



Smoke Signals

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No Butts About It: St. Luke's Is Going Smokefree

On Nov. 17, 2005, Great American Smokeout Day, St. Luke's Hospital will become a smokefree environment. As you know, smoking is already prohibited inside our building. The new policy will extend that ban, prohibiting smoking both inside and on the grounds of St. Luke's Hospital. This new policy will affect patients, their visitors, all staff members, physicians, volunteers and contractors.

We hope you will support this positive change and help ensure a smooth transition of the new policy. We believe that as healthcare providers, we must also set the example, make a commitment to wellness and model healthy behaviors.

Our goals are to have no tobacco use visible to any patients, to keep our entrances free from smoke, and to encourage and support our staff members who currently smoke to quit for their own health.

We recognize this change will be difficult for some. St. Luke's will continue to provide smoking cessation classes as well as other resources to assist smokers during this transition. It's our sincere hope that this transition will go smoothly as we communicate our new policy during the coming months.

Special packets will be distributed to patients, visitors, volunteers and staff who need help coping with the stress of not smoking. As in the past, patients will have access to nicotine replacements to help them deal with hospitalization. Patients in the Gero-Psych unit are the only exemptions to the new policy.

Thank you for your support as we take this important step to create a healthier environment for our patients and a smokefree workplace for our staff. As a provider for health and wellness, St. Luke's is making this change to promote the health of our staff, patients and the community.



Smoking is a factor in heart disease, cancer, stroke and lung disease.



Smoking costs the United States approximately \$150 billion each year in healthcare and lost productivity.



Patients who smoke regularly before surgery have twice the risk of wound infections as non-smokers.



A smoker's broken bones take almost twice as long to heal as a non-smoker's.



Many people are not aware how smoking impacts healthcare and recovery. By making our environment smoke-free, we are addressing the number one health risk today.

What does campus-wide smokefree mean?

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

Why now?

We know from CDC data that 1 in 5 deaths is related to smoking. Every day we counsel patients with COPD and other diseases related to smoking. It just doesn't make sense for St. Luke's to enable smokers who then create a cloud of second-hand smoke right outside our entrances.

Providing a place to smoke, i.e., smoking areas, doesn't support our primary goal to become totally smokefree and create a healthier environment for our patients, families and employees. We want to effectively eliminate the trigger-like smoking areas - that make smoking cessation difficult. To maintain these areas is like giving tacit approval of smoking, not the message we want to project.