



Smoke Free Site Policy

Document Author	Health Improvement Officer
Document Owner (for updates)	Director of Nursing, Midwifery, AHP'S and Acute
Engagement and Consultation Groups	<p>A virtual consultation approach was used. Engagement of the following groups was sought:</p> <ul style="list-style-type: none"> • Allied Health Professionals • Cardiology • Clinical Nurse Managers • Community Mental Health • Community Nursing • Dental • Dialysis • Director of Public Health • Estates • Facilities • Fire Safety • GP Sub-Committee • Health and Safety • Hospital Sub-Committee • Human Resources • Infection Prevention and Control • Isles Network of Care (INOC) • Maternity • Medical Director • Occupational Health • Orkney Alcohol and Drugs Partnership • Orkney Health and Care (OHAC) • Patient Experience • Pharmacy • Physiotherapy • Psychology • Public Health • TRADAC

Approval dates	
Senior Leadership Team	04/07/2024
Equality and Diversity Rapid Impact Assessment	27/05/2024
Version control	
Version number	4.0
Date of original document	22/03/2010
Last change and approval date	29/05/2017
Last review date	04/07/2024
Next formal review date	04/07/2026
Location and access to documents	
Location of master document	Health Improvement G Drive
Location of backup document	EQIA Folder
Location of equality assessment	One Trust #5095
Access to document for staff	NHSO Policies Teams Channel
Access to document for public	NHSO Website (External)
Post holders' names at last review	
Title	Name
Director of Nursing, Midwifery, AHP'S and Acute	Sam Thomas
Director of Public Health	Louise Wilson
Health Improvement Officer	Jocelyn Strawson
Equality Impact Assessment (EQIA)	
Assessor name	Lawrence Green
Assessment date	27/05/2024

If you require this or any other NHS Orkney publication in an alternative format (large print or computer disk for example) or in another language, please email NHS Orkney's alternative formats mailbox.

Email: ork.alternativeformats@nhs.scot

Contents

1. Changes since last approval	4
2. References.....	4
3. Introduction	5
4. Purpose and scope	5
5. Definitions	7
6. Responsibilities	8
6.1 NHS Orkney	8
6.1.1 Staff and the Wider NHS Family.....	9
7. People who smoke	10
7.1 Staff	10
7.2 Patients	11
7.3 Visitors	13
8. Complaints	14
9. Associated Materials	14
10. Evidence Base.....	14
11. Appendices.....	15
Appendix 1: NHS Orkney Inpatient Smoking Referral Pathway	15
Appendix 2: Orkney Stop Smoking Services Handout	16

1. Changes since last approval

Change	Version	Date
Version 3 of the policy was changed extensively to incorporate compliance with The Prohibition of Smoking Outside Hospital Buildings (Scotland) Regulations 2022.	4.0	05/2024
Version 3 of the policy was changed extensively to reflect the latest guidance on managing and treating tobacco dependency.	4.0	05/2024

2. References

Document	Location
NHS Orkney Employee Dress Policy	https://scottish.sharepoint.com/:b:/r/sites/ORKNHSOrkneyPolicies/Shared%20Documents/Policy/Health%20%26%20Safety%20(HS)/NHSO-HS-POL006%20Health%20and%20Safety%20Policy%20v6.pdf?csf=1&web=1&e=sAx7bE
NHS Orkney Responding to a Missing Person Policy	https://scottish.sharepoint.com/:b:/r/sites/ORKNHSOrkneyPolicies/Shared%20Documents/Policy/Clinical%20(CL)/NHSO-CL-POL032%20Responding%20to%20a%20Missing%20Person%20Policy%20v2.pdf?csf=1&web=1&e=9MmlVv
NHS Orkney Health and Safety Policy	https://scottish.sharepoint.com/:b:/r/sites/ORKNHSOrkneyPolicies/Shared%20Documents/Policy/Health%20%26%20Safety%20(HS)/NHSO-HS-POL006%20Health%20and%20Safety%20Policy%20v6.pdf?csf=1&web=1&e=sAx7bE
NHS Orkney Management of Violence and Aggression Policy	https://scottish.sharepoint.com/:b:/r/sites/ORKNHSOrkneyPolicies/Shared%20Documents/Policy/Health%20%26%20Safety%20(HS)/NHSO-HS-POL006%20Health%20and%20Safety%20Policy%20v6.pdf?csf=1&web=1&e=sAx7bE
The Prohibition of Smoking Outside Hospital Buildings (Scotland) Regulations 2022	https://www.legislation.gov.uk/ssi/2022/152/

