



*ALLEGAN COUNTY
MEDICAL CARE
FACILITY*

**“Smoke free is fine in 2009”
Tobacco Free
Implementation Plan
Effective January 1, 2009**

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Reasons Why Tobacco Free

- ACMCF is in the health care business. This fits our mission
- Improved personal and family health
- Improved workplace and resident safety
- Positive influence and role -model for children
- Good stewards of our health care resources
- Reduced employee health insurance utilization and premium costs
- Good stewards of our environment

Effects of Tobacco Use

- Leading preventable cause of death and disease in the United States
- Number one cause of drug addiction in adults and children in the United States
- Leading single cause of diseases in the United States
- Major cause of hospital admissions and readmissions
- Number one cause of both cancer and emphysema
- Leading cause of heart disease and strokes
- Twice the rate of wound infections
- Slows wound healing, both surgical and traumatic
- Longer hospital stays and 20% higher costs in the recovery room
- Most common form of pulmonary morbidity during surgery and anesthesia
- Gastrointestinal, prenatal and orthopedic complications

Effects of second-hand smoke

- The U.S. Environmental Protection Agency has classified it as a “Group A” carcinogen. “Group A” carcinogens are the most toxic substances known to cause cancer in humans, also including benzene, radon and asbestos
- Increases non-smoker’s risk for heart disease and worsens symptoms of adults already suffering from asthma, allergies or bronchitis
- Is associated with as many as 300,000 cases of bronchitis and pneumonia each year in infants to 18 months of age

ACMCF’s costs related to tobacco use include:

- Increased direct medical costs for employee that use tobacco
- Increased indirect medical costs to our employee’s family
- Lost productivity costs per employee per year (\$1,200 - \$1,600)
- Staffing and quality elder care
 - Smokers have 6.5 more absent days per year
 - Smokers have 6 more visits to health care facilities for themselves
 - Smokers make 4 more visits to health care facilities for their dependents

*** Cessation treatment is the most-cost effective form of medical intervention

Implementation Timeline

Month

- Publish new tobacco free policy

Month

- Smoking cessation programs implemented
- Internal and external communication underway

Month

- Internal communication continues
- External communication continues
- Employee Communication Meetings
- Family / volunteer / etc. communications

Month

- Develop informational and ACMCF sponsored cessation tools
 - Prescription co-pays (length of time)
 - OTC options reimbursement
- Finish employee communication meetings

Month

- Inelder and Outelder procedures finalized
- Sample care packages available
- Provide staff education or referral

Month

- Signage installed
- Smoking cessation programs continue

January 1, 2009

- Implementation of Tobacco-free community policy and procedures

Tobacco Free Policy

PURPOSE:

It is the responsibility of Allegan County Medical Care Facility, as a provider of quality health care in our community to provide leadership in the development of healthy lifestyle behaviors. This policy is to provide a tobacco free environment for our elders, family members, staff, volunteers, visitors, vendors, and contracted care providers.

The Allegan County Medical Care Facility is committed to providing a safe and healthy workplace for all staff as well as the elders, families, volunteers and visitors we serve. Tobacco use is the number one cause of preventable illness and death in the nation. Allowing the use of tobacco products in and around our campus does not portray the image of ACMCF as a healthcare provider in the community and does not promote a healthy environment for our elders and our staff. Assisting our staff, residents and all members of the community we serve to be tobacco free is consistent with our mission to improve the health of the community we serve.

POLICY:

1. The sale or use of tobacco products is prohibited in or on the ACMCF or anywhere on the Allegan County Dumont Lake campus. (See campus map)
2. ACMCF will implement a tobacco free environment effective January 1, 2009

POLICY DEFINITIONS:

1. "ACMCF campus" or "Allegan County Dumont Lake campus" includes all facilities, or structures and vehicles owned or leased or otherwise controlled by the ACMCF, or Allegan County including parking lots, grounds and building entrances/exits.
2. "Tobacco products" includes all types of tobacco preparations to include tobacco that is smoked, inhaled, chewed or placed in a person's mouth.
3. "Use of tobacco products" includes the open display and/or usage by a person of a lit or unlit cigarette, cigar, pipe or other smoking devices, the inhaling or chewing of a tobacco product, and/or the placement of a tobacco product within a person's mouth.
4. "Smoking cessation products" includes prescription and over-the-counter medications proven to be an effective component of smoking cessation treatment. These include nicotine gum, patches, inhalers and oral medications.

