



# Smoke Signals

Vol. 2/July 21, 2005

**Remember the Date: Nov. 17, 2005**

## *What does campus-wide smokefree mean?*

That means that there will be no smoking on any property owned by or leased to St. Luke's Hospital. The new policy will include employees, physicians, volunteers, contractors, visitors and patients.

## *How will the policy be enforced?*

The policy is based on the disciplinary steps we would take if a person used alcohol on St. Luke's premises in violation of our policies. A copy of the policy is available for your review in your department.

## *Won't this policy just send the smokers to restrooms and their cars?*

While the potential exists, the hope is that all of our staff will embrace the efforts to sustain a healthier environment for patients, families and employees. The smell of smoke is a trigger for those trying to quit or remain smokefree while they are here. It is our responsibility to help each other, our patients and visitors in this process.

## *How are we educating patients, visitors and the public?*

Between now and through the rest of the year, we will create and provide information and educational materials that will be distributed throughout our campus and on our website. We will work closely with physicians' offices to provide information to patients and their families. There will be more stories in the media. You will see signs at the perimeter of the campus and at the entrance.

While we will make every effort to inform patients and their family members prior to their admission, we can expect that many will arrive unprepared for a hospitalization experience with no coping mechanism. We will meet with these patients to provide smokefree information and cessation assistance as needed. We will also educate our staff members in ways to interact with patients and their family members who are having difficulty adhering to the policy.

## *What if I don't want to quit?*

Smoking on campus won't be an option. You can contact us at 894-2408 to help you find a way to deal with your addiction while you are here, or you will need to leave campus to smoke. But remember: employees will have to clock out.

St. Luke's is not in the business of forcing people to quit smoking but to assist those who want to quit or who want to control their dependence while they are here.

**FreshStart  
Smoking Cessation Classes  
for St. Luke's  
employees and volunteers  
FREE**

**7 p.m. Tuesdays  
Aug. 23, Aug. 30,  
Sept. 6 and Sept. 13  
in the boardroom  
call 894-2408 to register**

Are you tired of smelling like a chimney? Being out of breath? Spending money just to burn it? Are you really ready to quit?

The FreshStart program guides smokers through strategies needed to direct their own efforts at stopping. In a group session format, FreshStart contains all of the elements that have been found to be meaningful in helping smokers stop and stay off cigarettes.

It costs nothing to attend the classes, just a desire to break free and be smoke free. Reservations, however, are requested. Please call 894-2408 to reserve your place.

## **REMINDER**

Smoking is prohibited in the building or on the grounds of Hospice of the Carolina Foothills.