3. Introduction

Smoking is the largest preventable cause of ill-health and early death in Scotland. In 2021 smoking accounted for 20% of all deaths in those aged over 35 years in Scotland¹. Every year in Scotland smoking is responsible for approximately 40,766 hospital admissions². The risk of developing smoking-related diseases increases with how long and how much someone has smoked. These risks substantially fall with stopping smoking, even for long-term smokers³. Smoking remains a leading preventable cause of inequalities in health⁴. This policy seeks to support attainment of Scottish Government's commitment to achieve a Tobacco Free Scotland by 2034⁵.

This policy sets out the aims of NHS Orkney to:

- Protect all NHS Orkney staff, patients and visitors from exposure to tobacco smoke against their will.
- Improve patient safety by reducing the risk of smoking-related post-operative complications, including slow healing and healthcare associated infections, through stopping smoking while unwell or recovering.
- Make it easier for patients, staff and visitors to comply with the Smoke Free Site Policy.
- Highlight the stop smoking support provided by Quit Your Way Orkney for NHS Orkney patients, visitors or staff who wish to stop using tobacco.
- Support reducing the use of tobacco across the population contributing to improving health and reducing health inequalities.
- Ensure patients, staff and visitors are aware of the legal requirements in relation to smoke free hospitals and the potential of enforceable financial penalties for those people who smoke within 15 metres of hospital buildings.

4. Purpose and scope

This policy is designed to protect and improve the health of staff, patients, contractors and visitors by reducing the prevalence of smoking and exposure to second hand smoke (also called passive smoking).

The policy outlines how NHS Orkney will contribute to reducing the prevalence of smoking in our community including the smoking cessation support available to achieve this.

¹ [Smoking attributable deaths - ScotPHO](#)

² [Health and Wellbeing Census Scotland 2021- 2022 - gov.scot \(www.gov.scot\)](#)

³ [Key points - ScotPHO](#)

⁴ [Effect of tobacco smoking on survival of men and women by social position: a 28 year cohort study | The BMJ](#)

⁵ [Tobacco and vaping framework: roadmap to 2034 - gov.scot \(www.gov.scot\)](#)

Smoking tobacco and the use of vaping products (also known as vapes, electronic cigarettes or e-cigarettes) is not permitted on premises or grounds owned or leased by NHS Orkney.

This policy ensures NHS Orkney compliance with the following legislation and guidance:

- [Smoking, Health and Social Care \(Scotland\) Act \(2005\)](#)
- [The Prohibition of Smoking Outside Hospital Buildings \(Scotland\) Regulations 2022](#)
- [World Health Organisation Framework Convention on Tobacco Control](#)
- [Review of 'Creating a tobacco-free generation: A Tobacco Control Strategy for Scotland'](#)
- [Tobacco: preventing uptake, promoting quitting and treating dependence, NICE guideline \[NG209\], 2021](#)
- [Review of smoking cessation services in Scotland - Publications - Public Health Scotland](#)

To comply with Scottish Government policy and legislation smoking has not been permitted on NHS Orkney grounds, inside NHS Orkney premises or inside NHS Orkney vehicles since 31st March 2015.