PROCEDURE:

1. Signs will be posted at strategic locations around the facility and campus to notify / remind elders, family members, staff, volunteers, visitors, vendors, and contracted care providers staff of this policy.
2. All Employees are authorized to communicate this policy with courtesy and diplomacy. Informational cards outlining the policy will be available for education and distribution.
3. Elders are informed of our policy prior to admission to ACMCF. (Consistent with policy dated 1995 - add details)
4. Complimentary gum, lozenges, and/or patches will be available to visitors at _____ .
5. Physicians attending ACMCF elders will not write orders for an elder to use tobacco products on the ACMCF campus. Nicotine Replacement Therapy (NRT) may be ordered to assist elders during their stay. NRT guidelines will be available for physicians to reference as needed.
6. Employees will be informed of the policy through informational meetings and training sessions. New employees will be informed prior to beginning employment (interview process?) and sign a documentation that they have been informed accordingly and agree to comply.
7. ACMCF will assist staff members who wish to cease using tobacco by facilitating access to recommended smoking cessation programs and materials.
8. Elders, family members, staff, volunteers, visitors, vendors, and contracted care providers are prohibited from using tobacco products on ACMCF or Allegan County Dumont Lake campus property at any time.
9. Compliance with this policy is expected, and employees who violate the policy will be subject to disciplinary action up to an including termination of employment. Volunteers, vendors, and contracted care providers who violate this policy will have their assignment terminated.
10. Employees who choose to leave the Allegan County Dumont Lake campus including the ACMCF campus during their unpaid meal period must badge 'out' when leaving and 'in' when returning. If tobacco products are used during this time, employees returning to work with a noticeable tobacco product odor will be in violation of this policy.
11. Directors/Supervisors/Coordinators are accountable to educate Elders, family members, staff, volunteers, visitors, vendors, and contracted care providers about this policy, and to ensure the policy is implemented and enforced.

Frequently Asked Questions (FAQs)

TOBACCO FREE CAMPUS

On January 1, 2009, Allegan County Medical Care Facility will implement a completely tobacco free campus policy. This policy restricts tobacco use in any form on the entire Allegan County Dumont Lake campus, including ACMCF, both indoors and outdoors. In preparation for this transition, this list of frequently-asked questions, along with the appropriate responses, is being provided for elders, employees, volunteers, visitors and other associates of ACMCF.

1. Why is ACMCF initiating a smoke-free campus?

Response: As a quality community health care organization, ACMCF has a commitment to participate with local and State partners to create healthy communities. This tobacco-free campus initiative addresses our responsibility to ensure the health and safety of our elders, employees, volunteers, visitors and other associates of ACMCF by providing a professional, healthy and clean environment. This effort will:

- Create a healthier environment for everyone who visits our campus by eliminating second-hand smoke
- Demonstrate our commitment to improve the health of our community
- Involve ACMCF in assisting our community address nicotine addiction
- Set an example we hope other organizations and businesses will follow

2. Why was smoking/tobacco selected versus other health risks?

Here are a few more facts:

- Smoking is a factor in the top four causes of death.
- Hospital elders who smoke regularly before surgery have twice the risk of wound infections as non-smokers.
- Smoking retards wound healing.
- A smoker's broken bones take almost twice as long to heal as a non-smoker's.
- Over 430,000 die prematurely each year from smoking-related diseases.
- By making our environment tobacco free, we are addressing the Number One health risk today, so our efforts are well-placed.

3. How does this policy differ from our existing smoking policy/practices?

Response: Our existing policy/practice (since 1995) prohibits smoking inside the ACMCF building. Effective January 1, 2009, this policy restricts tobacco use in any form on the entire Allegan County Dumont Lake campus, including ACMCF, both indoors and outdoors.

4. How will the new policy be enforced?

Response: Under the new tobacco/smoke-free campus policy, employees who smoke in restricted areas will be reported, and supervisors/coordinators are expected to take action according to the work rules (up to and including discharge, if necessary).

