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# Smoking and Nicotine Replacement Therapy Procedure

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Effective: 19 April 2017

## 1. Guiding Principles

- 1.1 Mabu Liyan /Broome Mental Health Unit (BMHU) supports the Smoke Free WA Health Policy which aims to reduce the harmful effects of smoking and environmental tobacco smoke for patients, staff and visitors.
- 1.2 Partial exemption to the smoke free policy is supported to allow involuntary patients the option to smoke tobacco in the grounds of the inpatient unit.
- 1.3 For all patients including those who are of Aboriginal<sup>1</sup> origin or from Culturally and Linguistically Diverse backgrounds, understanding should be facilitated where appropriate, by:
  - utilising leaflets/signs
  - using approved interpreter service
  - involvement of an Aboriginal Mental Health Liaison Officer (AMHLO)
  - involvement of carer, close family member or other personal support person (PSP).

## 2. Procedure

- 2.1 Staff, patients, visitors, contractors and volunteers are to be informed of the Smoke Free WA Health Policy.
- 2.2 Patients who are admitted under the [WA Mental Health Act 2014 \(MHA\)](#) are to be informed of the partial exemption to the smoke free policy for involuntary patients. This exemption is in place for involuntary patients who have no freedom of movement.
- 2.3 Where a patient is willing, they are to be assessed by nursing staff for Nicotine Replacement Therapy (NRT) on admission, using the [Fagerstrom Test](#) for nicotine dependence.
- 2.4 NRT can be prescribed by a medical officer to clients who are deemed suitable according to the [Fagerstrom Test](#), and a Nicotine Management Plan implemented.
- 2.5 Smoking is to be discouraged during therapy times.
- 2.6 All patients
- 2.7 have their property searched and tobacco, lighters and matches are to be held in the staff base.
- 2.8 Voluntary patients are to be encouraged to access tobacco, lighters from staff to take outside the hospital to smoke.
- 2.9 Designated smoking areas are located in the Low Dependency Unit (LDU) courtyard east and the High Dependency Unit (HDU) courtyard. Non-flammable lighters are installed in these courtyards.
- 2.10 A smoke timetable is located and visible to patients from the staff base. Patients are allowed up to two cigarettes every two hours from 0530 -2130hr.
- 2.11 Patients can be referred to Community Alcohol and Drug Service for voluntary counselling to assist with their nicotine addiction.

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<sup>1</sup> Within Western Australia, the term "Aboriginal" is used in preference to Aboriginal and Torres Strait Islander, in recognition that Aboriginal people are the original inhabitants of Western Australia. No disrespect is intended to our Torres Strait Islander colleagues and community.

### 3. Definitions

<b>Flagerstrom Test</b>	A standard instrument for assessing the intensity of physical addiction to nicotine.
<b>Nicotine Replacement Therapy</b>	The use of chewing gum, lozenges, transdermal patches or metered dose inhaler as a substitute for tobacco to satisfy nicotine cravings.

### 4. Roles And Responsibilities

#### 4.1 Clinical Director

The Clinical Director has overall responsibility for ensuring that services are delivered in accordance with this procedure.

#### 4.2 Consultant Psychiatrist

The Consultant Psychiatrist is responsible for the medical management of patients in accordance with this procedure.

#### 4.3 Clinical Nurse Manager

The Clinical Nurse Manager is responsible for the implementation of this procedure.

#### 4.4 All Staff

All staff are required to work within procedures to make sure Mabliyan is a safe, equitable and positive place to be.

### 5. Compliance

It is a requirement of the WA Health Code of Conduct that employees “comply with all state government policies, standards and Australian laws and understand and comply with all WA Health business, administration and operational directives and policies”. Failure to comply may constitute suspected misconduct under the [WA Health Misconduct and Discipline Policy](#).

### 6. Evaluation

This procedure is to be reviewed every five years

### 7. Standards

- [National Safety and Quality Health Care Standards](#): 1.5.2; 1.7.2; 1.17.2; 1.18.1; 4.14.1;
- [EQulPNational Standards](#): 11.5.1; 12.2.1; 12.3.1; 15.12.1
- [National Standards for Mental Health Services](#): 8.10; 10.4.1; 10.5.7; 1.4; 1.10; 10.5.8; 10.5.10
- [National Standards for Disability Services](#): 1.3

## 8. Legislation

- [WA Mental Health Act 2014](#)

## 9. References

- [Smoking and Mental Health: Information for Consumers](#)
- [Smoking and Mental Health: Information for Staff](#)

## 10. Related Forms

- [Fagerstrom Test](#)

## 11. Related Policy Documents

- [Guidelines for the partial exemption of involuntary mental health inpatients aged 18 years and over in certain circumstances from the application of certain aspects of the Smoke Free WA Health System Policy](#)
- WACHS [Smoke Free WA Health System Policy Implementation Procedure](#)

## 12. Related Policies

- WA Health [Operational Directive OD0414/13 Smoke Free WA Health System Policy](#)

**This document can be made available in alternative formats  
on request for a person with a disability**

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