



part of North East and North Cumbria's
Tobacco Dependency Treatment Service



Cumbria, Northumberland,
Tyne and Wear
NHS Foundation Trust

Now's the time

Together, we can help thousands of people beat tobacco dependency.

Smoking is our single biggest killer and cause of ill health, but stopping can improve both physical and mental health. That's why treatment for tobacco dependency is now part of the routine care for our patients.

Tobacco addiction is a chronic, relapsing medical condition, rather than a lifestyle choice. We all have an important role to play in supporting patients who smoke during their stay.

Here's how you can make a real difference:

- 1** Ask every patient if they smoke when they're admitted.
- 2** Provide "Very Brief Advice" to every patient who smokes and remind them that smoking is not allowed anywhere on site.
- 3** Refer all patients to our Quit Team, who will provide on-going support and nicotine replacement products or e-cigarettes to help patients manage any cravings.
- 4** Encourage and support all patients who smoke to remain smoke free. As a healthcare professional, your words can make a real impact and could possibly save lives.



For more information and to get involved,
email quitteam@cntw.nhs.uk