Linacre Centre and Boston House are all Smoke-free.

Electronic Cigarettes

These are currently unregulated products and as their safety cannot be assured, they are not allowed at any of the hospitals.

This means there is no smoking, including electronic cigarettes, allowed anywhere on the hospital sites. This includes the buildings and grounds and applies to all patients, visitors and staff.

We understand that being in hospital can be even more challenging if you are a smoker. We also know that the majority of smokers (70%) have thought about quitting at some point, and would like to quit and become smoke free.

Many patients use this opportunity of being in hospital to quit for good. Whether you would just prefer help during your hospital stay, or would like to stop smoking permanently we have an expert team on hand to help you.

Did you know?

Smoking: lengthens your recovery process and increases the chances of a longer stay in hospital, increases the risks of complications

and affects your general health.

Stopping smoking

Improves your recovery rate, ensuring you are in hospital no longer than necessary, reduces the risks of complications, improves breathing, and increases energy levels.

Hospital Stop Smoking Service

The WWL Stop Smoking Team are based at the Royal Albert Edward Infirmary. We visit every inpatient admitted to the hospital who smokes. We provide one to one support and will ask you a number of questions. This helps to provide you with the most appropriate support, including useful tips and techniques, and nicotine replacement therapy (NRT), to reduce cravings and assist with nicotine withdrawal.

What Nicotine Replacement Therapy (NRT) is available?

Nicotine replacement therapy reduces withdrawal feelings by giving you a controlled amount of nicotine, but none of the other dangerous chemicals found in cigarettes. This amount of nicotine helps satisfy your craving for nicotine and reduces the urge to smoke.

The types of nicotine replacement therapy available for you are patches, inhalator, gum, lozenge and oral or nasal spray.

The team will explain all about these products and answer any questions you have. The chosen products will be provided for you to use on the ward as soon as possible. You can

start a 12 week course of nicotine replacement therapy to help you reduce/stop smoking. You will also be given 7 days worth of NRT to take home on discharge.

If you require continued help and support, this can be arranged for you after discharge, as we can refer you to our community team, Healthy Routes,or your GP.

Your GP or a Healthy Routes Advisor will then contact you by phone when you are home to arrange follow-up appointments, which are now all by phone. They will provide on-going NRT on prescription, this will only cost you the price of a prescription or if you don't pay for prescriptions, it will be free, ideally until you have completed 12 weeks smoke free.

This is very often the ideal opportunity to consider your overall health and wellbeing and making healthier choices.

The Healthy Routes Team also support people with other lifestyle changes, and information will be given to you about their service.

What help is on offer for my relatives or friends?

Relatives or friends who are smokers can contact the Healthy Routes Community Stop Smoking Service directly, where an appointment will be offered at a community venue.

Telephone: 01942 836967

Or visit: www.healthyrouteswigan.co.uk to book an appointment online.

Stop smoking leaflets can be found at various points throughout the hospital.

So, whether you just require help during your inpatient stay, or would like to take this opportunity to quit completely, the WWL Stop Smoking Team are ready to help you.



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