

## **NHOH - Proud to be Tobacco Free**

### **Frequently Asked Questions**

- **Why is NHOH going Tobacco-Free?**
  - Tobacco use is one of the top causes of preventable death in the United States. As a health care facility, we are dedicated to the prevention of disease. A tobacco-free facility supports our commitment to providing a healthy environment for our patients, staff, and visitors and will make NHOH a more pleasant place to receive care, visit, and work.
  
- **What are the specific provisions of the Tobacco Use Policy?**
  - Tobacco use is prohibited on NHOH governed property. Additionally, military personnel shall not use tobacco products while in uniform, in the presence of patients, or while traveling on official duty in support of Navy Medicine. Furthermore this applies when military members are authorized to wear relaxed attire, i.e. scrubs/coveralls.
  
- **Does the policy apply to the use of all tobacco products?**
  - The policy pertains to all tobacco products and nicotine delivery devices including:
    - all forms of smoked and smokeless tobacco
    - nicotine delivery devices such as electronic cigarettes
    - Nicotine replacement therapy is not under this restriction when it is used for the cessation of tobacco products
  
- **Who does the Tobacco Use Policy apply to?**
  - The policy pertains to all staff - active duty, civilian, and contract employees. It also pertains to patients, volunteers, and visitors.
  
- **When does the policy take effect?**
  - The Tobacco Use Policy will take effect on 7 September 2010.
  
- **Are there any designated locations for tobacco use?**
  - The policy explicitly states no tobacco use on NHOH governed property. A designated tobacco use area is available off-campus, located behind Aviation Survival Training Center (Bldg 2758).
  
- **Where does NHOH governed property begin and end?**
  - A map outlining the NHOH campus is included in the instruction. The designated tobacco use area, located behind Bldg 2785, is highlighted.

- **Am I allowed to smoke in my car while parked on NHOH property?**
  - Tobacco use is not allowed on the NHOH campus, this includes all parking lots. Tobacco use is only authorized in the designated tobacco use area located behind Bldg 2785.
- **Am I allowed to leave NHOH property to smoke during my workday?**
  - Yes, all tobacco use must occur off-campus.
- **Am I allowed extra time during breaks to leave NHOH property to smoke?**
  - You are only allowed the allotted break times already set forth in NHOH guidance.
- **Will employees who use tobacco get longer breaks than non-using employees?**
  - The policy states that the same break periods will be available for staff members who use tobacco as those who do not use tobacco.
- **If I see someone using tobacco on NHOH governed property, what should I do?**
  - Politely remind them that there is no tobacco use on NHOH property and direct them to the off-campus designated tobacco use area. "Quit Cards" explaining our Tobacco Free Policy will be available at various locations throughout the hospital. Staff members who observe people using tobacco in an unauthorized area are encouraged to remind the person and provide them with a "Quit Card" card.
- **How will the guidance be enforced?**
  - When NHOH staff are identified using tobacco products in uniform or on campus, the "Quit Card" will be offered and the member will receive a "warning order" to stop the use of the tobacco product, i.e. remove oral tobacco product and extinguish cigarette. If staff do not abide by the Surgeon General's Executive Order and the Commanding Officer's Order to be tobacco free while in uniform and while on campus, staff members will receive formal written counseling and military are subject to UCMJ article 92, "failure to obey order or regulation". For patients or visitors who are smoking on the hospital campus, offer the "Quit Card" and request they stop the use of the tobacco product. If the patient or visitor is active duty and they do not abide by this request, then please obtain their information and their immediate supervisor's information and report the misconduct through the appropriate chain of command. We anticipate our staff and visitors will act professionally and will follow the new tobacco free policy. Staff are encouraged to take a proactive approach in supporting

our staff, visitors, and patients to quit tobacco based on the evidence and affect it has on health and wellness.

- **I'm a supervisor and my employee has violated this guidance. What should I do?**
  - See above.
- **I currently smoke. Does this mean that I have to quit?**
  - No, however, you will need to comply with the regulations which apply to you.
- **What resources are available to help employees who want to take advantage of this opportunity to quit tobacco?**
  - All staff (active duty, civil service, and contract employees) are eligible for tobacco cessation education and counseling through Health Promotion. For more information, contact LCDR Michelle Smith at 257-9892.
  - Active duty military, their family members, and eligible beneficiaries are eligible for tobacco cessation medications.
  - Civil Service employees are authorized 3 months of Nicotine Replacement Therapy. Currently, the pharmacy stocks nicotine patches, nicotine gum will be available in the near future.
  - Contracted employees are not eligible for tobacco cessation medication.
- **What assistance is available for contracted employees who would like to quit tobacco?**
  - Contracted employees are eligible for tobacco cessation education, however, are not eligible for medications. Federal law prohibits DoD from providing medication to contracted personnel who are not otherwise entitled to care (retiree/spouse). Contracted employees should consult their health insurance plan to determine tobacco cessation medication benefits.
- **What assistance services are available for spouses and other family members who would like to quit tobacco?**
  - TRICARE covered family members are eligible for tobacco cessation counseling and pharmacotherapy.
  - Medication assistance is not authorized for spouses of civilian employees.
- **How do I obtain tobacco cessation medications?**
  - Active duty staff members and eligible beneficiaries can be prescribed Chantix, Zyban and nicotine replacement therapy from their Primary Care Manager (PCM). PCM appointments can be made

through TRAC at 1-800-404-4506. Medications can also be obtained through the Tobacco Cessation Clinic, contact 257-9892 for more information.

- Civil service staff can obtain a prescription for nicotine replacement therapy through their PCM or by contacting the Tobacco Cessation Clinic at 257-9892.
  
- **Are there online tobacco cessation services available?**
  - The "Quit Tobacco. Make Everyone Proud." campaign is available for active duty military and their family members. The program recently launched a self-paced quit assistance program; a customized approach with variety of activities and strategies which assist the participant in developing their quit plan. More information can be found at [www.ucanquit2.org](http://www.ucanquit2.org)
  
- **What telephone services, i.e. Quitline, are available?**
  - All staff members can access the Washington State Quit Line daily from 0500 - 2359. Trained "quit coaches" will assist in developing a personalized cessation plan. Free nicotine replacement therapy (gum/patches) is also available. Call 1-800-QUITNOW (1-800-784-8669) to register for free cessation services.
  
  - All non-Medicare eligible TRICARE beneficiaries can access the TRICARE Quit Line. The program offers cessation assistance 24 hours a day, 7 days a week, including weekends and holidays. Call 1-866-244-6870 to get started on your cessation plan.
  
- **What if I have more questions?**
  - For questions about tobacco cessation classes or counseling, please call Health Promotion at 257-9892.