[The Prohibition of Smoking Outside Hospital Buildings \(Scotland\) Regulations 2022](#) came into effect on 5th September 2022 and made it an offence to smoke or knowingly permit smoking within 15 metres of a hospital building in Scotland. These regulations establish a legally enforceable 15 metre smoke-free perimeter around hospital buildings which is designed to support the existing voluntary smoke-free hospital sites policies. The legislation applies to all users of hospital premises, including staff, visitors, and patients, and means that anyone found smoking within 15 metres of a hospital building could face either a fixed penalty notice of £50 or a £1000 enforceable penalty if the offence leads to prosecution. Fixed penalty notices are issued by Environmental Health Officers (EHOs).

In accordance with [The Prohibition of Smoking Outside Hospital Buildings \(Scotland\) Regulations 2022](#), appropriate signage explaining the regulations must be displayed and be clearly visible at main entrances to hospital grounds and on entrances to hospital buildings. Use of additional resources, such as posters and leaflets, to raise awareness of the legislation are encouraged. These can be accessed from NHS Orkney Public Health Department.

Smoking within the areas covered by this policy is not permitted. Additionally, it is an offence to smoke within 15 metres of a hospital building. It is important to note that the intention of this policy is foremost to encourage behaviour change and cessation of smoking.

Given the nature of the environment and the possibility that people in a hospital setting may be vulnerable or upset, implementation of this policy should be conducted as sensitively as possible.

Emphasis should be placed on engaging, educating, and encouraging behaviour change. Enforcement through the imposition of penalties and fines should follow only when other steps to resolve issues have failed.

This policy applies to:

- All NHS Orkney employees.
- The wider NHS Orkney family including contractors, students, trainees, volunteers and personnel with honorary contracts (whether or not a uniform is worn on Board business).
- All patients including outpatients, day patients, inpatients, and long stay patients.
- All visitors or other people whose work, study or personal circumstances bring them on to premises or grounds owned or leased by NHS Orkney.

This policy covers:

- All properties owned or leased by NHS Orkney for example hospitals, Isles GP Practices, offices, staff residences and includes doorways and entrances.
- All vehicles owned or leased by NHS Orkney for example pool cars, light and heavy goods vehicles.
- All private vehicles used by staff for work purposes.
- All grounds owned or leased by NHS Orkney for example gardens, walkways and car parks

5. Definitions

Tobacco Product – a product that can be consumed and consists, even partly, of tobacco. Products containing tobacco which are combusted include cigarettes, rolling tobacco, cigars, cigarillos, pipe tobacco. When combusted they generate tobacco smoke. Tobacco products contain nicotine which is a very addictive substance. Smokeless tobacco products (including chewing tobacco and nasal tobacco) also exist and contain nicotine.

Vaping Product – also known as ‘electronic cigarettes’, ‘vapes’ and ‘e-cigarettes’ they are any device, or part of that device, which is intended to enable the inhalation of nicotine-containing vapour, or any device intended to resemble and be operated in the same way. Most vaping products contain nicotine however non-nicotine vaping products are also now available. These products are rapidly evolving with new products being released frequently. The use of e-cigarettes is not permitted within NHS Orkney premises or grounds. E-cigarettes are supported by the Scottish Government and Public Health Scotland as a less harmful alternative to combustible tobacco and a smoking cessation aid. Quit Your Way Orkney staff can advise and support people who smoke who would like to use an e-cigarette as a smoking cessation aid.

Passive Smoking – also referred to as ‘second hand smoking’ these phrases are used to describe the involuntary breathing in of other people’s tobacco smoke. Tobacco smoke enters the air from a person who smokes breathing it out and from

the lit end of a cigarette. Tobacco smoke spreads easily and can stay in the air for many hours. It can also accumulate on surfaces, furniture, and clothes. Passive smoking is harmful and can have many of the same health impacts as smoking.

Second hand Smoking – tobacco smoke enters the air from the person who smokes breathing it out and from the lit end of the cigarette. Tobacco smoke spreads easily, very far and can stay in the air for many hours. It can also accumulate on surfaces, furniture and clothes. Other people breathe in the tobacco smoke involuntarily (secondhand smoking) exposing them to the health risks of tobacco smoking.

