

**CLINICAL GUIDELINES ID TAG**

Title:	Stop Smoking Referral Pathway
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Speciality / Division:	Mental Health /Smoking Cessation
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## Stop Smoking Pathway Bluestone Unit

### Explain the Southern Health and Social Care Trusts Smoke Free Policy

All patients/relatives/visitors **MUST** remain abstinent from use of tobacco and E-Cigarettes/ Vaping devices anywhere on all Trust sites.

### ASK AND RECORD

Ask all patients about tobacco use in the last 30 days.  
Assess patients smoking history and record same in nursing care plan.

### ADVISE ON QUITTING & TEMPORARY ABSTINENCE FROM TOBACCO

Encourage all smokers to stop smoking in a supportive empathetic manner, highlighting the health & wellbeing benefits of quitting and symptoms of nicotine withdrawal.  
All patients should be offered Nicotine Replacement Therapy on admission - for patients who would like to reduce or try to stop completely and also those who choose to stop only during their admission to hospital.

### NICOTINE REPLACEMENT THERAPY

Assist all smokers to quit/reduce by recommending and encouraging the use of NRT. Utilize patient group directions (PGDs) and administer NRT products.  
Do not administer NRT to patients who take medications that may be affected by nicotine (for example, Clozapine) without consulting with the stop smoking nurse.

### Offer referral to the Stop Smoking Service available in Bluestone Unit

#### ACCEPTING

Refer to the Bluestone Unit Stop Smoking Service: Diane Arthur  
Phone: 07717618921  
[diane.arthur@southerntrust.hscni.net](mailto:diane.arthur@southerntrust.hscni.net)  
Record in clinical notes

#### DECLINING

Give brief advice on how to stop smoking. Encourage patient to use NRT throughout their hospital admission.  
Record advice given in clinical notes

### ON DISCHARGE

Ensure patients wishing to continue their **QUIT ATTEMPT** receive NRT products as part of their discharge medication and that follow up arrangements are made with stop smoking services as required