Information for Patients Tobacco Dependence Treatment Service

This leaflet explains about smoking and tobacco dependence. If you have any further questions, please speak to a doctor or nurse caring for you.

What is the Tobacco Dependence Treatment Service?

If you're a patient who smokes, we're here to help as part of your treatment plan during your stay in hospital. Smoking can seriously damage your health and can harm your chances of a quick and successful recovery. If you're in hospital, there's never been a better time to get support for smoking and tobacco use and the NHS Tobacco Dependence Treatment Service is here for you.

The best thing you can do to improve your health is to stop smoking. This will not only help your recovery and wound healing but will also reduce the risk of complications following a procedure. People who smoke who are admitted to hospital for treatment are more likely to experience complications than non-smokers.
The NHS Tobacco Dependence Treatment Service offers a full range of treatment and care to help you manage your tobacco dependence and support your recovery.
Our NHS recognises the harms of smoking which is why most hospitals across London now provide treatment for tobacco dependency to any patient who smokes as part of their hospital care. Most hospitals in London are now completely smokefree, which means no smoking anywhere on hospital sites. This is important to give you the best chance of recovery during your hospital stay.

The good news is that there are now very good treatments available to help you manage your dependence while you are in hospital and if you wish to stop smoking long term.
If you decide that now's the time to stop using tobacco completely, you're in good company; more and more smokers in England are now taking their first steps towards stopping for good whilst in hospital. With our help and support, you're much more likely to stop successfully.
"Smoking remains the leading cause of preventable death and ill health in the UK and accounts for over half a million hospital admissions per year in England. Smoking harms nearly every organ in the body and affects a person's overall health and their ability to recover quickly from illness. At St. George's, we want the best outcomes for all our patients. Getting support to reduce or abstain from tobacco whilst in our care, gives smokers a better chance of a speedy, trouble free recovery."

Dr Richard Jennings. Group Chief Medical Officer.

How the Tobacco Dependence Treatment Service can help you

1. The team in charge of your care will start with a chat and ask you if you smoke, as part of our routine health checks when you arrive. If you do smoke, you'll be offered nicotine replacement products to help manage any cravings or withdrawal symptoms. Nicotine replacement products such as patches, lozenges, mouth spray and inhalators are highly effective and will help with any cravings during your hospital stay

2. If you agree to a tobacco dependence referral, a member of our Tobacco Dependence Treatment Team will visit you and discuss the full range of options and support available to you.

3. The Tobacco Dependence Treatment Team will work with you to agree a treatment plan for your stay in hospital. If you want to stop smoking long-term, we can arrange for ongoing support and medication for when you go home.

While you're in hospital

Whilst you are in hospital, you will be provided with two weeks' supply of nicotine replacement products to support your recovery during your admission and after discharge. We will arrange for follow up support near your home so you can continue your smokefree journey after you are discharged.

Who can attend / receive the service?

Anyone who is a smoker or tobacco user can receive support from the Tobacco Dependence Team. Let your nurse or the doctor caring for you know that you would like a visit from a Tobacco Dependence Worker and they will make a referral for you to be contacted.

Where do I need to go?

Whilst most patients will be seen and supported at the bedside, we do have face-to-face and remote telephone clinics available at St. George's and in the community which patients can access. These clinics run on a 12 week programme and offer more in depth behavioural support. If you would like more information on this or to book an appointment, please call us on 020 8725 4234.

Does it cost anything?

Our stop smoking clinics are free of charge. Medication is free to those who are exempt from prescription charges. Prescription charges may apply to those who do not qualify for these exemptions. To reduce costs further, you may wish to apply for a prescription pre-payment certificate. https://www.gov.uk/get-a-ppc

What do I need to bring with me?

If you are currently using any nicotine replacement products or stop smoking medications, please bring these into hospital with you or to your outpatient appointment.

Useful sources of information

QR codes on pages 5 and 6

NHS Stop Smoking Services
https://www.nhs.uk/better-health/quit-smoking/
0300 123 1044

Stop Smoking London provides a 12 week programme that guides you through your journey to become tobacco free. The advice, practical support and encouragement can help you stop smoking or quit tobacco for good.
https://stopsmokinglondon.com/
0300 123 1044

Making Every Contact Count (MECC) - MECC Link - Simple Signposting to Better Health and Wellbeing
https://www.mecclink.co.uk/london/smoking/

Action on Smoking and Health
www.ash.org.uk

Large print and other languages

Stop smoking information can be made available in alternative formats, such as easy read, braille or large print and may be available in alternative languages, upon request.
For more information, speak to your clinical team.

Contact us

If you have any questions or concerns about the Tobacco Dependence Treatment Service or about what support is available, please contact the team on 020 8725 4234 (Monday to Friday, 9am to 5pm). Alternatively, you can speak to the clinicians in charge of your care and request a referral to the service.

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit www.stgeorges.nhs.uk

Additional services

Patient Advice and Liaison Service (PALS)

PALS can offer you advice and information when you have comments or concerns about our services or care. You can contact the PALS team on the advisory telephone line Monday, Tuesday, Thursday and Friday from 2pm to 5pm.

A Walk-in service is available:
Monday, Tuesday and Thursday between 10am and 4pm
Friday between 10am and 2pm.
Please contact PALS in advance to check if there are any changes to opening times.
The Walk-in and Advisory telephone services are closed on Wednesdays.
PALS is based within the hospital in the ground floor main corridor between Grosvenor and Lanesborough Wing.

Tel: 020 8725 2453 **Email:** pals@stgeorges.nhs.uk

NHS UK

NHS UK provides online information and guidance on all aspects of health and healthcare, to help you make decisions about your health.
Web: www.nhs.uk

NHS 111

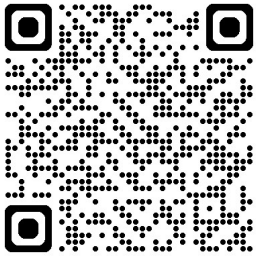
You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.
Tel: 111

AccessAble

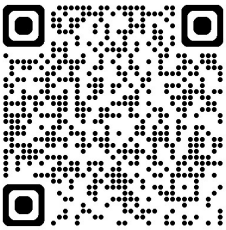
You can download accessibility guides for all our services by searching 'St George's Hospital' on the AccessAble website (www.accessable.co.uk).
The guides are designed to ensure everyone – including those with accessibility needs – can access our hospital and community sites with confidence.

Website QR Codes

Prescription Prepayment Certificate



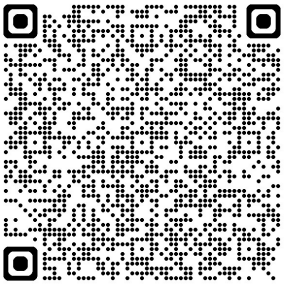
NHS Better Health – Quit Smoking



Stop Smoking London



Tommy's Charity



Making Every Contact Count

Action on Smoking and Health

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This has been endorsed by the Patient Information Group PInG