It is hoped that all employees will help to handle enforcement with our family members, visitors and other guests. "Scripts" for talking in a courteous manner, informing family members, volunteers and other guests of our smoke-free policy will be distributed.

5. Won't this policy just send smokers to their cars and off the campus, to the roadside and our neighbor's yards and fields?

Response: This may be the way that "die hard" smokers will be able to ingest toxic carcinogens. It is our sincere hope is that all will embrace our efforts to sustain a healthier environment for Elders, employees, and other constituents.

The smell of smoke is a trigger for those trying to quit or for those trying to remain smoke-free while they are on the Allegan County campus. The smell of smoke on employees has also been a continual complaint from our elders. This is another good reason to move toward a completely smoke-free campus.

Smoking off the campus, on the roadside, in neighboring fields and yards is not a good reflection for the image of ACMCF. We hope not to jeopardize and continue to enjoy a good relationship with our neighbors, the road commission, and the County Sheriff' department.

6. Given the stress that elders and families face while residing here, how does the tobacco-free policy support the thinking "elders and families first"?

Response: Our intent is to provide a healthy, clean and safe environment while our elders and their family members are here. Being smoke-free does not mean that we are "anti-smoker". Our intent is to intervene, educate and heal through smoking cessation resources that will assist elders and family members while they are here. Nicotine replacement therapy (NRT) options will be available for anyone who requests assistance in addition to smoking cessation referrals, when appropriate, if so elected. Complimentary gum or patch will be available _____ .

7. Why doesn't the ACMCF just provide some kind smoking structures at select location(s) off the campus?

Response: Providing a place to smoke doesn't support our goal to become totally smoke free and create a healthier environment for our elders, employees, volunteers and other associates. We need to advocate for effectively elimination of the triggers—like smoking huts—that make smoking cessation difficult. To spend money to erect such a structure would be approving of smoking, not the message we want to send our community, or the example we want to set.

8. What will ACMCF be doing to help employees -especially the smokers—adhere to the policy?

Response: Employees are being offered cessation education programs at no charge. They are also NOT being forced to quit. The ACMCF is requiring that employees not smoke while they are here. Nicotine replacement therapy (NRT) options will be available at a reduced rate to help employees through their work schedules, along with prescription co-pay assistance for _____ time period.

9. Can elders go off-campus somewhere to smoke?

Response: Elders that reside at ACMCF cannot leave without supervision. Support will be provided in the form of nicotine replacement therapy (NRT) ordered by their attending physician.

10. What will we do for elders who are smokers?

Response: Prior to admission, elders will be notified by their physician or family / friend that they are not allowed to smoke while in residence at ACMCF. They will have the option of nicotine replacement therapy (NRT) as ordered by their physician.

11. Isn't smoking a personal legal right?

Response: Recent court rulings maintain that smoking is a privilege, not a right. Smokers are not entitled to protection against discrimination as "addicts" or as "disabled persons". Smokers are addicted to the nicotine, not the cigarette, which is the delivery device.

12. What other _____ have a similar policy or smoke-free campus?

Response:

Staff Education

Suggestions for talking with elders, families and others about our Tobacco Free Campus policy.

Effective January 1, 2009, ACMCF will implement a Tobacco Free Campus policy. Using tobacco products is prohibited both indoors and outdoors on the entire Dumont Lake Campus. This policy extends to all staff, elders, elder families, volunteers, visitors and contracted care providers. The policy has been endorsed by the leadership of ACMCF, including the Board of Directors and Medical Director. In realizing the goal of a tobacco free environment, and in keeping with our mission to promote health and a healthy environment, we are all leaders and agents of change. The following concepts will be helpful to you as you take on this new initiative.

1. We are not requiring that people give up tobacco products. We are requesting that they not use tobacco products on our property. We are motivated to do this for many reasons. Tobacco impacts health care and recovery. Being in a tobacco free environment supports people to think about giving up a life threatening habit. A tobacco free environment eliminates many of the triggers that lead to relapse in individuals who are in the process of quitting all forms of tobacco use, and provides a smoke-free environment to protect the health of all elders, staff, visitors, and other guests.

