

SWAP&STOP
— Let's Treat Tobacco Dependency →



NHS
Tobacco Dependency
Treatment Team

Supporting you to stay Smokefree in hospital and beyond



Swap
smoking...

...for a better
recovery



www.swapandstop.co.uk



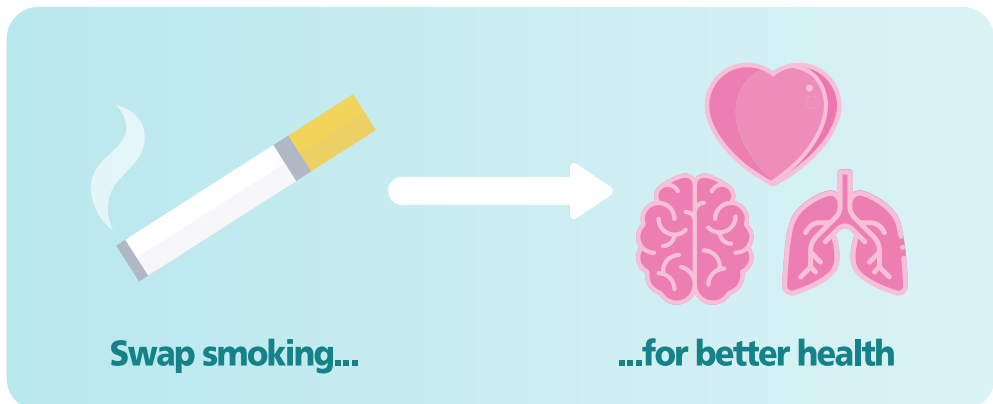
Humber and North Yorkshire
Health and Care Partnership

NHS Tobacco Dependency Treatment Services are available for patients, maternity service users and Trust staff and contractors, to support people to stay Smokefree whilst here.

Why do we offer this as part of NHS care?

Roughly one in four patients admitted to hospital smoke tobacco. Smoking related diseases are often the cause for admission.

We recognise that smoking is not a lifestyle choice, it's a chronic, relapsing condition. Smoking increases the chance of complications before, during and after operations and slows recovery and healing times. Staying Smokefree in hospital will make your stay with us more comfortable, and could contribute to a faster recovery.

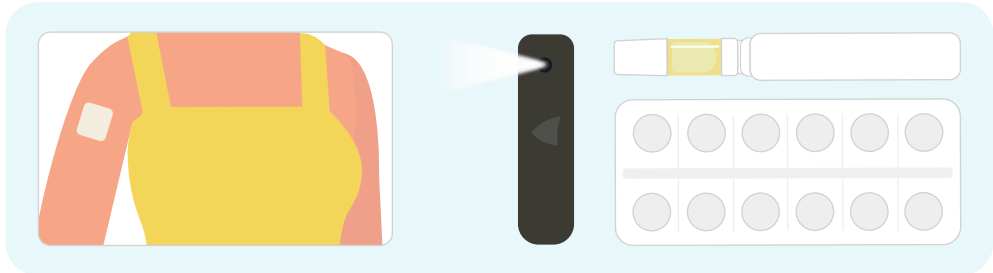


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How do you treat tobacco dependence?

Tobacco dependency is treated with medication and behavioural therapy. Cigarettes are swapped for NRT (nicotine replacement therapy) medication like patches, lozenges and inhalators, which help to reduce cravings and discomfort.

Specialist tobacco dependency advisors support with behavioural therapy, which helps to change thought patterns around smoking.



The Tobacco Dependency Treatment Team will visit you at your bedside to work out a plan to manage withdrawal symptoms and talk about how it's making you feel. The team offer non-judgemental support, with useful advice and tools to help you every step of the way.

You are not being forced to quit smoking forever now, our job is to provide treatment to stay Smokefree in hospital.

Ask a member of staff on the ward to get in touch with the Tobacco Dependency Treatment Team if you need further help.

Should you wish to continue and quit for good when you leave hospital, the Team will help you and provide nicotine replacement therapy to take home and arrange ongoing support. Using these treatments, you are three times more likely to quit for good, than trying alone.

What about vaping?

We will also be encouraging people who cannot stop using support and medication alone, to try vaping as a way of stopping smoking entirely.

Vaping is allowed outdoors on hospital sites, away from open windows and entrances.

PHE*
estimates
that vaping is
95% less
harmful than
smoking

*(Public Health England)

SWAP&STOP

— Let's Quit Together —>

FREE Local Tobacco Dependency Treatment Services

If you leave hospital and need some help, or your family and friends decide to join you in becoming Smokefree, find your local service details at www.swapandstop.co.uk



Humber and North Yorkshire
Health and Care Partnership

FREE support to stop
smoking is available
to everyone.