Smoking Cessation – also called ‘quitting smoking’ and ‘stopping smoking’ this term refers to activities that aim to support people who smoke to stop smoking. Smoking cessation support can be provided by smoking cessation services or ‘stop smoking services’. Local smoking cessation services, branded ‘Quit Your Way Orkney’, are available to provide evidence-based support to people who smoke and are motivated to stop their use of combustible tobacco.

Quit Your Way Orkney – is NHS Orkney specialist stop smoking service which delivers evidence-based smoking cessation support using a combination of behaviour change techniques and stop smoking medications. The team support any Orkney resident who smokes to design a personalised quit plan and provide ongoing support and advice for 12 weeks after their quit date. Contact details and referral information is included in Section 9 – Associated Materials.

Nicotine Replacement Therapies – often abbreviated to ‘NRT’ these are medically licensed for use by those who wish to stop smoking. Use of NRT supplies a low dose of nicotine (without any of the harmful chemicals contained within tobacco products) which should reduce symptoms of nicotine withdrawal following cessation of smoking enabling the quit to be maintained.

6. Responsibilities

6.1 NHS Orkney

Accountability for the implementation of the Smoke Free Site Policy lies with the Chief Executive but is delegated to the Director of Nursing, Midwifery, AHP’S and Acute.

The organisation will ensure that in accordance with [The Prohibition of Smoking Outside Hospital Buildings \(Scotland\) Regulations 2022](#), appropriate signage explaining the regulations will be displayed and clearly visible at main entrances to hospital grounds and on entrances to hospital buildings.

Most people who smoke want to stop⁶. Patients may use a hospital stay as an opportunity to do so. Employees may use the policy to enhance their motivation to stop smoking. It should equally be recognised that some smokers do not wish to stop and they must be reasonably supported to manage their tobacco dependency with the

⁶ [Adult smoking habits in the UK - Office for National Statistics \(ons.gov.uk\)](https://ons.gov.uk)

restrictions imposed on them by this policy. Further detail is provided in Section 7.2 - Patients.

6.1.1 Staff and the Wider NHS Family

NHS Orkney wishes to support staff to comply with Scottish Government legislation and the NHS Orkney Smoke Free Site Policy. This is not intended to force staff who smoke to stop but aims to protect other people from the harms of secondhand smoke by restricting where and how smoking can take place.

All staff are responsible for complying with this policy as part of the Terms and Conditions of their employment.

All members of the wider NHS Orkney family including contractors, students, trainees, volunteers and personnel with honorary contracts (whether or not a uniform is worn on Board business) are subject to this policy. They will be notified of these conditions prior to commencing their involvement with NHS Orkney.

All staff will be made aware of the Smoke Free Site Policy during their induction process including their responsibility to comply with and implement it. Regular reminders of the policy will be provided through internal communications.

All staff should support the policy and its implementation with patients, visitors and colleagues. The challenges with ensuring compliance with the policy are acknowledged and staff should be sensitive to individual circumstances.

All frontline staff should be trained to provide Very Brief Advice (VBA) on Smoking and make referrals to Quit Your Way Orkney (NHS Orkney Stop Smoking Service) for ongoing support to make and maintain a quit attempt. Very Brief Advice (VBA) on Smoking training can be accessed by contacting Quit Your Way Orkney.

Training on tobacco, nicotine and smoking cessation interventions for supporting conversations with patients and colleagues for staff as part of their Personal Development Plan can be accessed by contacting Quit Your Way Orkney. E-learning on providing Very Brief Advice on Smoking is available on the Public Health Scotland Virtual Learning Environment⁷.

All staff can expect not to be exposed to second hand smoke whilst providing care in the community / home visits. See Section 7.2 for further detail on reducing exposure to second hand smoke whilst providing care in the community.

