

## Benefits of quitting smoking



In NSW tobacco smoking causes more than 5,400 deaths and 46,000 hospitalisations each year.



Passive smoking can affect the health of your child.



Children of smokers are twice as likely to smoke tobacco.



When a parent/carer quits smoking, their children are more likely to quit.



## Further information

**For further information on medications and support to help people quit smoking, please refer to:**

- The CHW Smoke Free Policy - [chw.schn.health.nsw.gov.au/o/documents/policies/policies/2012-9050.pdf](http://chw.schn.health.nsw.gov.au/o/documents/policies/policies/2012-9050.pdf)
- The CHW Smoke Free Policy - Information for visitors brochure

For more information, please visit  
[kidshealth.schn.health.nsw.gov.au/projects/smoking](http://kidshealth.schn.health.nsw.gov.au/projects/smoking)

**kids health**  
the children's hospital at Westmead  
Child Health Promotion Unit

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KIH2555/0615



the children's hospital at Westmead



The Sydney children's Hospitals Network

**SMOKE-FREE  
BECAUSE OF ME**



**The Children's Hospital at Westmead Smoke Free Policy  
INFORMATION FOR STAFF**

One of the best things you can do for the health of your family is to quit smoking.

## What is the policy and what does it mean?

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The Children's Hospital at Westmead (CHW) Smoke Free Policy ensures that employees, patients and visitors are provided with a smoke-free environment.

Parents and visitors can only smoke in one designated smoking area on the Hospital grounds. Staff are not permitted to smoke on Hospital grounds. If staff choose to smoke, they must move off the grounds of the Hospital.

As a high-profile centre of paediatric health care, we need to promote an image of a healthy lifestyle. It is the responsibility of all staff to set a good example for families.

Smoke-free environments reduce the harmful effects of tobacco use, not just to the smoker but to those around them through secondhand smoke. You will help to provide a safer environment for everyone by not smoking while you are at our Hospital.

Please refer to the [Smoke Free Policy on the intranet for more information](#).

## Where is the designated smoking area?

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For staff, NO smoking is allowed on the Hospital grounds. The designated smoking area is only to be used by parents and visitors and is located to the left of the main entrance along the walkway. **Children are not allowed in this area.** If staff choose to smoke, they must move off the grounds of the Hospital.



## Support available to help staff quit smoking

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If you have tried quitting before but returned to smoking, you are not alone. Many smokers find it difficult to quit smoking. However, the more attempts you make at quitting will increase your chance of successfully quitting one day.

All CHW staff are eligible for up to four weeks nicotine replacement therapy (NRT) patches or gum free of charge. All you have to do is visit the Hospital pharmacy. Alternatively, you can call the Quitline on **137 848** or visit [quitnow.gov.au](http://quitnow.gov.au) which provides up-to-date information and allows staff to receive personalised quitting advice.

## Training for staff

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The KidsQuit Smoking Cessation Brief Intervention E-learning Package is a training program for staff to support parents, carers and adolescents to quit smoking.

KidsQuit was developed to meet the training needs of professionals in paediatric and adolescent health care settings and can be found at [kidsquit.org.au](http://kidsquit.org.au)

### Objectives of KidsQuit are to:

- Increase professional's knowledge of the 5As of smoking cessation
- Increase professional's confidence in performing brief interventions for smoking cessation
- Provide professionals with resources and support for smoking cessation

For more information about the KidsQuit Smoking Cessation E-learning Package, please contact Kids Health by phone on **(02) 9845 3585** or email [kidsh@chw.edu.au](mailto:kidsh@chw.edu.au)

To directly access KidsQuit go to [kidsquit.org.au](http://kidsquit.org.au)

## How to inform visitors of the Smoke Free Policy

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It's important that visitors, patients and their families know about our Smoke Free Policy.

### Some visitors don't comply with the Smoke Free Policy because:

- They don't know about the policy
- They don't agree with the policy
- They don't think it's important
- They don't think they can (they may feel too stressed)

### When you see someone smoking on the Hospital campus:

- Be polite, positive and understand the situation through their eyes
  - Say, "Hi, sorry, our Hospital grounds are smoke-free so you can only smoke in the one designated area out the front. Would you like me to direct you to that area?"
- Expect compliance
  - Say, "Could you please put your cigarette out and please put the cigarette butt in the bin. Because of the sick children on our Hospital site, there is only one area out the front of the Hospital where visitors can smoke. Would you like me to direct you to that area?"
  - Give them the CHW Smoke Free Policy - Information for Visitors brochure, which includes a map of where they can smoke.
- If policy information does not deter smoking, take a non-confrontational approach and ask the visitor to please pick up their cigarette butt.
- If a visitor refuses to comply, walk away and inform Security.

Incidences of staff smoking on Hospital property should be reported to the Workforce Performance Unit.