

HOULTON REGIONAL HOSPITAL
Administration

Policy: Smoke Free /Tobacco Free Environment

The health and safety hazards associated with smoking and tobacco use to both the user and those exposed to second hand and third hand smoke are very well known. Smoking and all other forms of tobacco have been shown to cause cancer, cardiovascular disease, pulmonary disease and other chronic illness.

As a community leader in wellness, Houlton Regional Hospital is committed to providing our patients, employees, and visitors with a safe and healthy environment. The smoking of all substances and the use of all forms of tobacco is strongly discouraged, and the development of a smoke-free, tobacco-free facility and grounds is part of our commitment to wellness.

Definitions:

Smoking

Smoking means the inhaling, exhaling burning or carrying any lighted or heated cigar, cigarette, pipe, hookah or joint intended for inhalation that contains tobacco, any other plant product, or other substance intended for inhalation, including marijuana, whether natural or synthetic in any manner or in any form. The term smoking also includes the use of electronic nicotine delivery systems or e-cigarettes which create an aerosol or vapor.

Tobacco

Tobacco is defined as all tobacco-derived products, including but not limited to, cigarettes, cigars, little cigars, cigarillos, bidis, kreteks; all smokeless and dissolvable tobacco products, including but not limited to, dip, spit/spit-less, chew, snuff, snus, and nasal tobacco; and any other product intended to mimic tobacco, containing tobacco flavoring or delivering nicotine including nicotine delivery systems, e-cigarettes e-cigars, e-hookahs, vape pens or any other product name or descriptor. This does not include products specifically approved by the US Food and Drug Administration (FDA) for the purpose of cessation or nicotine replacement therapy.

It is the policy of Houlton Regional Hospital (HRH) that the smoking or use of any substances, as defined above, including marijuana and tobacco products in all forms is prohibited in or on all property owned, rented or leased by Houlton Regional Hospital. This includes all facilities, sidewalks adjacent to the hospital grounds, parking lots or other affiliated buildings or grounds where any Houlton Regional Hospital employees work.

Smoking and tobacco use is also prohibited in all personal vehicles parked on Houlton Regional Hospital's owned, rented or leased property.

Those who choose to smoke away from hospital grounds and properties are asked to be respectful and responsible for their own litter (cigarette butts, packaging and matches) by disposing of these materials in the appropriate containers.

Patients

- Patients will not be permitted to smoke or use any other form of tobacco on the hospital premises.
- Patients who smoke will be identified on entry into the hospital.
- Smoking cessation materials will be offered.
- FDA approved nicotine replacement therapy and anti-anxiety medications may be considered by attending physician.

Employees, Medical Staff, Contracted Workers

- This policy prohibits smoking and the use of all tobacco products, in any form:
 - On all hospital owned, leased, and rented property and all properties where Houlton Regional Hospital staff work.
 - At all Hospital hosted or sponsored events.
 - In personal vehicles on Houlton Regional Hospital property.
- Employees who choose to smoke must do so in a location significantly far enough from the hospital that patients and visitors cannot observe the behavior.
- Employees may not smell of smoke or tobacco products.
- Employees who disregard the policy will be subject to action in accordance with our Progressive Discipline Policy.
- The hospital will provide employees with resources for smoking and tobacco use cessation, as requested.
- Evidence based educational opportunities will be offered for staff on an on-going basis. Additionally literature and resources are readily available to staff throughout the hospital.
- All employees are empowered and encouraged to communicate this policy, as needed. Communication of the policy should be handled with courtesy and diplomacy.

All others, including Volunteers, Visitors, Vendors and Students

- This policy prohibits smoking and the use of tobacco products:
 - On all hospital owned, leased, and rented property and all properties where Houlton Regional Hospital staff work.
 - At all Hospital hosted or sponsored events.
 - In personal vehicles on Houlton Regional Hospital property
- Volunteers, Vendors, and Students should not smell of smoke or tobacco products.
- Noncompliant visitors will be asked to leave.

Communication

Signs declaring that Houlton Regional Hospital is a smoke-free/tobacco-free campus are posted at the entrances to the facility, in parking lots, on the edges of the property and in conspicuous areas throughout the facility.

All employees, medical staff, contracted workers, students, vendors and volunteers are informed of this policy at orientation and annually thereafter.

Revised by: Gina Brown, BSN, R.N. 3/2018