⁷ [Course: Very brief advice on smoking | PHS Learning \(publichealthscotland.scot\)](https://publichealthscotland.scot/learning/very-brief-advice-on-smoking/)

7. People who smoke

7.1 Staff

Staff may smoke only during official breaks (as specified in NHS Terms and Conditions of Service – Agenda for Change⁸) and only out with NHS Orkney buildings, grounds and vehicles.

Staff who smoke must not do so whilst wearing NHS Orkney uniform. This is to protect staff, patients and visitors from the harms of breathing in second hand smoke which accumulates on fabric and other materials. Staff who smoke must not be wearing an NHS Orkney ID badge or anything else which identifies them as NHS Orkney staff. Further guidance on uniforms can be found in the NHS Orkney Dress Code Policy.

Staff who smoke are encouraged to use Nicotine Replacement Therapy (NRT) whilst at work to manage any withdrawal symptoms.

Breaches of the policy:

- Any staff member who breaches this policy will be offered a referral to Quit Your Way Orkney in the first instance to support them with stopping smoking or managing their smoking whilst at work. Managers are encouraged to adopt a flexible approach to enable them to attend stop smoking support during working hours, without loss of pay, such as use of flexible working practices.
- Staff who do not wish to stop smoking are still expected to comply with the legislation and NHS Orkney Smoke Free Site Policy.
- The line manager of anyone in breach of the policy should be informed and the event reviewed. Staff should be made aware that non-compliance with this policy may be subject to disciplinary action.
- If a contractor or supplier breaches this policy it should be escalated to the appropriate NHS line manager / Nurse in Charge who will report the situation to the contractor or suppliers managing organisation. This organisation should deal with the breach and report back to NHS Orkney management.
- If there is a clear breach of the NHS Orkney Health and Safety Policy, procedures under this policy may also be initiated.
- Any breach of this policy should also be reported via the DATIX Incident Reporting System.

7.1.1 Managers / Supervisors

- Required to support any employee who expresses a desire to stop smoking. For employees who wish to engage with stop smoking services managers are encouraged to utilise flexible working practices to enable them to attend stop

⁸ [NHS Terms and Conditions of Service Handbook | NHS Employers](#)

smoking support during working hours and without loss of pay⁹, such as use of flexible working practices. See Appendix 1 for information on stop smoking services.

- Must ensure that the policy is being implemented and adhered to within their area of responsibility.
- Managers who identify or are informed of a staff member who has breached the policy should review the event with the staff member ensuring this is recorded including notes of any actions taken.
- Managers should monitor compliance with the policy and ensure staff members are aware that non-compliance with this policy may be subject to disciplinary action.

7.1.2 Human Resources

- Provide support and advice to managers / supervisors to support them with applying the policy effectively within their work area.
- Monitor policy breaches and provide advice on workforce processes in relation to identified breaches of the policy.
- Provide a briefing on the policy at staff induction and signposting to the stop smoking support available.

7.1.3 Occupational Health

- Provide support and advice to any employee who wishes to stop smoking. This should include offering a referral to Quit Your Way Orkney.

7.2 Patients

The National Institute for Health and Care Excellence (NICE) provides recommendations on promoting quitting and treatment tobacco dependence in primary and secondary care settings as well as with patients using maternity and mental health services¹⁰.

All patients should have their smoking status assessed on referral, admission or attendance at hospital and documented in their records.

All patients who smoke should be made aware of the Smoke Free Site Policy at the first contact with a health professional i.e. before their appointment, procedure or hospital stay and repeated at appropriate stages throughout the patient journey. The health professional should follow the NHS Orkney inpatient smoking referral pathway (see Appendix 1).