2. We want to help elders, and their family members who use tobacco products get abide by this policy as comfortably as possible. Nicotine replacement options are available at _____ for family members and guests.
3. We want to promote this experience as an opportunity for elders, staff and any other tobacco using ACMCF constituents to give up tobacco use and improve their health, if they choose.
 1. We recognize that people move toward tobacco cessation in stages and they need the freedom to move through these stages at their own pace. We are not in the business of forcing people to quit tobacco use, but we hope to assist those who want to quit. Role modeling via a tobacco free campus and information, not confrontation, about how tobacco affects health is motivating to individuals in various stages of quitting.
 2. Express empathy. No one likes being told they have to change a behavior or they have no choice. Even though it is not a healthy choice, many tobacco users rely on tobacco as a coping mechanism. Empathy is acceptance of another person's experience, not agreement with it. A second reason to express empathy is that acceptance assists with change. Acceptance creates a climate in which employees and other constituents can begin to think about *their own* reasons to change.
 3. Avoid defensiveness.
 4. Support the belief that change can happen.

Expectations

Directors and Coordinators are expected to train staff members to tactfully and respectfully explain the policy to anyone they encounter using tobacco products on ACMCF or Dumont Lake campus property. Violations of the Tobacco Free Campus Policy are included in staff Work Rules policies.

All employees have the authority and responsibility to enforce the Tobacco Free Policy using the following protocol for occasions when any person uses tobacco products in prohibited areas:

- **Visitors and Guests:** Staff member courteously and tactfully approaches the person and explains the Tobacco Free Campus policy. Sample scenario scripting is provided in this Implementation Plan.
- **Fellow Employee:** Staff member reports the incident to the appropriate Director / Coordinator. The manager will process the violation through appropriate channels.

Policy Enforcement: Role - Playing Exercises

Outdoor encounters with Staff, Visitors and Elders

These role-playing exercises are intended to help staff become comfortable discussing the Tobacco Free Campus policy in a respectful and supportive manner. Common sense should be used in any real-life situation.

All ACMCF staff should review and practice these suggested dialogs when a person is observed using tobacco products on Dumont Lake Campus property.

If you see a person using tobacco products on AGH property:

"Excuse me (Sir / Ma'am). All ACMCF and Dumont Lake County property and parking areas are tobacco free. Would you please extinguish your cigarette now? You need to leave the campus if you wish to smoke. Nicotine lozenges are available if you need them. Thank you."

"Where am I (visitor) allowed to smoke?"

"No where on ACMCF and Dumont Lake County property. You must leave the campus property if you wish to smoke/use tobacco products. Free nicotine lozenges are available

"Where am I (elder) allowed to smoke?"

"I'm sorry, but for your safety, elders are not allowed to leave ACMCF property. Your care giver can assist you with other options."

"Can I smoke/use tobacco products in my car?"

"If your car is on ACMCF and / or Dumont Lake County property, you'll need to leave if you wish to use tobacco products."

"Why are you making me leave the property?"

"Tobacco use is the leading cause of preventable death and disease. Hundreds of health care related facilities across the nation and many in Michigan have already eliminated the use of all tobacco products on their campuses in order to protect the health of elders, visitors and staff. Many babies and adults with respiratory problems come to this campus and their health is affected by second-hand smoke."

"What are you going to do if I continue to smoke here?"

"Smoking is not permitted on the ACMCF and Dumont Lake County campus. Please extinguish your cigarette." (*Then walk away*)

"I must have a cigarette! My loved one is very ill or just passed away."

"I'm very sorry about your loved one. Is there something I can do to help?" (*Provide assistance if requested. Walk away if no help is requested.*)

Staff believes the elder, family member or visitor is smoking in the bathroom.

"I just want to remind you that ACMCF is tobacco free inside and outside on all the property. Would you like me to contact your physician about an order for nicotine gum or other nicotine replacement therapy to help with the cravings while you are here?"

Elder wants to go outside to smoke.

"ACMCF is now a tobacco-free campus inside and outside on all the property. Would you like me to talk with your physician about an order for nicotine gum or other nicotine replacement therapy while you are here? This may help with the cravings."

