

Te Whatu Ora Health New Zealand Hauora a Toi Bay of Plenty	SMOKEFREE - MENTAL HEALTH & ADDICTION SERVICES (MH&AS) INPATIENT UNITS STANDARDS	Policy 5.4.2 Protocol 3
SMOKEFREE PROTOCOL		

PURPOSE

To ensure patients / clients who are admitted to Te Whatu Ora – Health New Zealand Hauora a Toi Bay of Plenty’s Mental Health & Addiction Services (MH&AS) inpatient units are screened for smoking risk and offered brief advice and support to quit tobacco use.

STANDARDS TO BE MET

1. On admission to Te Whatu Ora Hauora a Toi Bay of Plenty MH&AS inpatient units patients must receive the ABCs of smoking cessation (refer protocol 0) as per policy 5.4.2. Consider the use of interpreters of patients who do not speak English as a first language.
2. Patients must be informed that Te Whatu Ora Hauora a Toi Bay of Plenty hospitals, vehicles and grounds are smoke and vape free as per policy 5.4.2 protocol 1 Smokefree - Facilities Standards.
3. Recommend Nicotine Replacement Therapy (NRT) to manage tobacco withdrawal (faster acting products such as gum, lozenges or inhalator may be preferred initially). Instruct the patient on how to use the product.
 - 3.1 Provide Smoking Cessation ABC intervention.
 - 3.2 QuitCards may be issued for 8 to 12 weeks supply of subsidised NRT (up to \$5 per product type, depending on patient’s prescription subsidy card status)
 - 3.3 Recommend a referral to a cessation provider or General Practitioner (GP)
 - 3.4 Document as per usual ward / unit practice:
 - a) Smokefree Assessment & Treatment form
4. **Management of patients who insist on smoking – open ward**
 - 4.1 No smoking is permitted in any areas inside or outside the buildings by patients, staff or visitors
 - 4.2 Patients should be strongly encouraged to use nicotine replacement products to assist them to reduce the amount that they are smoking. Intermittent-use products (inhalator, gum or lozenge) may be preferred however patches can also be used as a reduction tool.
 - 4.3 Patients may retain possession of their cigarettes / tobacco / lighters and vaporisers with the exception of:
 - a) People with known risk factors e.g. arson or self-harm
 - b) Those who have previously smoked / vaped in non-designated areas e.g. bedroom, toilet
 - c) Those who smoke / vape excessively due to their mental state
 - d) People who are intimidated by others seeking their tobacco supply
 - 4.4 Cigarettes, lighters and vaporisers that are held will be stored in the cabinet in the Nurses Office, and items will be labelled with patients’ name
 - 4.5 It is the responsibility of staff to familiarise themselves with policy 5.4.2 protocol 5 Smokefree - Nicotine Dependence, and to ensure that their practice incorporates the standards outlined at the earliest appropriate point in the patient’s recovery journey
 - 4.6 Staff should encourage patient participation in formal therapeutic programmes and weekend activities as a means of offsetting boredom and thereby reducing tobacco consumption
 - 4.7 Tobacco, smoking or vaporising must not be used as a reward or privilege for behaviour management.

Issue Date: Aug 2023 Review Date: Aug 2025	Page 1 of 3 Version No: 10	NOTE: The electronic version of this document is the most current. Any printed copy cannot be assumed to be the current version.
Protocol Steward: Kaiwhakaaere Auahi Kore - Smokefree Co-ordinator	Authorised by: Chief Medical Officer	