⁹ [Recommendations on promoting quitting | Tobacco: preventing uptake, promoting quitting and treating dependence | Guidance | NICE](#)

¹⁰ <https://www.nice.org.uk/guidance/ng209>

All wards, clinics and departments should have up-to-date information on Quit Your Way Orkney. All inpatients who smoke should be prescribed Nicotine Replacement Therapy (NRT) unless contraindicated or refused. A note of the discussion and its outcomes should be recorded in the patient's records.

When a patient is too unwell to understand advice or has declined advice, staff should re-offer it at the first appropriate opportunity. If the condition of a patient who has previously refused NRT and stop smoking support should deteriorate resulting in them being physically unable to leave the ward, NRT should be considered again to control nicotine withdrawal symptoms.

Staff should not assist patients to leave the hospital building to smoke tobacco unless a duty of care, agreed with the person in charge of the clinical setting, requires their presence. This should be recorded in the patient's records. Any patient known to be considering leaving the hospital building to smoke should be advised of the potential risks associated with leaving the clinical area. A note of this conversation should be added to the patient records. Staff should be aware of the patient's expected time of return to the clinical area. If the patient does not return as expected the NHS Orkney Responding to a Missing Person Policy should be consulted.

There are times when mental health inpatients are too unwell to follow or understand the legislation and this policy. If this leads to, or is likely to lead to, an episode(s) of violence and aggression, staff can de-escalate the situation by escorting mental health inpatients to the ED Mental Health Transfer External Garden to allow them to smoke or use a vaping product. Smoking or use of a vape product in the ED Mental Health Transfer External Garden is only permitted as a care plan for mental health inpatients. Other patients, staff or visitors must not smoke or use a vape in this area and are subject to the sections of this policy relevant to them. Mental health inpatient use of the ED Mental Health Transfer External Garden must be done under supervision and subject to a willing member of staff being available to accompany the patient. This plan of care must be documented in the patient record clearly detailing the steps staff will take to avoid unnecessary violence or aggression incidents. The risk assessment within the patient's records should be updated to include this risk. This care plan will be person specific and for as short as time as possible. Staff should continue to offer NRT throughout the person's stay in hospital.

There are times when palliative care / end-of-life patients may wish to smoke. In this circumstance a risk assessment and medical review must be completed, and the plan of care documented in the patient record clearly detailing the steps staff will take to avoid a health and safety incident. The combination of smoking and use of medical oxygen creates a very significant fire risk which must be taken seriously. Where applicable, oxygen provision must be ceased for at least 15 minutes prior to exposure to naked flames. In circumstances where it is deemed safe for the patient to smoke or using a vaping product, this must be done under supervision and subject to a willing member of staff being available to accompany the patient to the external balcony connected to their room. Other patients, staff or visitors must not smoke or use a vape in the external balcony areas and are subject to the sections of this policy relevant to them.

No other patients are permitted to smoke on NHS Orkney premises.

Staff must not purchase tobacco-related products on behalf of patients or offer cigarettes or other tobacco related products to patients.

Staff can expect not to be exposed to second hand smoke whilst providing care in the community / home visits. To protect staff who visit clients in their own homes, patients and their family / household members will be requested not to smoke for the duration of the visit and preferably not to smoke for at least one hour before the visit is scheduled to take place.

Breaches of the policy:

- Any staff member who identifies a patient breaching the Smoke Free Site Policy should ask them to extinguish their smoking material immediately or leave the premises and offer information about the stop smoking support available. The Very Brief Advice (VBA) on Smoking training will equip staff with the confidence and knowledge to have conversations about stopping smoking.
- If a patient breaches the Smoke Free Site Policy, they will be written to by the senior manager responsible for the clinical area to outline the dangers to staff and other patients caused by tobacco smoke.
- Patients who pose a risk of or demonstrate violence and aggression will be managed in line with the Management of Violence and Aggression Policy.
- In extreme or dangerous circumstances such as a patient smoking on the ward or close to oxygen then smoking materials may have to be removed and returned on discharge and the situation reported to the Ward Manager, Nurse in Charge or a Senior Manager.
- Any breach of this policy should also be reported via the DATIX Incident Reporting System.