Policy Enforcement / Scripting

How to use this information:

Questions and answers have been scripted for your use in situations most likely to occur, related to ACMCF's decision to become a Tobacco Free Campus.

All situation / discussions can be enhanced by providing a Tobacco Free Campus Information Card to the individual, as appropriate.

Should you have any questions associated with this information, please feel free to discuss the matter further with your Director or Coordinator. It is our goal to provide you with ideas on how to effectively interact with others if you find yourself in one of these situations.

GENERAL: *Employee, Elder, Family Members, Contractors, Vendor / Volunteer*

Q. What do I say to someone when they are lighting up in an area in which smoking is prohibited?

A. "ACMCF became a tobacco free campus January 1st. We need you to respect that decision. (Here is an information card that explains our decision and gives you some other options)."

Q. What do I say and do when I see someone smoking or using tobacco in a vehicle on a Dumont Lake Campus parking lot? ("Parking lot" being defined as any parking area which ACMCF has made available)

A. "We ask that any location that employees or other individuals are assigned to park be respected as a tobacco free area. Accordingly, it would be appreciated if you would not smoke / use tobacco in this vehicle."

- or -

"I just wanted to let you know that this parking lot is part of our Tobacco Free Campus area. You will need to leave the campus in order to smoke."

Q. What do I say and do when a reminder about ACMCF's Tobacco Free Campus policy is met with a response of "I'm going to smoke/use tobacco here anyway!"

A. "We wish you'd make a different choice." Then walk away.

Q. When a reminder about our Tobacco Free Campus policy is met with a response of "Then where am I supposed to smoke/use tobacco?"

A. "Not on our campus, please, for the courtesy and safety of others." Then walk away.

EMPLOYEE SPECIFIC:

- Q. *What do I do if a co-worker says, "If I can't smoke/use tobacco on campus, I'll just leave the campus multiple times throughout the day."*
- A. "When you do, it impacts all of us."
- Q. *When you encounter a fellow employee violating the policy.*
- A. "Why would you put me in the position of reporting you? This policy isn't about you. This policy is about what we represent as a community health care provider or employer in our community."

ELDER SPECIFIC:

- Q. *What do I do if a elder says, "If I can't smoke/use tobacco on campus, I'll just leave the campus"*
- A. "We are dedicated to making this a safe environment, so we need to have you stay here. Would you like me to contact your physician about an order for nicotine gum or other nicotine replacement therapies to help you while you reside with us?"
- Q. *What do I do if I believe the elder is smoking in the bathroom?*
- A. "I just want to remind you that ACMCF is tobacco free inside and outside on all the property. Would you like me to contact your physician about an order for nicotine gum or other nicotine replacement therapy to help you while you reside with us?"

ADDITIONAL EMPLOYEE, ELDER, FAMILY MEMBER POSSIBILITIES:

- Q. *What do I do if someone is getting extremely irate, appearing to get out of control, about NEEDING A CIGARETTE?*
- A. Empathize, recognize their feelings: "I understand you need a cigarette and you are angry. Please allow me to call a person who can explain your options more clearly." Then, call one of the support people listed below to help you deliver a consistent message.

NOTE: Support persons to help in this type of irate situation:

- Any member of Management, Tobacco Treatment Specialist, Elder Educator or Training & Development Staff.
- "These are the options you have:
1. I can get you a nicotine lozenge to help get you through.
 2. You can decide to leave the campus and smoke.
 3. You smoke here and I have to call the Police and have you removed, and then you won't be allowed to come back and be with your (family member/friend)."

- Q. *What do I do if someone spends an excessive amount of time talking about the fact that they cannot smoke/use tobacco at ACMCF?*
- A. Recommend that the individual speak with their director or coordinator as applicable.

Q What if someone says, "If I can't smoke/use tobacco at ACMCF, I'll go to another facility?"

A. "I'd hate to see you make that decision."

OUTDOOR ENCOUNTERS:

All staff should review and practice these suggested dialogs when a person is observed using tobacco products on Dumont campus property.

If you see a person using tobacco products on our property:

"Excuse me (Sir / Ma'am). All ACMCF property, grounds and parking areas are tobacco free. Please extinguish your cigarette now. Thank you."

