

# Managing smoking in consumers who go on leave from a NSW health facility

## Consumers who wish to leave the facility

- All leave must be assessed within the current policy framework considering safety and consumers' rights.
- All consumers should be discouraged from smoking while on leave.
- It is important to be consistent in applying leave policy.

## This is an opportunity to:

- **discuss quitting or reducing smoking with Nicotine Replacement Therapy (NRT).**
- **review NRT for those using this medication.**

### Current or recent smokers who are granted leave

- Ask whether they intend to remain smoke-free or to smoke while on leave.
- Record response in the medical record.

### Hint:

Use **Tools 4 and 5** to assist with NRT provision

- Remind consumer that even one cigarette will trigger further cravings to smoke.
- Remind consumer that the urge to smoke is a sign of withdrawal and that these symptoms will pass.
- Discuss ways of dealing with withdrawal / cravings.
- Discuss NRT (both those already using NRT and those not using NRT).
- Consumers using NRT - review withdrawal symptoms and dosage - offer alternative or additional forms of NRT if necessary.
- Encourage those who request leave specifically to smoke to participate in alternative activities within the facility.

### If a consumer requests return of their lighter/matches

- Follow local procedures regarding requests for return of ignition devices.
- Note the decision and the discussions around it in the medical record.
- Avoid giving any other assistance or support for their decision to smoke.
- Remind those using NRT to continue even if leaving the grounds to smoke.

### Leaving the facility temporarily

- For those using NRT, provide an adequate supply - record in the care plan.
- Discuss supporting the consumer to remain abstinent with family/friends/carers.
- Provide consumer with information for themselves and for family/friends/carers.

### On return

- Determine if the consumer smoked while on leave.
- Record in care plan.
- Take the opportunity to discuss quitting and/or review NRT use. Document.
- Follow local procedures for collection and safe storage of ignition devices such as lighters and matches.