7.3 Visitors

All visitors to NHS Orkney are subject to this policy.

All visitors should be made aware of the Smoke Free Site Policy and smoke-free perimeter legislation by staff, hospital signage and via patient information.

Details of Quit Your Way Orkney will be readily available within NHS Orkney's physical and online spaces for those seeking support on stopping smoking or managing their smoking while visiting NHS Orkney premises as well as the health benefits of a smoke free environment.

Breaches of the policy:

- Any staff member who identifies a visitor breaching the Smoke Free Site Policy should ask them to extinguish their smoking material immediately or leave the premises and offer information about the stop smoking support available. The Very Brief Advice (VBA) on Smoking training will equip staff with the confidence and knowledge to have conversations about stopping smoking.

- Any breach of the policy should also be reported via the DATIX Incident Reporting System.

8. Complaints

The complaints process is standardised across NHS Orkney and outlined in the 'NHS Orkney Complaints Handling Policy and Procedure'. Complaints will be handled by the Patient Experience Team and recorded, as appropriate, on the DATIX Incident Reporting System.

9. Associated Materials

Orkney Stop Smoking Services Handout

How to Stop Smoking and Stay Stopped Booklet¹¹

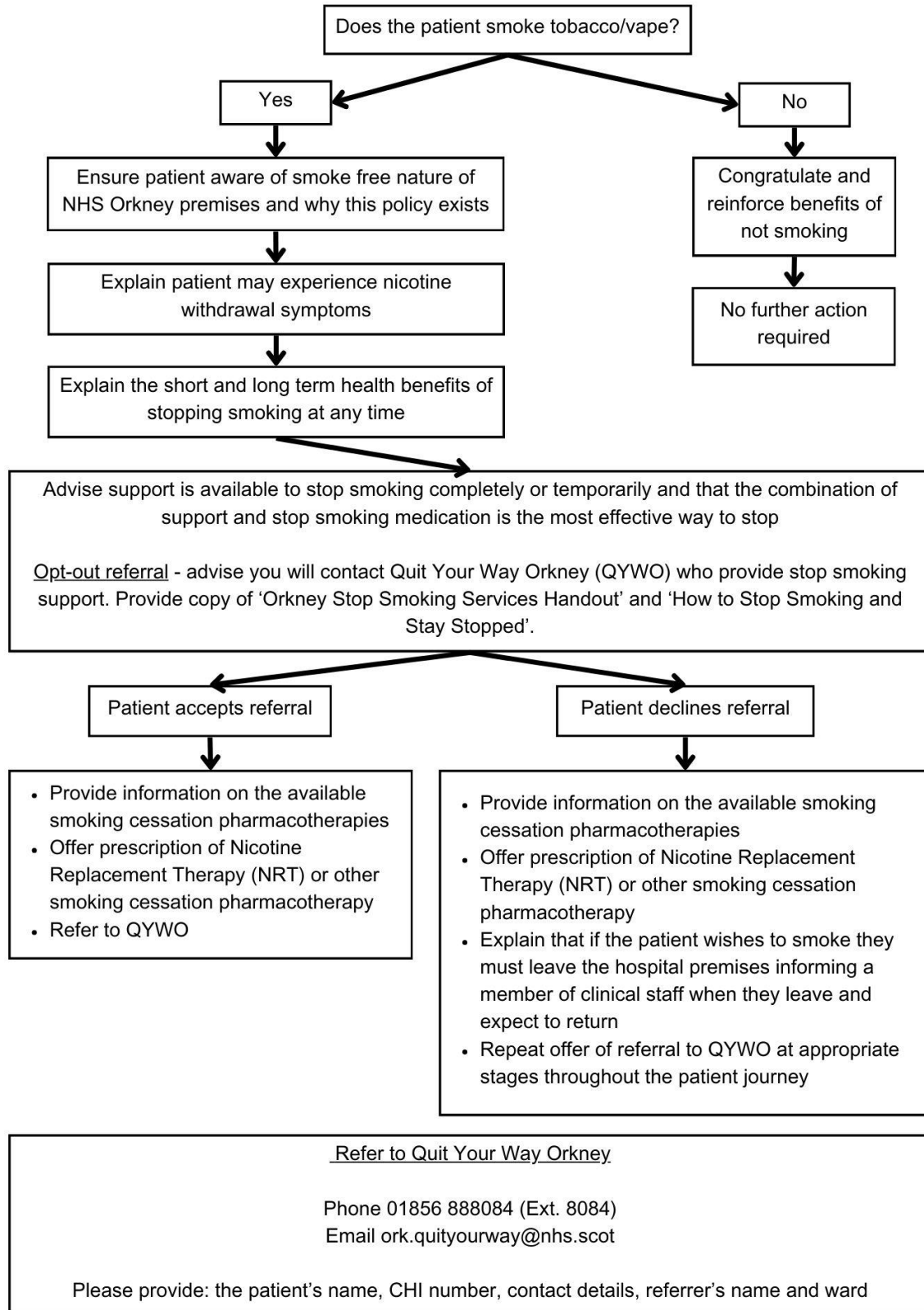
10. Evidence Base

- [Smoking, Health and Social Care \(Scotland\) Act \(2005\)](#)
- [Mental Health \(Care and Treatment\) \(Scotland\) Act 2003](#)
- [Health and Safety at Work etc. Act 1974](#)
- [The Prohibition of Smoking Outside Hospital Buildings \(Scotland\) Regulations 2022](#)
- [World Health Organisation Framework Convention on Tobacco Control](#)
- [Review of 'Creating a tobacco-free generation: A Tobacco Control Strategy for Scotland', NHS Health Scotland, 2017](#)
- [Tobacco: preventing uptake, promoting quitting and treating dependence, NICE guideline \[NG209\], 2021](#)
- [Tobacco and vaping framework: roadmap to 2034, Scottish Government, 2023](#)
