

# SMOKE-FREE HOSPITALS INTERNATIONAL

## BEST 'SMOKE-FREE' POLICIES

The 2006 Tom Hurst International Award for the best smoke-free hospital policy and plaques for the two commended hospitals were presented at the annual meeting in London in June of the International Network Towards Smoke-Free Hospitals.

The Award is made annually. Details of how to enter for the 2007 Award have been circulated to hospitals world wide. They are also available on the website [www.antismoking.ae](http://www.antismoking.ae).



Professor Per-Gunnar Svensson, chairman of the International Network Towards Smoke-Free Hospitals, presented the 2006 Tom Hurst Award to Julia Davis and Janet Lawrence, Occupational Health Adviser, representing Hereford County Hospital, England.



Nuala Keonn, Rose Bryne, Health Promoting Hospital Coordinator, and Janet Shields, Smoking Cessation Counsellor, received a plaque commending Louth County Hospital, Ireland.



Also commended, St Vincent's University Hospital, Ireland, which was represented by Irene Gilroy.

Photographs: Janet Bickerstaff and Laurence Dopson.

## NEWS IN BRIEF

### 'PLAYING RUSSIAN ROULETTE'

The doctor who set up Britain's first Stop Smoking Clinic and supported the International Network Towards Smoke-Free Hospitals' founder Tom Hurst in his campaigns against smoking has died. Dr Howard Williams was 87.

To choose to smoke is 'like playing Russian roulette with your life', said Williams. In 1987 he wrote a book Giving Up For Good.

### 'INVISIBLE KILLER'

Britain's Department of Health ran a television campaign targeting second hand smoke as the 'invisible killer' earlier this year. 90% of the UK population believes second hand smoke can cause harm. However, 56% of smokers will still smoke in a room with adult non-smokers and 24% of smokers will still smoke in a room with children.

### US CATHOLIC HOSPITALS GO TOTALLY SMOKE-FREE

Mercy Gilbert Medical Center has

joined its fellow Catholic Health Care West facility in Arizona, USA, in making its grounds as well as inside its buildings a smoke-free environment.

### 'CHEW/SPIT NEVER HELPS'

'Chew/spit tobacco never helps athletes perform better but always hurts their health!' is the message from the Mayo Clinic, America. Dr Richard Hurt's warning is a reminder that it is not only through smoking that tobacco harms.

### NEW UNIFORMS: SMOKE SPY CLAIM

The paranoia among some hospital staff who smoke was illustrated at Russells Hall, Hospital, Dudley, England, when theatre staff were given new light-blue uniforms. 'It's to help senior staff catch out smokers defying the hospital smoking ban,' said some staff. 'It's to reduce the spread of infection,' said hospital chiefs.

### 'FRUIT FOR FAGS'

An English hospital trust included a Fruit for Fags event on No Smoking Day.

Smokers could swap cigarettes for fruit at hospitals of the Pennine Acute Hospitals National Health Service Trust.

### SMOKING OK, OBESITY NOT OK

Smokers should have an automatic right to operations in England's National Health Service, but obese patients should be made to lose weight first, an opinion poll on behalf of the Royal College of Nursing's Journal, Nursing Standard.

### WALK OFF THE URGE

A five-minute walk is enough to reduce significantly tobacco cravings, Exeter University researchers claim.

### ADVICE TO ENGLISH HOSPITALS

The National Institute for Health and Clinical Excellence has issued advice to strategic health authorities and primary care trusts in the National Health Service in England on workplace interventions to promote smoking cessation. It is available on line [www.nice.org.uk](http://www.nice.org.uk).

### International Network Towards Smoke-free Hospitals

The International Network Towards Smoke-free Hospitals is a non-governmental organisation, financed by voluntary contributions and registered in the United Kingdom as a charity, which is devoted to promoting smoke-free health care facilities world wide.

The Network is grateful for help with the cost of printing this newsletter from GlaxoSmithKline.

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**Best Smoke-Free Policies**

## HOSPITALS ARE THE SMOKE-FREE TREND SETTERS

**Smoke-free America began with smoke-free hospitals, reports the International Network Towards Smoke-Free Hospitals US ex-officio member, DR LELAND L.FAIRBANKS reports, and it is the same in other countries.**

Hospitals have proved the key to smoking control world-wide. The focus on hospitals as the appropriate place to begin, which prompted Tom Hurst to found the International Network Towards Smoke-Free Hospitals, was a wise decision.

In America our first goal was: Totally smoke-free hospitals without exemptions.

This was achieved in the late 1980s and was the significant 'difference maker' in starting the smoke-free workplace movement to include bars and restaurants, in order to change the social norm for the rest of society.

Smoke-free hospitals and clinics placed a negative stigma on smoking anyplace in public.