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- 4.8 Patients must be reassessed regularly and offered cessation support (NRT or other stop smoking pharmacotherapy and Referral) as their mental health stabilises.
- 4.9 An employee may choose to consider accompanying a patient outside only if significant risk to the patient's immediate health or safety is present and the patient has declined the above actions to pursue cessation of tobacco use. The employee is to take positive action to protect themselves from exposure to exhaled tobacco smoke if accompanying a patient off site to smoke. This includes covering uniform and positioning themselves at a safe distance from the smoking patient / client.
- 4.10 Employees who smoke / vaporise are not permitted to smoke / vaporise themselves when accompanying a patient off site to smoke as this contravenes employee responsibility to provide healthy role modelling.
- 4.11 Mental Health & Addiction Services clients may require psychiatric drug dosage adjustments when they stop smoking. For information about specific drugs see pages 12-22 of the [Background and Recommendations of the NZ Guidelines for Helping People to Stop Smoking, 2021](#).
5. **Management of patients within Intensive Psychiatric Care (IPC)**
 - 5.1 Cigarettes, lighters and vaporisers are to be held by staff and to be labelled with the patient's name.
 - 5.2 Use of nicotine replacement therapy medications by patients in IPC is supported by Senior Medical staff. Nursing staff should liaise with the Psychiatric Registrar or House Officer, to secure a prescription for administration on admission.
 - 5.3 If the use of nicotine replacement therapy is unsuccessful in the quit attempt, a vaporiser may be used.
6. **Management of patients on discharge who chose to commence cessation therapy**
 - 6.1 Offer patient referral to Community Cessation Provider.
 - 6.2 Notify patient's caseworker and GP of commencement of cessation therapy to monitor the effect on medication.

ASSOCIATED DOCUMENTS

- [Te Whatu Ora Hauora a Toi Bay of Plenty policy 5.4.2 Smokefree / Auahi Kore](#)
- [Te Whatu Ora Hauora a Toi Bay of Plenty policy 5.4.2 protocol 0 Smokefree – Smoking Cessation ABC's](#)
- [Te Whatu Ora Hauora a Toi Bay of Plenty policy 5.4.2 protocol 1 Smokefree - Facilities Standards](#)
- [Te Whatu Ora Hauora a Toi Bay of Plenty policy 5.4.2 protocol 2 Smokefree – Employee and Contractor Standards](#)
- [Te Whatu Ora Hauora a Toi Bay of Plenty policy 5.4.2 protocol 4 Smokefree – Inpatient Standards](#)
- [Te Whatu Ora Hauora a Toi Bay of Plenty policy 5.4.2 protocol 5 Smokefree – Management of Nicotine Dependence](#)
- [Te Whatu Ora Hauora a Toi Bay of Plenty Medication Practice Manual protocol MED.N2.1 Nicotine Dependence Therapy - Inhalator](#)
- [Te Whatu Ora Hauora a Toi Bay of Plenty Medication Practice Manual protocol MED.N2.2 Nicotine Dependence Therapy - Gum, Lozenge, Patch](#)
- [Te Whatu Ora Hauora a Toi Bay of Plenty Medication Practice Manual protocol MED.N2.3 Nicotine Dependence Therapy - Tablets \(Bupropion Hydrochloride\)](#)

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- [Te Whatu Ora Hauora a Toi Bay of Plenty Medication Practice Manual protocol MED.N2.4 Nicotine Dependence Therapy - Tablets \(Nortriptyline\)](#)
- [Te Whatu Ora Hauora a Toi Bay of Plenty Medication Practice Manual protocol MED.N2.5 Nicotine Dependence Therapy - Tablets \(Varenicline as Tartrate\)](#)
- [Te Whatu Ora Hauora a Toi Bay of Plenty policy 1.3.1 Consumer and Whānau Feedback and Complaints Management](#)
- [Te Whatu Ora Hauora a Toi Bay of Plenty policy 1.5.1 Interpreter Services](#)
- [Te Whatu Ora Hauora a Toi Bay of Plenty policy 3.50.13 Investigation and Disciplinary](#)
- [Te Whatu Ora Hauora a Toi Bay of Plenty policy 5.1.6 Transport – Te Whatu Ora Hauora a Toi Bay of Plenty Fleet Vehicle](#)
- [Te Whatu Ora Hauora a Toi Bay of Plenty Incident Management form](#)
- [Te Whatu Ora Hauora a Toi Bay of Plenty Form FM.R4.6 Referral Smokefree Community \(Hāpainga\)](#)

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