"Where am I (visitor) allowed to smoke?"

"No where on Dumont Lake campus property. You must leave the property if you wish to smoke/use tobacco products. Nicotine lozenges are available inside. Tobacco cessation support information is also available at the _____ "

"Where am I (elder) allowed to smoke?"

"I'm sorry, but for your safety, elders are not allowed to leave the campus. Your nurse can assist you with other options."

"Can I smoke/use tobacco products in my car?"

"If your car is on Dumont Lake campus property, you'll need to leave if you wish to use tobacco products."

"Why are you making me leave the property?"

"Tobacco use is the leading cause of preventable death and disease. Hundreds of health care related facilities across the nation and many in Michigan have already eliminated the use of all tobacco products on their campuses in order to protect the health of elders, visitors and staff. Many babies and adults with respiratory problems come to this campus and their health is affected by second-hand smoke."

"What are you going to do if I continue to smoke here?"

"Smoking is not permitted on the entire campus. Please extinguish your cigarette." (*Then walk away*)

"I have to have a cigarette! My loved one is very ill or just passed away."

"I'm very sorry about your loved one. Is there something I can do to help?" (*Provide assistance if requested. Walk away if no help is requested*)

"I cannot use the nicotine gum (elder, contraindications, don't like gum)"

Clinical Protocols

Physician Expectations

When elders are to be admitted to ACMCF, the attending physician or physician’s designee should discuss the Tobacco Free Campus policy prior. Elders will not be permitted to leave the property to smoke.

The attending physician should discuss the use of nicotine replacement therapy during their stay at ACMCF and order nicotine replacement therapy if medically necessary.

Elders will need signed physician orders to receive Nicotine Replacement Therapy. Please discuss these options with your elders before admission. Clinical staff will also be assessing the elder and providing handout information on smoking cessation. Options for Nicotine Replacement Therapy include (but are not limited to):

- Drug Therapies (Nicotine Patch, Gum, Nasal Spray, Lozenges, Zyban, Chantix, etc.)
- Smoking Cessation Classes
- Acupuncture, Hypnotherapy, Psychotherapy

Elders and visitors will also be informed that tobacco use is prohibited on Dumont Lake campus property campuses via the pre-admission processes and _____ .

Clinical and Non Clinical Staff Expectations

As stated in the Tobacco Free Campus policy, all ACMCF staff members are accountable and responsible for utilizing the following procedure for occasions when any person used tobacco products in prohibited areas:

- It is expected that every staff member enforce the tobacco free environment.
- Staff members courteously and tactfully approach the person and explain the Tobacco Free Campus policy. (See role-playing examples contained in this Implementation Plan.)
- If the person smoking is a staff member and that person continues to use tobacco products in a prohibited area, report the incident to the appropriate director or coordinator. The manager should then handle the violation through the appropriate step of corrective action, according to ACMCF work rules.

Leaving the premises to use tobacco products should be treated in the same manner as any other personal business that requires leaving the worksite.

Implementation Task Force Members

_____	_____	_____
_____	_____	_____
_____	_____	_____

Smoking Cessation Support for Staff

Smoking Cessation Classes

All employees and spouses of employees can enroll in Smoking Cessation classes at no charge. Class topics include: reasons to quit, support information, developing a plan, coping strategies, videos, testimonies, and information about various topics like nutrition, stress management, and weight maintenance. Classes are approximately six weeks long. Employees can enroll by contacting _____ the _____ at 673- - - - .

Nicotine Replacement Therapy (NRT)

Over the Counter Nicotine Replacement Therapy expenses will be reimbursed 50% for employees and their dependents. Employees wishing to consult with their doctor regarding prescription medications for smoking cessation will be able to utilize the available therapies under the the BC/BS Health Insurance, if enrolled. Please contact Jan Hobbs for more information at 673-- - .

Complementary Smoking Cessation Therapies

All employees can choose from the options below in addition to the Smoking Cessation Classes at no charge. In the event an employee would like to choose more than one option, the employee will be responsible for the cost of the second and/or third therapy option.

Acupuncture

Integrative Health Services will be providing Acupuncture Therapy for the purpose of smoking cessation. Employees will not be charged for the two sessions that follow cessation protocol. Appointments can be made by calling 686-4272.