Currently more and more hospitals in the United States are deciding to move beyond a smoke-free indoors to become total smoke-

free campuses, with no smoking inside or outside.

The big factor motivating the move has been the negative stigma associated with the dense smoke pollution at hospital entrances, for everyone to pass through, when employees and others stand there for smoking breaks.

This caused ever increasing criticism, even anger, when patients and visitors were forced to walk through a smoke cloud to enter the hospital.

It generated a lack of credibility for hospital staff, and gradually motivated many employees to cease smoking entirely.

The US government's decision to refuse to pay hospitals caring for Medicare patients, if they allowed smoking in hospitals also had a great impact on hospital managers.

The total smoke-free campus policy of the American Indian Health Service - no smoking inside the hospital or in its grounds - started a year ago in its 200 facilities. It has gone extremely well.

However staff and patients had had 20 years experience and preparation for this step with their earlier total no smoking indoors

policy. This had caused many employees to quite smoking entirely because of the lack of social acceptance. Patients and colleagues regarded health providers in uniform seen smoking at hospital and clinic entrances as setting a bad example.

In my state of Arizona less than 20 per cent of the adult male population now smoke, and according to a recent survey, only 2 per cent of family physicians still smoke. Most doctors are now too

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In England the stage for no-smoking in public places, imposed by law this summer, was also set by hospitals. Taunton's Musgrove Park Hospital is an example.

Photograph: Laurence Dopson

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embarrassed to be seen smoking by patients or colleagues.

Nurses are finally moving gradually forward but have not yet brought their smoking rate down to that of physicians.

When we started our Smoke-Free Arizona workplace initiative campaign to get smoke-free workplaces everywhere, including pubs and bars, the Arizona Nurses' Association was the first organisation to give it public endorsement.

A major change from several years ago, when the State Nurses' Association had to be pushed vigorously to endorse the earlier smoke-free workplace efforts.

Three more states in the USA have joined Arizona and Ohio in voting for smoke-free workplaces - New Mexico, Illinois and Minnesota. Out of the 50 states which make up the United States of America, 18 are now smoke-free.

## INSPECTORS CHECK FRENCH SMOKE-FREE HOSPITALS

In France 400 medical inspectors check no-smoking policies in 15.000 health care establishments.

But French doctors feel it is their duty to care for patients and sick people, not to fine smokers.

Hospital authorities, however, have a strong incentive to stop smoking on their premises. They face stiff fines.

## MENTAL UNITS SUCCESS IN USA

It is now frequently reported in the United States that most accredited, well run mental health units have been able successfully to control smoking, reports the Network council's American member, Dr Leland L. Fairbanks.

This repeats the earlier success with general hospitals.

The key to success is that there has to be a commitment first by leadership, followed by a staff commitment to actually do it, not just talk about it,' reports Dr Fairbanks.

'A big help on our smoke-free hospital achievement in the 1980s was when, with the insistence of the Surgeon General, Dr C.Everett Koop, the US Medicare Payment programme established a policy which refused to pay hospitals for care of Medicare patients if they did not control smoking. This worked wonders for smoke control.'

Dr Fairbanks recalls how at the 1983 World Conference on Smoking and Health in Winnipeg, Canada, Tom Hurst, founder of the International Network Towards Smoke-Free

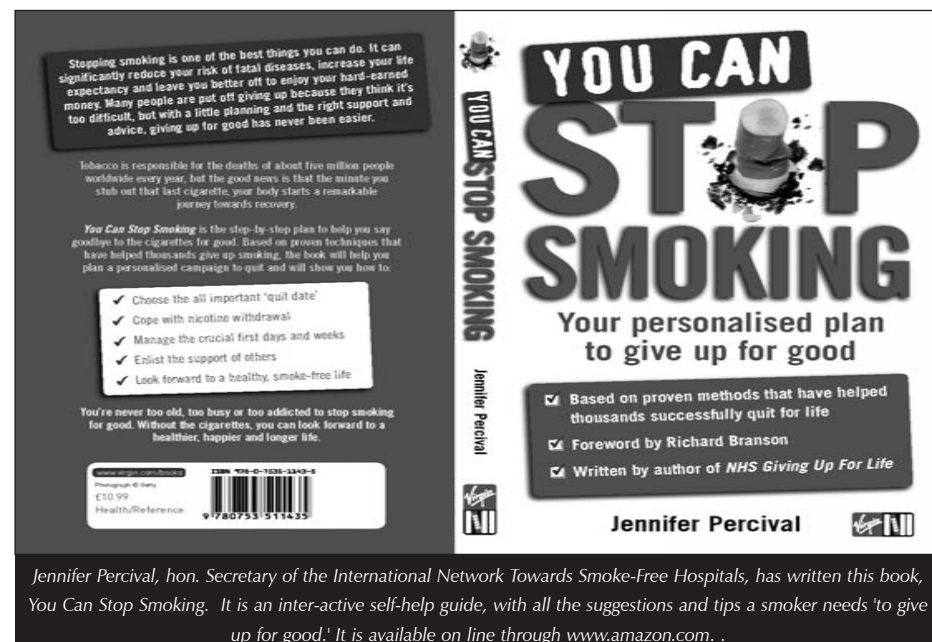
Hospitals, and he heard a psychiatric nurse tearfully relate how she pleaded unsuccessfully with her hospital leaders not to require nurses to continue to choke with smoke in doing their duty as smoke custodians for patients.