- [Review of smoking cessation services in Scotland - Publications - Public Health Scotland](#)
- [CEL 01\(2012\) Health Promoting Health Service: Action in Hospital Settings](#)

¹¹ [How to stop smoking and stay stopped - Publications - Public Health Scotland](#)

11. Appendices

Appendix 1: NHS Orkney Inpatient Smoking Referral Pathway



Source: NICE Guideline [NG209]

Appendix 2: Orkney Stop Smoking Services Handout

Are you thinking about stopping smoking?

Take the first step by finding out what support is available to you!

Are you looking for more information about stopping smoking?

Quit Your Way Scotland is a free service providing information and resources to help you create a stop smoking plan. They can also tell you more about the stop smoking support available in Orkney. This service is provided by phone call or webchat.

Are you looking for advice and support on using nicotine replacement therapies?

Your **local pharmacy** or **GP practice** provide free stop smoking support and advice. They can provide information regarding nicotine replacement therapies and 12 weeks free access to these medications to support your quit.

Are you looking for one-to-one support from a stop smoking advisor?

Contact **Quit Your Way Orkney** for 12 weeks of weekly one-to-one support from a stop smoking advisor. They will help you make a personalised stop smoking plan and stick to it. This service can provide 12 weeks of free access to stop smoking medications. This service is provided by phone and video call.

QUIT YOUR WAY
with our support



Quit Your Way Scotland

0800 84 84 84

Scan QR Code for more information



Local Pharmacies

Boots, Kirkwall - 01856 872097
Sutherlands, Kirkwall - 01856 873240
Sutherlands, Stromness - 01856 850338
Dounby - 01856 771550

GP Practices

All ferry - linked isles residents can contact their local GP practice for the same support as provided at a local pharmacy

Quit Your Way Orkney

01856 888084

Freephone: 0800 0356 344

ork.quityourway@nhs.scot

Scan QR code for more information