Hypnotherapy/Psychotherapy

Psychological medicine will provide ACMCF employees with Hypnotherapy or Psychotherapy. As part of the Employee Assistance Program, eight sessions are available in which the \$5 is waived. Appointments can be made by calling 686-4110.

Prescription copay reimbursement for x # of months for cessation tools prescribed by the employees physician.

Smoking Cessation Support for Visitors and Family Members

Nicotine Replacement Therapy (NRT)

One dose over the counter Nicotine Replacement Therapy (lozenge) is available at no cost to visitors and family members visiting ACMCF. NRT is available at _____. Individuals requesting NRT will be required to sign a liability release form before receiving the medication.

Smoking Cessation Classes

Anyone can enroll in Smoking Cessation classes at no charge. Class topics include: reasons to quit, support information, developing a plan, coping strategies, videos, testimonies, and

information about various topics like nutrition, stress management, and weight maintenance. Classes are approximately six weeks long. You may enroll by contacting the _____ @ 673- ----

SMOKING CESSATION/WITHDRAWAL GUIDELINES

DATE: _____ **TIME:** _____

EDUCATION:

- Smoking Cessation materials and resources information

MEDICATIONS:

- Nicotine Patch (greater than 45kg or greater than 10 cigarettes/day): 21 mg every day times 28 days.
- Nicotine Patch (less than 45kg or less than 10 cigarettes/day or smokers with cardiovascular disease): 14 mg every day times 28 days.
- Nicotine Gum 2 mg chew 1 piece every 1 - 2 hours prn while awake (maximum 30 pieces/day)
- Nicotine Lozenges
- Bupropion SR (Wellbutrin SR)
 - o 150 mg every day times 3 days then,
 - o 150 mg every day (9 AM and 5 PM) times 7 weeks(NOTE: Bupropion is contraindicated for elders with a seizure disorder)
- Nicotine (Nicotrol NS) nasal spray (0.5 mg/spray) 1 - 2 sprays each nostril every 1 hour as needed for withdrawal symptoms. (max 40 doses per day. Note: initiation dose for week 1 - 8)
- Alprazolam (Xanax) 0.25mg PO every 8 hours prn anxiety.
- Chantix - 1mg 0.5 tab twice per day X 1 week, 1 tab twice per day
-

OUTELDER REFERRALS:

- Follow up with family physician
- Integrated Health (Acupuncture therapy) at 269-686-4272
- Psychotherapy or Hypnosis at 269-686-4110
- Other: _____

MISCELLANEOUS: _____

NICOTINE gum

Nicotine gum and lozenges are intended as a substitute for cigarette smoking. Please completely read the following instructions before use.

ASK A DOCTOR BEFORE USING THE GUM OR LOZENGE IF YOU HAVE:

- Heart disease, recent heart attack, or irregular heartbeat. Nicotine can increase your heart rate.
- High blood pressure not controlled with medication. Nicotine can increase blood pressure.
- Stomach ulcer or diabetes.

STOP USING THE GUM OR LOZENGE AND ASK A DOCTOR IF:

- Mouth, teeth or jaw problems occur
- Irregular heartbeat or palpitations occur
- You get symptoms of nicotine overdose such as nausea, vomiting, dizziness, diarrhea, weakness or a rapid heartbeat.

If you are **pregnant or breast-feeding**, ask your doctor before use. Nicotine can increase your baby's heart rate.

Keep out of reach of children and pets. Pieces of nicotine gum or lozenge may have enough nicotine to make children and pets sick. Wrap used pieces of gum or lozenge in paper and throw away in the trash. In case of overdose, get medical help or contact a Poison Control Center right away.

Do not use nicotine patch, gum and lozenge together. Do not smoke while using nicotine replacement products.

Common Side Effects

- Mouth and throat soreness, nausea, vomiting and jaw muscle ache.

Directions

- If you smoke more than 25 cigarettes per day, use the 4 mg gum or lozenge.
- If you smoke less than 25 cigarettes per day, use the 2 mg gum or lozenge.