'Nurses, she said, were specifically assigned the regular duty of lighting cigarettes for all the patients and stand there helping them smoke. This required nurses to be captive involuntary smokers in wards which were often like smoke-filled dungeons.

'She and others were told to stop whining and do their nursing duty as good psychiatric nurses, because helping patients smoke was one of the key tasks of all psychiatric nurses.'

Now, Dr. Fairbanks notes, nicotine replacement therapy has been used successfully in a number of mental health units, for extended periods of time, if necessary.

Very often the biggest obstacle to achieving smoke-free mental health units has been the culture, he concludes.



Jennifer Percival, hon. Secretary of the International Network Towards Smoke-Free Hospitals, has written this book, *You Can Stop Smoking*. It is an inter-active self-help guide, with all the suggestions and tips a smoker needs 'to give up for good.' It is available on line through [www.amazon.com](http://www.amazon.com).

## SUDAN HOSPITALS SMOKE-FREE LEAD

Hospitals in the Sudan now have a complete package and training scheme for becoming smoke-free areas.

Last year the Federal Ministry of Health instructed all hospitals to stop tobacco use inside hospitals.

It is part of Sudan's on-going drive against smoking. In January 2005 the National Assembly passed a law to stop smoking and tobacco use.

'This has a clear statement that hospitals must be free of smoke,

and health professionals, along with members of other professions, are not allowed to smoke or use tobacco in their workplaces,' Dr Mohamed Elhassan Abdalla told 'Smoke-Free Hospitals International.'

The no-smoking ban started in airports. Now it has extended to hospitals and their grounds.

The smoke-free hospitals campaign is being guided by the Health Promotion Directorate of the Federal Ministry of Health

## ENGLISH COURTS TO DECIDE IF MENTAL PATIENTS ARE A SPECIAL CASE OVER SMOKE-FREE HOSPITALS

Under the European Convention of Human Rights, does a hospital violate a detained mental patient's right to respect for private and home life by imposing a smoke free hospital policy?

The issue is to be argued in the High Court in England in September.

Terence Grimwood is one of a number of patients detained in the top security Rampton Hospital to complain about the ban on smoking imposed in March.

He argues that the hospital is his 'home' and as he is not free to go anywhere else to smoke, the ban is 'a disproportionate interference with his rights.'

He is applying for a judicial review of the imposition of the ban, which covers both hospital buildings and grounds.

Following a preliminary hearing in May, there will be a full hearing in London in September.

In the meantime the smoke-free hospital ban remains in force.

## DEVELOPING COUNTRIES: MORE SMOKING, MORE DEATHS

The importance of the role of hospitals in developing countries in campaigning on the dangers of smoking is emphasised by new policy recommendations issued by the World Health Organisation for this summer's World No Tobacco Day. The theme of the Day was second-hand smoke.

'Tobacco use continues to expand most rapidly in the developing world, where currently half of tobacco-related deaths occur,' says the statement. 'By 2030, if current trends continue, eight out of every ten tobacco-related deaths will be in the developing world.'

## NETWORK NEWS

### NETWORK'S AFRICAN RESEARCH

The International Network Towards Smoke-Free Hospitals is negotiating with the World Health Organization on the second stage of its research into smoke-free policies in English speaking African countries. The project is being carried out jointly with the International Hospital Federation, the International Council of Nurses, the World Medical Association, the World Dental Federation, the International Pharmaceutical Federation, the European Medical Association on Smoking and Health, and WHO.

### NETWORK A CHAPTER

The International Network Towards Smoke-Free Hospitals is now a chapter of the International Hospital Federation. Since its formation the Network has enjoyed the support of the IHF.

### NETWORK OFFICERS

The following were elected officers and trustees of the International Network Towards Smoke-Free Hospitals at its annual general meeting: Professor Per-Gunnar Svensson, Chairman and Treasurer, Professor John Stephens, Deputy Chairman, Jennifer Percival, secretary, Dr Roberto Masironi, Overseas Director, Abdul Salam Al Madani, John Morton, Professor Philip Seager

### SEE THE NETWORK ON THE WEB

The International Network Towards Smoke-Free Hospitals web site is <http://www.antismoking.ae>.