

St. Mary's Health System Tobacco- and Smoke-Free Policy

ST. MARY'S HEALTH SYSTEM TOBACCO- AND SMOKE-FREE ENVIRONMENT POLICY AND PROCEDURES

Purpose:

The purpose of this policy is to maintain a safe healthcare environment by eliminating involuntary exposure to second-hand and third-hand smoke by patients, staff, and visitors of the campus and to ensure St. Mary's Health System (SMHS) campuses are conducive to healthy, tobacco- and smoke-free living.

SMHS is committed to the promotion of health and supports the findings of the U.S. Surgeon General that "there is no risk-free level of exposure to secondhand smoke" and that tobacco use in any form, active or passive, is a serious health hazard.

SMHS acknowledges findings by the U.S. Environmental Protection Agency and American Cancer Society which classify secondhand smoke as a Class A/Group A carcinogen, which means it is a toxic substance known to cause cancer in humans.

SMHS is fully supportive of tobacco-free lifestyles and encourages the elimination of this serious health risk from the lives of its patients, visitors, and staff. Consequently, SMHS has developed a policy to help support these demographics. In addition, a tobacco- and smoke-free campus helps protect the property from accidental fires, damages, and tobacco waste and litter. All individuals on the property of St. Mary's must be respectful of any person/persons who have heightened sensitivities to scent, abiding by the scent-free rule which includes but is not limited to thirdhand smoke which can affect anyone who has asthma or sensitivity to scents. While SMHS encourages people to seek treatment for their tobacco use, this policy does not require anyone to quit, but rather to refrain from use on the property for the protection and integrity of the campus and health of all visitors. The success of this policy is dependent upon the thoughtfulness, consideration, and cooperation of both smokers and non-smokers.

Policy:

St. Mary's Health System (SMHS) is a 100% tobacco- and smoke-free campus.¹ The use of all forms of tobacco products are prohibited in or around all buildings either owned or leased, grounds, parking lots, ramps, plazas, vehicles, including personal vehicles when on SMHS property, and sidewalks adjacent to all SMHS properties. Individuals are required to cease the use of any tobacco- and smoke-product upon arrival to any SMHS campus. This includes e-cigarettes, hookahs, chew/dip, marijuana, pipes, or any non FDA approved device.

Signs declaring SMHS's tobacco- and smoke-free campus shall be posted at campus/building entrances, parking lots, and at other conspicuous places. A phone message stating that St. Mary's is a smoke and tobacco-free campus will be recorded and played for any person who calls the hospital and is placed on hold. Patients will also be notified/reminded prior to their appointment.

¹ A 100% tobacco free campus is defined as a hospital, medical center, or health care organization which prohibits all forms of tobacco (including smoking materials, such as cigarettes and cigars, hookah, electronic cigarettes and other non-FDA approved devices, chew, snus,

and spit tobacco products) use and sale on hospital owned or leased property, including buildings, grounds, plazas, ramps, parking lots (including personal vehicles on property) and outdoor common areas, including sidewalks adjacent to the building. Staff are to be aware, that under Maine State Law, smoking is prohibited from any and all SMHS-owned vehicles.

Employees are expected to be respectful of all SMHS neighbors, including appropriate discarding of smoking materials. For health and safety reasons it is necessary to appropriately discard all tobacco products. There will be no designated smoking areas.

SMHS prohibits the sale and free distribution of tobacco products on hospital property and agency-sponsored events. All events, meetings, and seminars operated or sponsored by SMHS are to be tobacco- and smoke-free. The advertisement or promotion of tobacco products of any kind are prohibited on hospital campuses including periodicals, magazines subscribed to for waiting areas, and SMHS websites.

SMHS encourages tobacco users to seek treatment for their tobacco addiction. SMHS will supply quit-support resources through the Prevention and Wellness Department and encourages individuals to contact the free Maine Tobacco Helpline at 1-800-207-1230 for reduced or no-cost telephone counseling and access to nicotine replacement therapy (NRT). Information on these and other supportive programs for quitting tobacco use will be advertised by SMHS via our website and other printed and electronic material. Staff is to offer tobacco-using patients information regarding cessation services available, including hospital-based cessation counseling, education, and access to evidence-based NRT ². SMHS and staff are to supply patients and visitors educational material which encourages their adoption of a tobacco- and smoke-free lifestyle.

SMHS staff may obtain NRT products, as well as other prescription medications from their pharmacy. For employees and employee dependents carrying SMHS insurance benefits, tobacco cessation is a covered benefit. For information on free statewide cessation services, staff are also encouraged to contact the Maine Tobacco Helpline at 1-800-207-1230. Training courses and cessation counseling is encouraged. More information can be found by contacting the Prevention and Wellness Department at 777-8898.

SMHS prohibits all programs and interdepartmental organizations from accepting funds from the tobacco industry. Faculty, staff, and governing boards are to ensure all donations, grant funds, and trust dollars are free from tobacco industry ties. This provision extends to all hospital/health care organization stock holdings and financial partnerships.

Enforcement

All SMHS staff are responsible for the enforcement of the above mentioned policy. SMHS is responsible for reminding those found using tobacco products or smoking on our campus of the hospital's tobacco- and smoke-free status and for providing violators with information on tobacco treatment and cessation provided by the health care system and the Maine Tobacco Helpline.

²Tobacco treatment interventions are available for all tobacco-using patients admitted to the hospital. This includes tobacco cessation counseling, education, and access to evidence-based quit medication as clinically appropriate and clinical assistance for those patients experiencing nicotine withdrawal.

If it is an **employee** who is violating the policy and refuses to stop using the product, the employee's supervisor will be notified. Non-compliance with this policy will be dealt with in the same manner as violations of any other organizational policy. If employees are seen littering the grounds of SMHS with cigarette butts or other tobacco products, appropriate disciplinary action will take place, up to and including termination.

If it is a **visitor** refusing to abide by our policy, SMHS staff will address the visitor accordingly.

For **patients** who use tobacco products, if appropriate, alternatives to smoking/tobacco use, such as the nicotine patch and gum) will be offered to the patient & ordered by the patient's attending or covering physician. Each physician practice will have resources available, and tobacco cessation will be offered to all employees, covered by our medical insurance plan. Violations of the policy and federal laws regarding indoor smoking must be reported to Security. For patients' safety, in-hospital bedded patients are not permitted to leave the hospital smoke or for any other reason. If the patient insists of leaving the hospital to smoke, Against Medical Advice (AMA) procedures will be followed.