Chew gum very slowly several times. Stop chewing when you notice a peppery taste, or a slight tingling in your mouth (usually occurs after 15 chews). "Park" the gum between your cheek and gum and leave it there. When the peppery taste or tingle is gone (in about a minute), start to chew a few times slowly again. When the taste or tingle returns, stop again. Park the gum again (in a different place in your mouth). Repeat steps 1-5 (chew, park, chew) until most of the nicotine is gone from the gum (usually happens in about half an hour; the peppery taste or tingle won't return.)

Place the lozenge in your mouth and let it dissolve, moving it back and forth from time to time. Each lozenge lasts about 20-30 minutes and nicotine will continue to leach through the lining of the mouth for a short time after the lozenge has disappeared.

Usual Dose

- Chew 1 piece every 1-2 hours or less often if cravings occur.

Acidic beverages interfere with the absorption of nicotine, so eating and drinking anything except water should be avoided for 15 minutes before and during.

RELEASE OF LIABILITY

I have read the above information and understand that Allegan General Hospital is offering nicotine gum or lozenge at no cost as an aid that I may use to deter smoking. I may choose not to take the gum or lozenge.

If I do accept the gum I agree:

- That I am 18 years of age or older
- I will keep the gum or lozenge secure from children and pets and dispose of it in a wrapper in the trash.
- I have personally made the decision to use the nicotine gum or lozenge. I will be the only one using this nicotine gum or lozenge and I will not give it to others, including elders at Allegan General Hospital.

I will NOT hold Allegan General Hospital liable for any side effects or adverse events that might occur from the use of this gum or lozenge.

Please sign your name _____ Today's date _____

NICOTINE patch

The **nicotine patch** releases a constant amount of nicotine into the blood stream through the skin. It is intended as a substitute for cigarette smoking. Please completely read the following instructions before use.

ASK A DOCTOR BEFORE USING THE PATCH IF YOU HAVE:

- Heart disease, recent heart attack, or irregular heartbeat. Nicotine can increase your heart rate.
- High blood pressure not controlled with medication. Nicotine can increase blood pressure.
- Allergies to any adhesives or have skin problems; you are more likely to get rashes.

STOP USING THE PATCH AND ASK A DOCTOR IF:

- Irregular heartbeat or palpitations occur
- You get symptoms of nicotine overdose such as nausea, vomiting, dizziness, diarrhea, weakness or a rapid heartbeat.

Keep out of reach of children and pets. Used patches have enough nicotine to poison children and pets. If swallowed, get medical help or contact a Poison Control Center right away.

If you are **pregnant or breast-feeding**, ask your doctor before use. Nicotine can increase your baby's heart rate.

Do not use nicotine patch and gum together. Do not smoke while using nicotine replacement products.

Common Side Effects

- Skin irritation, redness or rash

Directions

- If you smoke 10 or more cigarettes per day, use 21 mg nicotine patch.
 - If you smoke less than 10 cigarettes per day or are less than 100 pounds, use the 14 mg nicotine patch.
- 1) Remove patch from packaging and remove adhesive lining.
 - 2) Apply one patch to non- hairy, clean, dry skin on the upper body or upper outer arm.
 - 3) Remove patch in 24 hours or sooner if desired. Do not smoke while using this product.
 - 4) Dispose of patch properly (fold adhesive side together before disposal)

RELEASE OF LIABILITY

I have read the above information and understand that Allegan General Hospital is offering the nicotine patch at no cost as an aid that I may use to deter smoking. I may choose not to use the patch.

- If I do accept the patch I agree:
 - That I am 18 years of age or older
 - I will keep the patch secure from children and pets and dispose of wrapper in the trash.
 - I have personally made the decision to use the nicotine patch. I will be the only one using this nicotine patch and I will not give it to others, including elders at Allegan General Hospital.

I will NOT hold Allegan General Hospital liable for any side effects or adverse events that might occur from the use of the nicotine patch.

Please sign your name _____ Today's date _____

ACMCF and Dumont Lake Campus Map

Campus Contacts

The following employees have been designated as contacts for information at ACMCF. Feel free to call on them for help of any kind as the Tobacco Free Campus Policy is implemented and enforced.

_____	_____	_____
_____	_____	_____
_____	_____	_____