

To assist you on the road to quitting,  
the **Smokers Help Line**

**1-877-513-5333**

offers advice, support, counseling,  
referrals and information packages.

OR

You can work through a quit program  
on your own. Information and  
interactive tools are available at your  
local library and on the internet at  
the following sites:

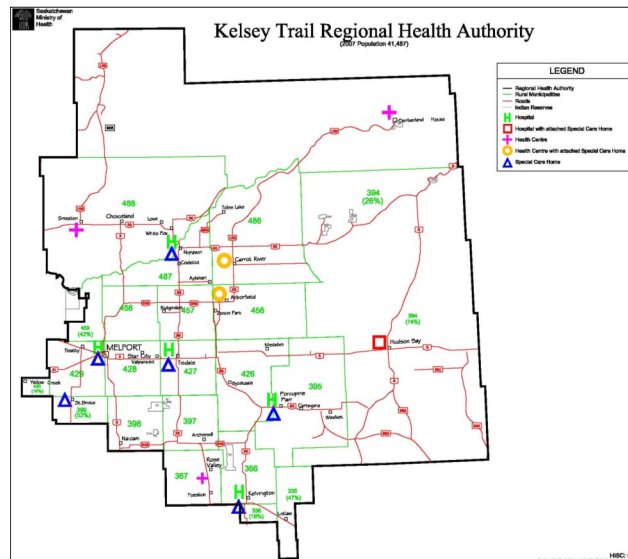
[www.lung.ca/smoking](http://www.lung.ca/smoking)

[www.quit4life.com](http://www.quit4life.com)

[www.smokershelpline.com](http://www.smokershelpline.com)

[www.gosmokefree.ca](http://www.gosmokefree.ca)

**Quitting takes  
work and effort,  
but  
YOU CAN DO IT!**



**For help with smoking or  
tobacco product cessation,  
contact**

**KTHR Mental Health & Addiction  
Services at 306-752-8767**

*For more information about this or other services  
of the Kelsey Trail Health Region  
contact the Regional Office at  
(306) 873-6600 or visit our website  
[www.kelseytrailhealth.ca](http://www.kelseytrailhealth.ca)*

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Provincial Health Line—24 hour health advice



# **Tobacco & Smoke-Free Policy**

**Effective April 1, 2011**



## **What Inpatients & Visitors Need to Know**

*Healthy People in Healthy Communities*

## What is the policy?

All KTHR facilities, vehicles and equipment are smoke-free. KTHR staff, volunteers and physicians are not permitted to smoke inside any KTHR premises. Home Care staff is not permitted to smoke inside any clients homes while on duty.

The use of tobacco products is not permitted in buildings or within three metres of any doorway, window or air intake of any enclosed building operated and/or funded by KTHR 24 hours a day. Smoking by clients is actively discouraged while receiving KTHR services in-home.

Those smoking outside the 3 metre perimeter are responsible for appropriately disposing of tobacco products. **Please do not litter.**

## Why is there a policy?

- ◆ To protect clients, staff and visitors from the health risks associated with tobacco use and exposure to secondhand smoke.
- ◆ To reinforce a tobacco-free lifestyle.
- ◆ To provide help and support for patients, clients, residents and staff who wish to stop using tobacco products.

## Are there exceptions?

There are two exceptions:

- Tobacco used for ceremonial purposes as requested by First Nations will be permitted, wherever possible, as per the provisions in *The Saskatchewan Tobacco Control Act (2001)*. Arrangements must be made with the Nurse Manager.
- If the resident of a Special Care Home chooses to smoke, an outdoor location will be designated for residents/respice clients to smoke.

## What will happen when I receive health services?

You will need to manage your smoking & tobacco use. It is important to talk to your Doctor and Nurse Practitioner **before** you become a patient. Admitted acute care patients and long term care residents:

- ◆ will be asked about tobacco use upon admission and, if applicable, will receive brief tobacco cessation intervention;
- ◆ may receive a course of nicotine replacement therapy (NRT) during their stay.

## Can I smoke in my vehicle while parked on KTHR property?

KTHR's Tobacco Policy states that clients and employees are encouraged to not smoke at least 1 hour prior to receiving or providing services. Smoking in your vehicle is strongly opposed due to the risks of exposure to second-hand smoke in confined spaces. The smell of smoke on clothing, hair, breath, etc. is detrimental to the health and comfort of non-smoking patients, clients, residents, visitors, staff and volunteers.



## How can I quit?

If you have been thinking about quitting tobacco—good for you! You have already taken the first important step.

If you would like to stop using tobacco, ask your health care provider or contact Kelsey Trail Health Region Addiction Services at 306-752-8767.